

Destination Guide: Montreal



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AAA Destination Guide: Montréal includes trip-planning information covering AAA recommended attractions and restaurants, exclusive member discounts, maps and more.

Bienvenue. "Welcome" to Montréal. This vibrant city known for its joie de vivre is a treat for the senses. Visually, Montréal is stunning. Set on an island in the St. Lawrence River, the city is a photographer's delight. Its imposing modern skyline punctuated with skyscrapers confirms its status as one of Canada's leading contemporary, metropolitan areas. In contrast, the narrow, 18th-century cobblestone streets of Old Montréal (Vieux-Montréal) recall the days of Ville Marie, the city's original settlement.

At the heart and summit of the city is Mont Royal, the mountain in the middle of the island French explorer Jacques Cartier climbed and named in 1535. The mountain is now part of Mont-Royal Park, an oasis of greenery designed by landscape architect Frederick Law Olmstead. The site is a favorite of Montréalers for a nature escape and impressive views of the city, river and countryside.

Montréal is a pleasure to explore on foot; by horse-drawn carriage (calèche); or, sheltered from the elements (especially in winter), underground in a veritable subterranean city known as Underground Montréal, where buildings, shops, restaurants, theaters and métro stations are connected by more than 29 kilometres (18 mi.) of passageways.

This cosmopolitan, sophisticated city is distinctly European in nature and proud of its Gallic heritage. And although the melodious flow of the

French language is heard throughout Montréal, as might be expected in the second-largest French-speaking city in the world (though most Québecois also are fluent in English), a third of the population is non-French.

Essentials

Orient yourself. The streets in Montréal are laid out in the traditional eastwest grid, in this case parallel to the St. Lawrence River. The river, though, takes an unfortunate northwest swing at Montréal, resulting in the east-west streets actually running north-south.



Stop and catch a whiff of the roses, as well as the lilacs, that float on breezes during spring and summer at the showcase Botanical Garden of Montréal (Jardin botanique de Montréal), said to be one of the continent's finest.

Try a smoked meat sandwich for a true taste of Montréal. Similar to a pastrami or corned beef sandwich, Montréal smoked meat is beef that is rubbed with spices, then marinated and smoked, sliced thin, piled between two slices of rye bread and typically served with fries, coleslaw and a pickle.

Inspired by his enormous neo-Gothic masterpiece, the architect of the awe-inspiring <u>Basilica of Notre-Dame</u> (Basilique Notre-Dame) converted to Catholicism in order to be buried beneath it. The interior of the church, built 1824-29, was handcarved in wood and is resplendent with gold leaf and stained-glass windows.



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Essentials Details - Get additional information on AAA.com

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- Exclusive AAA member discounts available

1. Botanical Garden of Montréal

4101 rue Sherbrooke E Montreal, QC H1X 2B2 Phone: (514) 872-1400



2. Basilica of Notre-Dame

110 rue Notre-Dame O Montreal, QC H2Y 1T2 Phone: (866) 842-2925



3. Old Montréal

Montreal, QC H2Y 1C2 Phone: (514) 842-9411



4. Mont-Royal Park

1260 ch Remembrance Montreal, QC H3H 1A2 Phone: (514) 843-8240



5. Pointe-à-Callière, Montréal Museum of Archaeology and History

350 Place Royale Montreal, QC H2Y 3Y5 Phone: (514) 872-9150





6. Montréal Biodôme

4777 av Pierre-de-Coubertin Montreal, QC H1V 1B3 Phone: (514) 868-3000





7. Olympic Park

3200 rue Viau Montreal, QC H1V 3N7 Phone: (514) 252-4737





Clip-clop through the narrow, cobblestone streets of Old Montréal (Vieux-Montréal) in a horse-drawn calèche (carriage), a tour that is akin to time traveling to the early 18th century.

Escape from the rush of the city to the serenity and greenness of Mont-Royal Park (Parc du Mont-Royal), whose signature mountain was climbed in 1535 by Jacques Cartier, the French explorer who searched in vain for a "northwest passage" from the Atlantic to the Pacific Ocean.

Stand on the site that was Montréal's birthplace at Pointe-à-Callière, Montréal Museum of Archaeology and History (Pointe-à-Callière, Musée d'archéologie et d'histoire de Montréal), where a multimedia presentation about the city's history is presented in a theater overlooking archeological ruins.

Visit four ecosystems—a tropical rainforest, the marine environment of the St. Lawrence, a Laurentian forest and the frigid polar world—in one day at the Montréal Biodôme (Biodôme de Montréal). The combination zoo/aquarium/garden, part of Olympic Park (Parc Olympique), is in the former velodrome from the 1976 Summer Games.

Put on comfortable shoes before exploring the 29-kilometre (18-mi.) network of pedestrian walkways that constitutes Underground Montréal, a subterranean maze of shops, offices, theaters, restaurants and subway stations designed to help residents cope with the city's harsh winters.

Learn a few words or phrases in French and slip them into your conversations with locals. They'll appreciate your effort and you'll learn there's more to the language than *cul de sac, croissant* and *bonjour*.

Montréal in 3 Days



Three days is barely enough time to get to know any major destination. But AAA travel editors suggest these activities to make the most of your time in Montréal.

Day 1: Morning

In <u>Old Montréal</u> (Vieux Montréal) gas lamps, cobblestone streets and 18th- and 19th-century buildings repurposed as chic boutique hotels exude Old World charm. Spend your first day here,

strolling through the narrow streets on the island in the St. Lawrence River where explorers Jacques Cartier and Samuel de Champlain landed in 1535 and 1611 respectively. Shops, galleries and restaurants now line the historic area's main thoroughfare, rue St-Paul, and shopkeepers welcome you with a friendly "Bonjour," followed by a charmingly accented "Hello."

Finding the <u>Basilica of Notre-Dame</u> (Basilique Notre-Dame) isn't difficult; the huge church's twin spires are a Montréal landmark. Its interior—dark,

hushed and ornately gilded—is in stark contrast to the bustle of busy rue Notre-Dame outside its massive doors. Opposite the basilica is the <u>Place d'Armes</u>, a square dedicated to the city's founder. Here you'll find a row of horse-drawn carriages patiently waiting to board passengers for a tour of the historic district.

East on rue Notre-Dame is the <u>Château Ramezay Museum</u> (*Musée du Château Ramezay*), built as the residence of an early 18th-century French governor. The restored castle-like building is now a museum with exhibits about Montréal's early history.

Afternoon

Practically just around the corner is <u>Place Jacques-Cartier</u>, technically a public square but in reality more like a wide, sloping pedestrian mall. This lively gathering spot is filled with open-air sidewalk cafes and, in summer, street performers, musicians and flower vendors. A monument at the top of the square honors Lord Nelson's victory over Napoleon Bonaparte at Trafalgar.

The square is a good place for lunch, or you can opt for a meal nearby at Chez l'Epicier Restaurant Bar a Vin. The name translates to "the grocery," which is fitting since the menus are printed on brown paper bags, and the eatery has an area with shelves stocked with gourmet products. Comfort food, prepared with a creative Québecois twist, might include snail shepherd's pie or parsnip soup, all prepared using fresh, locally available ingredients.

After lunch, take a walk through <u>The Old Port</u> (Vieux Port) area, a broad promenade that runs along the St. Lawrence River. You'll join bicyclists, joggers and inline skaters taking in the views and enjoying the parklike expanse. Near the far end of the promenade is <u>Pointe-à-Callière</u>, <u>Montréal Museum of Archaeology and History</u> (Pointe-à-Callière, Musée d'archéologie et d'histoire de Montréal). Despite its contemporary exterior, this museum is all about the past—in fact, it was built on top of the remains of Ville Marie, the earliest European colony. After viewing a multimedia presentation about Montréal's history, visitors descend

Montréal in 3 Days - Day 1 Map



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underground to the site of an archeological dig which has unearthed part of the old city wall and the city's first Catholic cemetery.

An alternative, especially if you're traveling with children, is the Montréal Science Centre (Centre des sciences de Montréal), which you will see just before the archeology museum. Easily identifiable by the bright red

Day 1 Details - Get additional information on AAA.com; AAA Diamond Rating information available on AAA.com/Diamonds



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Exclusive AAA member discounts available

1. Old Montréal Montreal, QC H2Y 1C2 Phone: (514) 842-9411

2. Basilica of Notre-Dame 110 rue Notre-Dame O Montreal, QC H2Y 1T2 Phone: (866) 842-2925

3. Place d'Armes 333 rue de la Commune O Montreal, QC H2V 2E2

4. Château Ramezay Museum 280 rue Notre-Dame E Montreal, QC H2Y 1C5 Phone: (514) 861-3708



5. Place Jacques-Cartier 333 rue de la Commune O Montreal, QC H2V 2E2

6. Chez l'Epicier Restaurant Bar a Vin

311 rue St-Paul est Montreal, QC H2Y 1H3 Phone: (514) 878-2232

7. The Old Port 333 rue de la Commune O Montreal, QC H2Y 2E2 Phone: (514) 496-7678

8. Pointe-à-Callière, Montréal Museum of Archaeology and History 350 Place Royale Montreal, QC H2Y 3Y5 Phone: (514) 872-9150



9. Montréal Science Centre 333 rue de la Commune O Montreal, QC H2Y 2E2 Phone: (514) 496-4724

10. La Menara 256 rue St-Paul est Montreal, QC H2Y 1G9 Phone: (514) 861-1989

sculpture of molecules in front, the museum has an abundance of handson activities and an IMAX theater.

Evening

After returning to your hotel to relax a bit, head back to Old Montréal to the Bonsecours Market (Marché Bonsecours), an impressive domed neoclassical building at the eastern end of rue St-Paul. This mid-19thcentury edifice, built as a public market, still draws shoppers, who come now to scour the market's upscale boutiques for items handmade by Canadian craftspeople.

Nearby is <u>La Menara</u>, where a dinner reservation guarantees a change of scenery, though you won't need to bring your passport. Dining here is like a visit to an exotic Moroccan oasis, where meals are served in a canopied tent draped in vivid red fabrics and feature a choice of North African favorites such as couscous and tajines along with sides of traditional music and belly dancing.

End your day in Old Montréal with a stroll around the romantically lit historic district, stopping to window-shop at boutiques and art galleries and possibly at a bakery or candy shop for a delectable confection.

Day 2: Morning

For a true taste of Montréal, venture to the Plateau district to <u>St-Viateur Bagel & Cafe</u> on rue St-Viateur Ouest near avenue du Parc. Locals claim Montréal bagels are far superior to those made in New York and that St. Viateur makes them better than anyone else. A Montréal institution, this is the shop's original location, and it's open for take-out only 24/7. Try a hot sesame- or poppy-seed version, still shaped by hand, boiled in a mixture of water and honey and then baked in a wood-burning oven, and see if you agree.

Grab a bagful to enjoy on the go as you head down avenue du Parc to Mont-Royal Park (Parc du Mont-Royal), whose centerpiece mountain was named by Jacques Cartier in 1535. You can hike up 764 feet (233 meters) to the top of "the mountain," as Montréalers call it (it's actually more like a steep hill), for panoramic views of the city; buses and taxis are other options. The park is a favorite spot for hiking, bicycling, jogging, picnicking and, in winter, skiing.

On a ridge of Mont Royal is <u>St. Joseph's Oratory</u> (*Oratoire Saint-Joseph*), a huge basilica topped with a copper dome. The basilica was the vision of Brother André, a humble man known for his healing powers who

dreamed of building a shrine to his patron saint. André, who was beatified in 1982, is buried inside.

You'll recognize the names of many of the artists whose masterpieces are displayed at the Montréal Museum of Fine Arts (Musée des beauxarts de Montréal), not far from the park on rue Sherbrooke. The museum's two buildings hold world-class collections that span from antiquity to the present. Works by Breughel, Cézanne, El Greco, Monet, Picasso and Rodin mingle with decorative arts and archeological treasures from the Mediterranean region.

Afternoon

In an area with many trendy, chic dining establishments, two to consider are just a few blocks away, both on rue Peel. <u>Cavalli Ristorante-Bar</u> is known for its creative pasta dishes and other Italian fare as well as its signature hot pink bar. Traditional Portuguese cuisine is on the menu at <u>Ferreira Café</u>, with items such as caldo verde soup, salted cod, grilled octopus, sardines and squid. This cozy bistro also has a notable decorative element, a wall embedded with colorful broken dishes.

Make your way back to rue Sherbrooke and a repository of Canadiana. The McCord Museum of Canadian History (Musée McCord d'histoire canadienne), across the street from McGill University, might be called the country's attic for its eclectic exhibits about everyday life during the last 3 centuries. Costumes and textiles, an extensive archive of photographs chronicling Montréal's history, decorative arts, and objects created by Canada's native peoples are noteworthy.

Check out the *haute couture* at venerable Holt Renfrew and an array of designer boutiques along rue Sherbrooke as you head east to boulevard St-Laurent, popularly known as "the Main." The Main is a dividing point in two respects—it is the city's east/west delineator and supposedly the dividing line between the Anglo community to the west and the Francophone community on the east. In addition, the Main has been the traditional corridor where succeeding waves of immigrants have settled, which explains its multicultural, hodgepodge assortment of funky shops, boutiques, cafes and hip bars and clubs.

Evening

Dinner choices are almost too numerous. Two longtime Montréal favorites, Moishe's Steak House and Schwartz's Montreal Hebrew Delicatessen are fixtures on boulevard St-Laurent. Huge steaks have been perfectly grilled over charcoal at Moishe's since its opening in 1938, when it was known as Moishe's Romanian Paradise. Schwartz's, around since 1928, is said to have the best "smoked meat" in town. (A Montréal specialty, smoked meat is beef brisket that has been rubbed with a spice

Montréal in 3 Days - Day 2 Map



blend, marinated and then smoked.) You can expect lines for lunch and dinner at this modest, no-nonsense one-room diner, but locals say it's worth the wait for a medium-fat smoked meat sandwich piled high on rye bread. Don't forget your "loonies" (Canadian \$1 coins); credit cards are taboo.

Day 2 Details - Get additional information on AAA.com; AAA Diamond Rating information available on AAA.com/Diamonds



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1. St-Viateur Bagel & Cafe VV

5629 Monkland Ave Montreal, QC H4A 1E2 Phone: (514) 487-8051

2. Mont-Royal Park

1260 ch Remembrance Montreal, QC H3H 1A2 Phone: (514) 843-8240 ₹,

3. St. Joseph's Oratory 3800 ch Queen Marv Montreal, QC H3V 1H6

Phone: (514) 733-8211

4. Montréal Museum of Fine Arts 1380 Sherbrooke St W

Montreal, QC H2L 1M4 Phone: (800) 899-6873

5. Cavalli Ristorante-Bar

2040 rue Peel Montreal, QC H3A 2R4 Phone: (514) 843-5100

6. Ferreira Cafe 💖 1446 rue Peel Montreal, QC H4K 1Y2 Phone: (514) 848-0988

7. McCord Museum of Canadian History

690 Sherbrooke St W Montreal, QC H3A 1E9 Phone: (514) 398-7100

8. Moishe's Steak House

3961 boul St-Laurent Montreal, QC H2W 1Y4 Phone: (514) 845-1696

9. Schwartz's Montreal Hebrew Delicatessen 🐨

3895 boul St-Laurent Montreal, QC H2W 1X9 Phone: (514) 842-4813

10. Restaurant Au Pied de Cochon TTT

536 rue Duluth est Montreal, QC H2L 1A9 Phone: (514) 281-1114

11. L'Express 🖤

3927 rue St-Denis Montreal, QC H2W 2M4 Phone: (514) 845-5333

12. Cafe Santropol 3990 rue St-Urbain

Montreal, QC H2W 1T7 Phone: (514) 842-3110

For hearty Québecoise cuisine at its finest, head a little further into the Plateau district to Restaurant Au Pied de Cochon. Foie gras is incorporated into many of the dishes here, including the namesake *pied de cochon* (pig's feet). The Québec staple *poutine*—a mound of French fries covered with cheese curds and gravy—is a star as well. Don't forget to make a reservation; it's a necessity here.

Spend the rest of the evening becoming acquainted with the Plateau, which is especially lively at night. This melting pot has more than its share of trendy nightclubs, lounges, clothing stores and bistros. In addition to boulevard St-Laurent, explore the venues on rue St-Denis. Of architectural interest are the graceful wrought iron outdoor staircases prevalent on many of the district's Victorian row houses. If you find yourself in need of a late-night snack about now, try the French bistro delights at <u>L'Express</u> or the vegetarian offerings at the artsy <u>Café</u> Santropol.

Day 3: Morning

You can breakfast at your hotel or at one of the many eateries in Underground Montréal. This vast subterranean city, a respite from Montréal's traffic and harsh winter climate, has 18 miles (29 kilometers) of interconnected passageways with an extensive network of shops, restaurants, offices, hotels and Métro stations.

Spend some time browsing, then take the Métro's Green Line to the Viau station; from there it's a short walk to <u>Olympic Park</u>, the site of the 1976 Summer Games. A funicular takes visitors to the observation level of an inclined tower where spectacular 360-degree views can reach more than 50 miles (80 kilometers) on clear days. Clustered together with the park are the <u>Botanical Garden of Montréal</u> (*Jardin botanique de Montréal*) and the Montréal Biodôme (*Biodôme de Montréal*).

The colorful botanical garden has 10 greenhouses, an arboretum and 30 themed areas; be sure to see the <u>Chinese Garden</u> (*Jardin de Chine*) and the <u>Japanese Garden and Pavilion</u> (*Jardin et Pavillon japonais*). Kids will

love the <u>Montréal Insectarium</u> (*Insectarium de Montréal*), which is filled with collections of all sorts of creepy-crawly things.

Afternoon

You can grab a quick bite for lunch at one of the eateries at the Biodôme or nearby at <u>Le Stadium Club Restaurant & Bar</u>, which features Italian fare. The Olympic games' velodrome has been recycled as the Montréal Biodôme, which features realistic representations of four ecosystems, each with its proper temperature and animal residents. Visitors can walk from a humid, tropical rainforest to a cool Laurentian forest and then on to



the marine environment of the St. Lawrence River and the chilly polar worlds of the Arctic and Antarctic.

Return to the Old Port area of Vieux Montréal to experience the St. Lawrence River firsthand; the Métro is a good option for your trip. If you don't mind a good soaking (even

with the "waterproof" rain gear provided), <u>Lachine Rapids Jet Boat Tours</u> (*Le voyage Saute-Moutons sur les Rapides de Lachine*) will take you crashing through waves that can reach 10 feet (3 meters). Tamer sightseeing excursions are offered by the vessels of <u>Le Bateau-Mouche</u> and <u>Montréal Harbour Cruises</u>.

Evening

Change into business attire for an evening of fine dining and games of chance on <u>Île Notre-Dame</u> in the St. Lawrence River. <u>Montréal Casino</u> is in the former Québec and French pavilions from the Expo 67 World's Fair. The elegant gambling establishment has several floors with more than 3,200 slot machines and 120 table games, including baccarat, roulette, blackjack and craps. On the fifth floor of the casino is <u>Nuances</u>, a decidedly upscale restaurant that specializes in creative French cuisine.

On your return to the city proper, linger for a while in Vieux Montréal. Rides in a calèche (horse-drawn carriage) depart from Place d'Armes and Place Jacques-Cartier, among others, or they can be arranged by your hotel.

Montréal in 3 Days - Day 3 Map



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Day 3 Details - Get additional information on AAA.com; AAA Diamond Rating information available on AAA.com/Diamonds



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- Exclusive AAA member discounts available

1. Olympic Park 3200 rue Viau Montreal, QC H1V 3N7 Phone: (514) 252-4737

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2. Botanical Garden of Montréal

4101 rue Sherbrooke E Montreal, QC H1X 2B2 Phone: (514) 872-1400



3. Montréal Biodôme 4777 av Pierre-de-Coubertin Montreal, QC H1V 1B3 Phone: (514) 868-3000



4. Chinese Garden 4101 rue Sherbrooke E Montreal, QC H1X 2B2

5. Japanese Garden and Pavilion 4101 rue Sherbrooke E Montreal, QC H1X 2B2

6. Montréal Insectarium 4581 rue Sherbrooke E Montreal, QC H1X 2B2

7. Le Stadium Club Restaurant & Bar 🖤 5000 rue Sherbrooke est Montreal, QC H1V 1A1 Phone: (514) 253-5195

8. Lachine Rapids Jet Boat Tours Montreal, QC H2Y 2C7 Phone: (514) 284-9607

9. Le Bateau-Mouche Montreal, QC H2Y 1Y1 Phone: (514) 849-9952

10. Montréal Harbour Cruises Montreal, QC H2L 5B9 Phone: (514) 842-3871



11. Île Notre-Dame Montreal, QC H3C 1A9 Phone: (514) 872-6120

12. Montréal Casino 1 av du Casino Montreal, QC H3C 4W7 Phone: (800) 665-2274

13. Nuances 1 ave du Casino Montreal, QC H3C 4W7 Phone: (514) 392-2708

Restaurants

Montréal's multiculturalism is vividly reflected in the city's diverse restaurant scene. Add a pinch of this, a dash of that—and voilà, there you have it: the perfect Montréal dining experience. For starters, let's begin in Old Montréal, where the city was founded in 1642.



French and Asian influences give comfort food a new twist within the stone walls of <u>Chez l'Epicier Restaurant Bar a Vin</u> (*l'épicier* is French for "the grocery"). This casually elegant eatery, wine bar and grocery—where the menus are printed on paper bags and

water is served from milk bottles—faces the historic Bonsecours Market. The restaurant's fine cuisine may include selections such as arctic char, milk-fed veal carpaccio, snail shepherd's pie and parmesan oil raviolis. Specialty gourmet items, including cheeses, sauces, oils and sorbets, are available for takeout, and guests can sip wines by the glass or bottle in the adjacent wine bar. The restaurant's 2,000-bottle wine cellar includes many private imports and specialty wines, the majority of which are from France, with impressive selections from Burgundy and the Loire and Rhone valleys.

Diners exchange the Gallic ambience of Old Montréal for the atmosphere of a Moroccan oasis when they enter <u>La Menara</u>. Opulent red fabric drapings create the feeling of being in a desert tent, and belly dancers entertain as guests partake of dishes such as pastilla, a chicken and almond pie; various versions of couscous; and fragrant tajines, stews typically created from chicken, fish or lamb.

Other ethnic fare can be found in restaurants in Montréal's downtown area. What first catches your eye inside <u>Cavalli Ristorante-Bar</u> is the lively front-to-back bar area with its stylish hot pink illuminated backdrop and the establishment's chic, professional patrons. The restaurant's fusion-style cuisine, Italian with a Mediterranean flair, places an emphasis

on creative pasta dishes and makes use of the freshest available fish and seafood. French and Italian selections dominate the impressive wine list.

In the heart of the downtown business core is Ferreira Cafe, a Portuguese bistro with an eclectic clientele. A wall embedded with colorful broken pottery provides a striking decorative background for the yellow-hued dining room, which has large windows that are opened in summer. This is an ideal place to unwind after work and indulge in Portuguese specialties such as grilled sardines, calamari, octopus, poached salmon, salted cod, rack of lamb, shrimp bisque and *caldo verde* soup. Dozens of ports and muscatels are featured on a wine list that's heavy on private imports from Portugal.

The name of Newtown Restaurant is derived from the nickname of Québec-born Formula 1 driver and co-owner Jacques Villeneuve (ville = town and neuve = new). The stylish and fast-paced dining room, downstairs from the dance club and upstairs from the lounge, is about as close as you can get to the nightlife buzz of Crescent Street. Guests spend a glamorous night sampling superbly presented Mediterranean dishes and selections from a comprehensive wine list.

Tradition, refined service and classic dishes are the hallmarks of The Beaver Club, whose upscale dining room is accented by rich wood paneling, a stone wall and elegant table settings. It's a formula that's brought regulars back for decades to the signature restaurant in the legendary Fairmont The Queen Elizabeth. Canadian and French cuisines are at the heart of the international menu, which has an excellent selection of wild game. Impressive presentation marks such dishes as lobster enhanced with champagne and truffled macaroni, pan-fried black Alaskan cod, Boileau-region deer, grilled caribou and scampi. Or try the rack of lamb, breast of duck, pan-seared foie gras, filet mignon, fresh fish or roast prime rib. Such memorable desserts as crêpes suzette and cherries jubilee are prepared tableside.

The area north of downtown has its share of eateries as well. The rich, decadent Québec cuisine at <u>Restaurant Au Pied de Cochon</u> may be too

much of a good thing, but it's oh, so satisfying. The casual bistro-brasserie strips away traditional fine-cuisine formality for an emphasis on high-quality fresh ingredients. Sample duck with foie gras cooked in a can and opened at the table, or the chef's version of the classic Québec poutine, a concoction of french fries smothered in cheese curds and hot gravy. Try pied de cochon (pig's feet) stuffed with foie gras, or the grainfed veal tourtière (meat pie), venison tartare, sea snails, lobster, soft-shell crabs, oysters on the half-shell, blood pudding or springtime fiddleheads. Start off with some oreilles-de-crisse (Christ's ears), a traditional Québec sugar shack appetizer of crispy, deep-fried strips of pork skin. Wash down your meal with fine wines available by the glass or bottle.

Where do you go for more Québec comfort food and the city's best baked beans? The "binerie," of course. La Binerie Mont-Royal, family-operated since 1940, is a bustling little diner in the heart of a trendy residential neighborhood. It is an ideal spot to sample affordable and traditional French Canadian foods such as pea soup, tourtière (meat pie), stews, wieners and baked beans with maple syrup, or pâté made from pork drippings. For dessert try Québec classics such as sugar pie or pouding chomeur (unemployment pudding). The narrow diner has a tidy but modest décor with counter or table seating. The owners and family members provide friendly personalized service.

The upscale Moishe's Steak House is part of history on "the Main"—a popular strip for authentic ethnic cuisine, cafes and dance clubs. This long-standing favorite of Montréalers is always busy (especially on weekends). Servers bring bowls of kosher dill pickles and coleslaw to munch on while you wait for your main course. In addition to its specialty of hearty premium cuts of American beef, the menu also includes grilled fish, chopped liver, chicken, potato latkes and Monte Carlo potatoes. An impressive selection of vintage wines is stored in dark wood wine cabinets. Expect to wait, even with a reservation, on busy nights.

More than a light lunch eatery, <u>Wilensky's Light Lunch Inc.</u> is a morsel of Montréal's Jewish history. This vintage corner deli was used as a location for the 1974 film "The Apprenticeship of Duddy Kravitz," starring Richard

Dreyfuss. The deli stands proudly in the multicultural neighborhood made famous in the Mordecai Richler novel that inspired the film. Family-run since 1932, the décor remains virtually untouched. Take a seat at the counter and enjoy Wilensky's "special" sandwich made with salami, bologna and a choice of cheese. Or you can try a chopped egg sandwich, half-sour dill pickles, karnatzel (sort of like beef jerky) or an all-beef hot dog.

Still north of downtown Montréal, but a little farther out, is another group of restaurants. Near Old Montréal is Restaurant Toqué!, which left the neighborly Latin Quarter behind and moved across from the Montréal convention center in 2004. Since its opening, this eatery has earned rave reviews and is regarded as a "must" stop for Montréal-bound gourmets. The well-spaced tables are luxuriously set and the ambience is relaxed in the roomy, stylish dining area. The restaurant takes great pride in using only the freshest regional ingredients and in the beautiful presentation of its dishes. Visitors can dine on the seaside grazed Québec lamb, Havre St-Pierre scallops, pan-seared foie gras, suckling pig, guinea fowl and Boileau venison or try the multicourse tasting menu. Guests are invited to pause from their dinner and tour the kitchen, where they can see executive chef and owner Normand Laprise working in symphony with his skilled staff.

The clientele is hip and the décor artsy at <u>Cafe Santropol</u>, a spirited, eclectic restaurant catering to the health-conscious crowd. Sweet root and minted ham sandwiches, vegetarian chili, desserts, milkshakes and fair-trade teas and coffees can be enjoyed with friends or while sitting alone, reading a good book and munching on a sweet carrot and alfalfa sprout sandwich. The socially aware owners also manage an off-site organization that delivers food to the underprivileged.

Reservations are a must at <u>L'Express</u>, a lively French-style bistro that has been a favorite with Montréalers since 1980. The café, on a trendy commercial strip in a multicultural residential neighborhood, has a classic décor featuring a black and white checkered tile floor, elegant artwork, upscale tabletops, tightly spaced seating and a bar counter for cocktails

or casual dining. Each table is set with a generous jar of pickles for diners to enjoy while deciding whether to order steak and fries, foie gras, fresh seafood or steak tartare. *Crème caramel* is a sinful dessert choice. Attentive, friendly service is provided by career wait staff. The restaurant has an impressive inventory of wine, with dozens of selections available by the glass. You might even notice the bartender preparing fresh-squeezed orange juice for each screwdriver—an added touch of class.

For decades the compact <u>Schwartz's Montreal Hebrew Delicatessen</u> has packed in tourists, locals and an array of celebrities—many of whom are regulars—wanting to sample what many consider the best Montréal-style smoked meat. If you order a "medium," they'll know you want a medium-fat smoked meat on rye. Schwartz's sandwiches are small compared to some delis, but the price is low enough to order two. Top your meal off

Restaurants Map



Restaurants Details - Get additional information on <u>AAA.com</u>; AAA Diamond Rating information available on <u>AAA.com/Diamonds</u>

1. Chez l'Epicier Restaurant Bar a Vin

311 rue St-Paul est Montreal, QC H2Y 1H3 Phone: (514) 878-2232

2. La Menara 💖

256 rue St-Paul est Montreal, QC H2Y 1G9 Phone: (514) 861-1989

3. Cavalli Ristorante-Bar

2040 rue Peel Montreal, QC H3A 2R4 Phone: (514) 843-5100

4. Ferreira Cafe

1446 rue Peel Montreal, QC H4K 1Y2 Phone: (514) 848-0988

5. Newtown Restaurant

1476 rue Crescent Montreal, QC H3G 2B6 Phone: (514) 284-6555

6. The Beaver Club

900 boul Rene-Levesque ouest Montreal, QC H3B 4A5 Phone: (514) 861-3511

7. Restaurant Au Pied de Cochon

536 rue Duluth est Montreal, QC H2L 1A9 Phone: (514) 281-1114

8. La Binerie Mont-Royal 🖤

367 rue Mont-Royal est Montreal, QC H2T 1R1 Phone: (514) 285-9078

9. Moishe's Steak House

3961 boul St-Laurent Montreal, QC H2W 1Y4 Phone: (514) 845-1696

10. Wilensky's Light Lunch Inc 🖤

34 ave Fairmount ouest Montreal, QC H2T 2M1 Phone: (514) 271-0247

11. Restaurant Toqué!

900 Place Jean-Paul Riopelle Montreal, QC H2Z 2B2 Phone: (514) 499-2084

12. Cafe Santropol 🖤

3990 rue St-Urbain Montreal, QC H2W 1T7 Phone: (514) 842-3110

13. L'Express 🖤

3927 rue St-Denis Montreal, QC H2W 2M4 Phone: (514) 845-5333

14. Schwartz's Montreal Hebrew Delicatessen 🐨

3895 boul St-Laurent Montreal, QC H2W 1X9 Phone: (514) 842-4813

15. Nuances

1 ave du Casino Montreal, QC H3C 4W7 Phone: (514) 392-2708 with a grilled liver appetizer, french fries, a kosher dill pickle and a cherry cola. In addition to the aforementioned smoked beef, the deli also has smoked turkey, grilled steaks and traditional potato latkes. Whether you share a table with strangers or go elbow-to-elbow at the counter, you can expect a long line at lunch and during the busy summer months. Nononsense service staff, many of whom are long-time employees, abruptly take your order and deliver your food promptly. But regardless of whether you dine in or take out, remember to bring cash—credit cards are not accepted. The diner is on "the Main," the trendy boulevard St-Laurent strip known for its nightlife, funky shops, interesting passersby and an abundance of popular ethnic restaurants.

On <u>Île Notre-Dame</u> (Notre Dame Island) in the St. Lawrence River, the luxurious <u>Nuances</u> is in the <u>Montréal Casino</u>, which occupies the former French pavilion from the Expo 67 World's Fair. Just as Expo 67 put Montréal on the map of world-class cities, the upscale casual atmosphere at Nuances has helped to solidify the city's reputation for world-class cuisine. Spectacular skyline views add to the ambience, and the formal dining experience is enhanced by the restaurant's fine collection of paintings on its wood-paneled walls and the staff's exceptionally knowledgeable service. Offered here is a varied menu—noticeably French but surprisingly contemporary and adventurous—with an abundant use of quality regional produce. In fact, the chef maintains a rooftop garden to ensure a ready supply of fresh herbs and edible flowers that complement each presentation. Food can be ordered à *la carte* or as a gourmet multicourse *table d'hôte* selection.

Attractions

In a city with dozens of attractions, you may have trouble deciding where to spend your time. Here are the highlights for this destination, as chosen by AAA editors. GEMs are "Great Experiences for Members."

What could be a more logical place to begin touring Montréal than Mont-Royal Park (Parc du Mont-Royal)? In 1535 French explorer Jacques Cartier climbed to the top of the peak on an island in the St. Lawrence

River and is said to have exclaimed, "It's a royal mountain," when he saw the view. It's still the view—and the opportunity to briefly escape the bustling metropolis—that draws Montréalers to the park, a AAA GEM attraction. Landscaped by Frederick Law Olmstead, the site is a favorite



recreational getaway. A park landmark is the metal cross, illuminated at night, that commemorates the wooden crucifix planted there in 1643 as gratitude for the colony having been spared from a flood.

The AAA GEM attraction <u>Old Montréal</u> (*Vieux-Montréal*) contains the vestiges of the city's original settlement. Close to the river, the historic district's narrow, cobblestone

streets and old houses can be seen on foot or by horse-drawn carriage. A popular gathering site in the quarter, <u>Place Jacques-Cartier</u> is the perfect place to relax at one of the <u>café-terrasses</u> with a <u>café au lait</u> or beer and watch the world pass by; it's especially lively on summer evenings with street performers, musicians and flower vendors. In <u>The Old Port</u> (Vieux Port) section of Old Montréal is the <u>Montréal Science Centre</u> (Centre des sciences de Montréal) with an IMAX theater and lots of hands-on activities for children.

Also within the historic district are two other AAA GEM attractions. The <u>Basilica of Notre-Dame</u> (Basilique Notre-Dame), one of the glories of Montréal, has an inspirational interior handcarved in wood and decorated with 22-karat gold. Equally impressive are the long nave, illuminated by three rose windows; brilliant stained glass; religious paintings and statuary; the simple elegance of the Sacred Heart Chapel; and a dazzling evening sound and light show.

Built in 1705 as a governor's residence, <u>Château Ramezay Museum</u> (*Musée du Château Ramezay*) now depicts local and provincial history. An exquisite collection of early Indian and Canadian artifacts ranges from prints and paintings to housekeeping crafts and ancient coins. Just behind the museum, the Governor's Garden, designed to resemble those

Attractions Details - Get additional information on AAA.com



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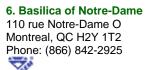
1. Mont-Royal Park 1260 ch Remembrance Montreal, QC H3H 1A2 Phone: (514) 843-8240 ₩,

2. Old Montréal Montreal, QC H2Y 1C2 Phone: (514) 842-9411

3. Place Jacques-Cartier 333 rue de la Commune O Montreal, QC H2V 2E2

4. The Old Port 333 rue de la Commune O Montreal, QC H2Y 2E2 Phone: (514) 496-7678

5. Montréal **Science Centre** 333 rue de la Commune O Montreal, QC H2Y 2E2 Phone: (514) 496-4724 6



7. Château Ramezay Museum 280 rue Notre-Dame E Montreal, QC H2Y 1C5 Phone: (514) 861-3708 ₩ **9**

8. Lachine Rapids **Jet Boat Tours** Montreal, QC H2Y 2C7 Phone: (514) 284-9607 9. Île Ste-Hélène Montreal, QC H3C 1A9 Phone: (514) 872-6120

10. The Old Fort and **Stewart Museum** 20 ch du Tour de l'Isle Montreal, QC H3C 4G6 Phone: (514) 861-6701 ₩ 😏

11. Île Notre-Dame Montreal, QC H3C 1A9 Phone: (514) 872-6120

12. Montréal Casino 1 av du Casino Montreal, QC H3C 4W7 Phone: (800) 665-2274

13. Montréal **Museum of Fine Arts** 1380 Sherbrooke St W Montreal, QC H2L 1M4 Phone: (800) 899-6873

14. Christ **Church Cathedral** 635 rue Ste-Catherine 0 Montreal, QC H2L 4P5

Phone: (514) 843-6577

15. Botanical Garden of Montréal 4101 rue Sherbrooke E Montreal, QC H1X 2B2

Phone: (514) 872-1400 ₩ S

16. Chinese Garden 4101 rue Sherbrooke E Montreal, QC H1X 2B2

17. Japanese **Garden and Pavilion** 4101 rue Sherbrooke E Montreal, QC H1X 2B2

18. Montréal Insectarium 4581 rue Sherbrooke E Montreal, QC H1X 2B2

19. Olympic Park 3200 rue Viau Montreal, QC H1V 3N7 Phone: (514) 252-4737 ₩ 🕏

20. Montréal Biodôme 4777 av Pierre-de-Coubertin Montreal, QC H1V 1B3 Phone: (514) 868-3000

21. McCord Museum of Canadian History 690 Sherbrooke St W Montreal, QC H3A 1E9 Phone: (514) 398-7100 ❤~ ⑤

22. Pointe-à-Callière, Montréal Museum of **Archaeology and History** 350 Place Royale Montreal, QC H2Y 3Y5 Phone: (514) 872-9150 ₩ 🕏

Attractions Map



Get maps and turn-by-turn directions using TripTik Travel Planner on AAA.com

that typically graced upper-class New France estates, consists of a kitchen garden, fruit trees and a flower garden.

Passengers on the <u>Lachine Rapids Jet Boat Tours</u> (*Le voyage Saute-Moutons sur les Rapides de Lachine*) should come prepared for an adventure as well as a good time. Departing from the Old Port area of Old Montréal, this AAA GEM attraction surges through the historic Lachine Rapids of the St. Lawrence River and, although "waterproof" gear is provided, a thorough soaking is guaranteed.

Nearby, in the middle of the St. Lawrence River on <u>Île Ste-Hélène</u> (St. Helen's Island), is the AAA GEM attraction <u>The Old Fort and Stewart</u> <u>Museum</u> (*Le Vieux Fort et Musée Stewart*). Following the War of 1812, the fear of another American invasion prompted the British to build this fortified arsenal. Barracks, blockhouses and a powder magazine remain. A number of rooms inside the fort are occupied by the museum, which is devoted to Canadian history. Visitors can browse through an intriguing collection of memorabilia, including extensive exhibits of maps, navigational instruments, firearms, household objects and other items that re-create the country's mood between the 16th and 19th centuries.

Note: The Old Fort and Stewart Museum is closed for renovations until fall 2010.

Adjacent to *Île Ste-Hélène* is *<u>Île Notre-Dame</u>* (Notre Dame Island). At Montréal Casino, on the latter island in the former French and Québec pavilions from Expo 67, a successful roll of the dice or pull of a slot machine handle can put a whole new spin on your visit. The stunning casino's five floors tempt with more than 3,000 one-armed bandits and 120 gaming tables. A venue for dining and entertainment as well as gambling, the casino's wraparound windows offer dramatic views of Montréal across the St. Lawrence River.

The city is well-known for its cultural points of interest. The Montréal Museum of Fine Arts (Musée des beaux-arts de Montréal), a AAA GEM attraction, has an encyclopedic assortment of art dating from antiquity to

contemporary times and a program of blockbuster exhibitions. Dynamic collections range from vast holdings of Canadian and decorative arts to important pieces of English porcelain and ancient textiles. The museum's two buildings, on opposite sides of the street, are connected by a tunnel which also serves as a gallery.

Celebrated for its cosmopolitan and invigorating atmosphere, the Atwater Market bustles year-round with outdoor farmers' stalls displaying the freshest of produce. Indoors, shops are packed with gourmet ingredients such as local and imported cheeses, fresh seafood and fruits and vegetables. The second floor is where you'll find specialty butcher shops, an outstanding bakery and spices and grains sold in bulk. The market, on avenue Atwater near the Lachine Canal, is a seasonal tradition for local families who come to shop for autumn apples, pumpkins, honey, jams, foie gras, Christmas trees, holiday geese and turkeys, fresh Bavarian sausages, wine and beer, chocolates and springtime fiddleheads.

According to Mark Twain, "You can't throw a stone in Montréal without hitting stained glass." And, indeed, some of the finest ecclesiastical architecture on the continent can be found here. A local landmark and AAA GEM attraction, St. Joseph's Oratory (Oratoire St-Joseph) is on the north slope of Mont Royal. The shrine was built to fulfill the dream of Brother André, a humble caretaker who gained a reputation as a man with great healing powers. His dream was to build a magnificent shrine to his patron saint, and he began by constructing a small wooden chapel in 1904. Work on the grand basilica, which began in 1924, was completed in 1967. Its dome, said to be one of the world's largest, can be seen throughout the city. Brother André was beatified in 1982; his original chapel is nearby.

In contrast, <u>Christ Church Cathedral</u> (Anglican) in downtown Montréal is wedged between towering office complexes. The neo-Gothic church, built 1856-59, is notable for its gargoyles, stained-glass and an 18th-century copy of Leonardo da Vinci's "Last Supper." From its inception the cathedral was plagued with foundation and engineering problems. As a result of a late 20th-century reinforcement of its underpinnings, it now rests on steel and concrete supports and sits above an underground

Attractions Map Terrebonne Varennes 640 St-Mathie 128 Ste- Beloeil O 109 102 GF 120 SR.WILFRID-LAUR G BOULEVARD 70 Montréal GF 0 60 11 109 29 Candiac 42 45 98 5 Kahnawake 104 14 Réserve Indienne Châteauguay © 2010 AAA, NAVTEQ

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Attractions Details - Get additional information on AAA.com

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23. St. Joseph's Oratory 3800 ch Queen Mary Montreal, QC H3V 1H6 Phone: (514) 733-8211

24. Fort Chambly National Historic Site of Canada 2 rue De Richelieu Chambly, QC J3L 2B9 Phone: (450) 658-1585 25. Cosmodôme/Canada Space Camp 2150 autoroute des Laurentides Laval, QC H7T 2T8 Phone: (800) 565-2267

26. Exporail, The Canadian Railway Museum 110 rue St-Pierre St-constant, QC J5A 1G7 Phone: (450) 632-2410 shopping center. Instead of being dwarfed by the adjacent 34-story office tower, the building's glass façade provides a larger-than-life reflection of the church.

An antidote to the hectic city is the AAA GEM attraction <u>Botanical Garden of Montréal</u> (*Jardin botanique de Montréal*). This splendid 75-hectare (180-acre) expanse has 30 themed gardens, an arboretum and 10 exhibition greenhouses colorfully displaying more than 22,000 species of plants—a veritable living museum of vegetation from around the world. The <u>Chinese Garden</u> (*Jardin de Chine*) with its placid lake, bridges and pagodas in the Ming Dynasty style; the simple, refined beauty of the <u>Japanese Garden and Pavilion</u> (*Jardin et Pavillon japonais*) as reflected in its bonsai and tea gardens; and the displays and interactive exhibits about beetles, butterflies and other crawling and flying creatures at the <u>Montréal Insectarium</u> (*Insectarium de Montréal*) are must-sees during your visit.

Practically across the street are Olympic Park (Parc Olympique) and the Montréal Biodôme (Biodôme de Montréal), both AAA GEM attractions. The park, built for the XXI Summer Games in 1976, is dominated by a huge elliptical stadium that sports a leaning tower and an unusual roof. Spectacular views await after a funicular ride up the distinctive spinelike tower. The Biodôme, whose name comes from the Greek bios (life) and domos (house), was originally the venue for the Olympic Games' cycling events. It now houses a fascinating indoor zoological park with faithful replicas of four ecosystems and their resident animals, birds and fish: a tropical rainforest, the marine environment of the St. Lawrence, the chilly polar world and a Laurentian forest.

From a historical perspective, two Montréal AAA GEM museums are true jewels. Across from McGill University, McCord Museum of Canadian History (Musée McCord d'histoire canadienne) is the definitive repository of anything Canadian. A vast assortment of costumes, textiles, paintings, prints, drawings, decorative arts, archeological finds and historical

photographs form the core of the museum's voluminous collection of art and artifacts.

Set on the point of land in Old Montréal where the city started life in 1642, Pointe-à-Callière, Montréal Museum of Archaeology and History (Pointe-à-Callière, Musée d'archéologie et d'histoire de Montréal) is in a striking, modern building. A multimedia presentation about the site's history begins a visit to the museum, which explores the city's roots as a meeting place and trading center. Visitors then proceed underground to an archeological dig where remains of the old city walls and the first Catholic cemetery can be seen. Interpreters, both real life and in holographic form, are available to answer questions. The old customs house has additional exhibits, and a tower provides great views of the Old Port area.

Three AAA GEM attractions on the outskirts of Montréal also merit consideration. Chambly, southeast of the city, with its monuments and quaint churches and homes, is a town of rich heritage. Fort Chambly National Historic Site of Canada (Lieu historique national du Canada du Fort-Chambly) is in a small park on the Richelieu River. The French built a succession of forts here, beginning with a simple wooden palisade in 1665. Exhibits at this stone version, which dates to 1711, allow visitors to trace the history of New France through life in the garrison and the fort's military conflicts.

The <u>Cosmodôme/Canada Space Camp</u>, in Laval, was Canada's first space museum. This science center, dedicated to man's conquest of space, has six galleries with more than 60 interactive exhibits about space, science and technology. A moon rock, a space suit worn on an Apollo mission, a chance to explore the solar system, and models of rockets provide opportunities to further your scientific knowledge. With advance planning, children ages 9-15 can participate in the museum's space camp.

Exporail, the Canadian Railway Museum (Exporail, le Musée ferroviaire canadien) in St-Constant lays claim to the largest collection of railroad equipment in the nation. With artifacts, a restored station and more than

140 vehicles, including both trains and streetcars, the museum provides insight into the role railways played in Canada's development. A highlight of a visit to the museum is a ride on a vintage streetcar or train.

Events

In addition to its many cultural and historic landmarks, this destination hosts a number of outstanding festivals and events that may coincide with your visit. GEMs are "Great Experiences for Members."



In any language, Montréal has festivals and celebrations of one type or another practically every week—a touch of *je ne sais quoi*, so to speak. Though the majority take place during warm summer months—when being outdoors is a pleasure—there are fun events in winter as well, beginning with *La Fete des Neiges (The Snow Fest)*. This festival, a Montréal tradition that takes place over 3 weekends beginning in late January, encourages everyone to come outside, join the

event's polar bear mascot *Boule de Neige* (Snowball) and his band of friends and celebrate winter. So grab your mittens and enjoy the imaginative ice and snow sculptures, live performances, tube slides, horse and buggy rides, ice-skating, dogsleds and sugar pie baking competition.

The Montréal High Lights Festival (Festival Montréal en Lumière), 10 days in mid- to late February, calls itself "three festivals in one." The Performing Arts part of the triad stages music, dance and theater events; the Celebration of Light features evening revelry downtown, culminating in the Montréal All-Nighter on the last day of the festival; and the Wine & Dine Experience brings together some of the finest international chefs and wine producers and the chefs from Montréal's best restaurants.

With the approach of summer, festivals begin to proliferate. Cycling pedals to the front for 8 days from late May into early June during The Montréal Bike Fest (La Féria du Vélo de Montréal). Events include The Metropolitan Challenge, a choice of routes through Montréal's scenic countryside; the self-explanatory Operation Bike-to-Work; Un Tour la Nuit, an easy night outing ending in an evening soiree; and the grand finale, the festive Tour de l'Île, when cyclists claim sole ownership of Montréal's streets.

The Montréal Chamber Music Festival (Festival Musique de chambre de Montréal) fills the city with the sound of music for 3 weeks in June. A jazz series adds a different note to the melodies created by renowned classical chamber music ensembles. Concerts scheduled throughout the festival present traditional works of Beethoven, Brahms and Mozart as well as the upbeat, improvisational rhythms of jazz.

The skies explode with pyrotechnical masterpieces during the 6-weeklong Montréal International Fireworks Competition (L'International des Feux Loto-Québec), held mid-June to mid-August, as countries from around the world vie for supremacy in their art. More than 2 million enthusiasts each year look forward to the event, held at La Ronde, the amusement park on <u>Île Ste-Hélène</u>. The park provides an ideal backdrop for the 30-minute, perfectly synchronized pyromusical presentations. The winners receive coveted Jupiter trophies, named after the Roman god of light and the sky.

Bring your sunscreen and earplugs and join the crowds heading to the Gilles-Villeneuve Circuit on <u>Île Notre-Dame</u> for Formula 1 racing at its best. The big race itself is preceded by a week of race-related festivities, exhibits and shows.

What started out as a modest street party has grown into what Guinness World Records lists as the world's largest jazz festival. Over the years such luminaries as Count Basie, Miles Davis, Ella Fitzgerald and Wynton Marsalis have wowed the crowds at the Montréal International Jazz Festival (Festival International de Jazz de Montréal), a AAA GEM event

held in early July. Though tickets to some of the roughly 500 events can be pricey, more than 350 concerts are free, with outdoor sound stages set up in downtown Montréal.

Another AAA GEM event, <u>Festival Just for Laughs</u> (Festival Just pour rire), one of the world's largest comedy celebrations, tickles the funny bone with shows, films and street comedians. With both indoor and outdoor venues, the event is a fixture on Montréal's calendar for 11 days from mid- to late July. Such comic geniuses as Tim Allen, Jim Carrey, Jerry Seinfeld and Lily Tomlin are among festival alumni who have brought barrels of laughs to millions of attendees. Besides, how seriously can you take an organization whose web address is www.hahaha.com?

If you speak French (or even if you don't), one of Montréal's top events offers a great opportunity to experience Montréal's francophone culture. For 10 days beginning in late July, <u>FrancoFolies of Montréal</u> (Les FrancoFolies de Montréal) provides a lineup of shows celebrating French music and songs from around the world. The performances can be enjoyed both in concert halls and on the streets of downtown Montréal.

The Montréal World Film Festival (Festival des Films du Monde), similar to the well-known Cannes and Venice events, is held late August to early September. This competition, where more than 400 Canadian and foreign films are shown (many making their international debut), is a highlight of Montréal's cultural agenda. In addition to screenings in traditional theaters, films also can be seen on a giant outdoor screen.

Things to Do

Shopping

Montréal's stores reflect the city's cosmopolitan nature and its French heritage. The city is considered Canada's haute couture capital, not only for the number of stores but also for their variety. Wares range from imported designer labels to local handicrafts.

Antiques

The best concentrations of antique dealers are along rue Notre-Dame Ouest, between rue Guy and avenue Atwater, and on St-Paul in Old Montréal. A cluster of restored graystones scattered up and down both sides of the street houses a dozen or more shops with various quaint treasures. Discriminating collectors may want to venture to the west end of rue Sherbrooke, where exquisite mahogany, Royal Crown Derby china and popular old china and silver patterns can be had for a price. Antique dealers in Westmount also cater to a more discriminating clientele. Bargain-hunters should visit rue Notre-Dame shops, where the prices often are negotiable.

Malls

What began in 1962 as a simple shopping center beneath Place Ville-Marie is now an underground maze of walkways stretching 30 kilometres (18.6 mi.) and embracing 2,000 shops, 200 restaurants and 30 theaters. Subterranean promenades and the Métro connect the clusters of buildings. Most of Montréal's spectacular shopping malls have found a home in Underground Montréal. Many malls begin underground and reach upward to several floors above ground.

Shops in the underground generally are open Monday-Wednesday 10-6, Thursday-Friday 10-9, Saturday 10-5 and Sunday 11-5. Most are closed holidays.

Place Ville-Marie, with its shop-lined corridors centered on a sculpted fountain, was the first of these subterranean centers to be built. Known to locals as PVM (pronounced pay-vay-em), the complex teems with trendy boutiques.

Other shopping clusters have since been added, including Centre Eaton, Les Cours Mont-Royal, Place Bonaventure, Place Montréal Trust and Les Promenades de la Cathédrale.

In Place Montréal Trust, underground at the corner of rue Ste-Catherine and avenue McGill College, bright atria and cascading fountains link innovative architecture and glass walls. Directly beneath Christ Church

Cathedral at 625 rue Ste-Catherine Ouest, Les Promenades de la Cathédrale has shops on two levels. Place Bonaventure, at rues de la Gauchetière and University, links some 100 shops with the Bonaventure Hilton International.

A modern restoration of the Hôtel Mont-Royal resulted in Les Cours Mont-Royal, a three-story mall at 1455 rue Peel. Centre Eaton, 705 rue Ste-Catherine, is anchored by Les Ailes de la Mode department store.

Complexe Desjardins, a partially underground marvel of waterfalls, fountains, trees and hanging vines, comprises lanes of shops connected to four tall office towers and the Hotel Wyndham.

These underground marketplaces present an almost endless array of merchandise, from everyday items to luxury articles. Just browsing can be as pleasurable as shopping, for the window displays are interesting.

Markets

Open-air Jean-Talon Market on avenue Casgrain and Atwater Market, an indoor bazaar near the Lachine Canal at 138 Atwater Ave., both feature merchants offering such goods as fresh fruits and vegetables, flowers and pastries.

Outlets

Hordes of Montréalers shop right off the factory rack in the Chabanel Fashion District, on rue Chabanel, west of rue St-Laurent. A solid row of towering garment factories and fashion wholesalers provides everything a bargain hunter could want. Most showrooms are open to the public only on Saturday, when serious shoppers storm the place for deals on jeans, lingerie, sweaters, leather accessories, bathing suits and the like. On Sunday morning, head for Old Montréal, where a similar scene takes place at numerous clothes discounters that congregate along rue Notre-Dame east of rue McGill.

Specialty Districts

Most of Montréal's big department stores were founded when Scottish, Irish and English families dominated the city's commerce, so the names remain noticeably Anglophone—Holt Renfrew, Ogilvy and The Bay. The main branches of Ogilvy and The Bay, dazzling emporiums, stretch along rue Ste-Catherine, where the city's traditional downtown shopping street comprises myriad shops in the blocks between rues Guy and Carré Phillips.

Rue Sherbrooke, 2 blocks north of rue Ste-Catherine, is the center of high fashion, represented by the venerable Holt Renfrew, exclusive art galleries and such haute couture boutiques as Ralph Lauren and Yves St-Laurent. Holt Renfrew also has a small branch across the street from the Ritz-Carlton Montréal on rue Sherbrooke. For local creations there are a number of boutiques along rues Laurier, St-Denis, St-Hubert and St-Laurent.

Running south off Sherbrooke, the businesses housed in quaint Victorian-style townhouses along rue Crescent and rue de la Montagne are popular for shopping. Those looking for the best in exotic coffees and avant-garde bookstores won't want to miss rue St-Denis, where cafes and restaurants spill out into the streets to accommodate shoppers taking a break for pasta or pastries. Other shops along this street offer an array of items for the home. La Main (boulevard St-Laurent) is a hodgepodge of ethnic eateries and gift shops. Begin at the intersection of avenue Viger and head north.

Near the intersection of rue de la Gauchetière, the Chinese community offers its wares. Mah-jongg sets, jade carvings, silk saris and delicate brocades are among the items that can be found along the way. The smells of deli meats and sausages mingle where the Hungarians and Polish Jews congregate several blocks up near rue Sherbrooke. Still farther north, clothing and ceramics stores operated by Portuguese emigrants occupy the area that the Greek community once embraced. The ice cream parlors and pastry shops in Little Italy, near rue Jean-Talon, offer shoppers a place to refuel before making their way back along the street.

Shops along rue Laurier, in the posh French neighborhood of Outremont, have built a reputation for staying on the cutting edge of European trends,

whether it be in clothes, food or home furnishings. A selection of boutiques and local stores similar in quality to those on Laurier can be found along avenue Greene in nearby Westmount. This smaller area is less frequented by tourists, so it is usually easier to find parking.

Outside the downtown area are a number of suburban shopping malls offering many of the same attractions as their urban counterparts. They include Carrefour Laval, hwys. 15 and 440 in Laval; Centre Fairview Pointe-Claire, Hwy. 40 and boulevard St-John in Pointe-Claire; Centre Rockland, Hwy. 40 and boulevard L'Acadie in Mont-Royal; and Les Galeries d'Anjou, Hwys. 40 and 25 in Ville d'Anjou.

Spectator Sports

Few would argue with the assertion that Canadians are perhaps the best hockey players in the world and that Canadian hockey fans are the most loyal and discriminating sports fans anywhere. Indeed, hockey belongs to Canada. And although no sport is likely to match hockey on Montréal's popularity scale, a handful of other professional sports ably compete to fill gaps on the entertainment bill.

Football

The Montréal Alouettes (Larks) play in the Canadian Football League from mid-June to mid-November at Percival Molson Stadium; phone (514) 871-2255.

Hockey

Near the end of the 19th century two enterprising students at McGill University are said to have invented not only the puck but the general rules of the game of hockey as it is known today. By the time the National Hockey League (NHL) was formed in 1917, the 8-year-old Montréal Canadiens franchise already was the pride of Montréal. The club won five consecutive Stanley Cup titles from 1956-60, an epic streak dramatized as a metaphor for Québécois pride in Rick Salutin's play "Les Canadiens."

The Canadiens have taken possession of the Stanley Cup a record 24 times. The team has garnered enough NHL title banners to intimidate even the most formidable opponent and has achieved an impressive presence in the Hockey Hall of Fame in Toronto. Among the former players honored there are such legends as Maurice "Rocket" and younger brother Henri Richard, Jean Béliveau and Guy Lafleur. Home games during the regular season are played at Centre Bell from October through March, with playoffs starting in April and ending in June; phone (514) 932-2582.

Horse Racing

Harness racing is the ticket at Hippodrome de Montréal, 7440 boul. Décarie. International events in the trotting circuit are held at the track. Races are scheduled year-round; phone (514) 739-2741. Public transportation is recommended, as traffic is heavy.

Note: Policies vary concerning admittance of children to pari-mutuel betting facilities. Phone for information.

Soccer

The Montréal Impact is the city's North American Soccer League franchise. The team plays from mid-April to mid-September. Its home, Saputo Stadium (Stade Saputo), is located at 4750 rue Sherbrooke Est at Olympic Park; phone (514) 328-3668.

Recreation

Winter sports predominate in a city where the weather swings between cool and frigid most of the year. However, sunshine and rising temperatures in the summer months permit a wide range of activities.

Bicycling

Montréal's extensive network of bicycle paths covers nearly 450 kilometres (280 mi.) of the island. The paths are open from April 1 to mid-November. Bicycling maps are available at most sporting goods stores and Infotouriste centers; phone (514) 873-2015.

The 12-kilometre (7.5-mi.) Lachine Canal path runs along the old canal and offers a view of the Lachine Rapids between René-Lévesque and St-Louis parks. This path is illuminated at night. Old Port's waterfront views, though more placid, also make it popular; the 2.4-kilometre (1.5-mi.) path is perfect for a quick trip. Maisonneuve Park (Parc Maisonneuve) offers a well-maintained track that winds past the Botanical Garden of Montréal and a golf course. For those with more time and energy, the St. Lawrence Seaway route, 16 kilometres (10 mi.) long, lets bicyclists follow the narrow part of the seaway.

Though there are no designated paths, Jean-Drapeau Park (Parc Jean-Drapeau), spread over Île Notre-Dame and Île Ste-Hélène, also is a prime spot for exploring on two wheels. Bicyclists should keep in mind that the islands often are slightly cooler and more windy than downtown.

One caveat about pedaling around the city: Montréal residents are notorious for wild driving, so it is highly recommended that bicyclists wear helmets and pay close attention to road signs. Vélo-Québec, 1251 rue Rachel Est (Maison des Cyclistes), provides brochures, guidebooks and path information; phone (514) 521-8356. For those without their own wheels, La Cordée, 2159 rue Ste-Catherine Est, and Vélo Adventures in Old Port have rentals.

Fishing

Its abundance of lakes and rivers makes Montréal a popular place with those who enjoy fishing. Anglers must obtain a provincial license, which is available at most sporting goods stores. The Ministry of Environment and Société de la Faune et des Parcs du Québec provides information about fishing areas; phone (800) 561-1616 in Canada.

Hardier souls may prefer the challenge of ice fishing, in which groups huddle around a hole in the ice inside a traditional Québécois ice-fishing shack. Muskie, perch and pike are typical catches.

Golf

Several golf courses are easily accessible from downtown Montréal. The following courses are among the many in the city that offer at least 18

holes and are open to the public, weather permitting, from late April to mid-October: Club de Golf Atlantide Inc., (514) 425-2000, 2201 Don Quichotte in Île Perrot; Club de Golf Chantecler, (450) 229-3742, 2520 ch. Du Club in Ste-Adèle; Club de Golf Vaudreuil Inc., (450) 455-2731, 1126 St-Antoine in Vaudreuil-Dorion; and Golf Dorval, (514) 631-6624, 2000 Reverchon in Dorval.

For information about courses and tournaments contact the Association de golf du Québec, 4545, Pierre-de-Coubertin, C.P. 1000, Succursale M, Montréal, QC, Canada H1V 3R2; phone (514) 252-3345.

Hiking

With a landmark such as Mont Royal, the city obviously has a preferred site for scenic hikes. Beginning at the Mont-Royal Métro stop, well-marked trails ascend to two lookout points and provide views from the main chalet at Mont-Royal Park.

Jogging and Walking

Montréal's myriad parks prove popular with joggers and walkers alike. Those who prefer level and forgiving terrain should follow Lachine Canal or negotiate a park, such as Lafontaine or Maisonneuve. Mont-Royal Park, with its uphill climbs and natural terrain, is more challenging, but the view makes the extra effort worthwhile.

Tennis

Most of Montréal's 390-plus municipal courts are open to the public at no charge or for a small fee. The Claude-Robillard Sports Complex (Complexe sportif Claude-Robillard), along with the Jeanne-Mance, Kent, Lafontaine and Somerled community parks offer courts. Area clubs include Uniprix Stadium (Stade Uniprix) in Montréal, 285 rue Faillon Ouest, (514) 273-1234; Tennis Île-des-Soeurs in Île-des-Soeurs, 300 ch. du Golf, (514) 766-1208; and Tennis Longueuil in Longueuil, 550 Curé-Poirier Ouest, (450) 679-6131.

Water Sports

Although most of the water around Montréal is too polluted for swimming, taking a dip is popular at pools scattered around the city. About 50 indoor

pools are available. The indoor Olympic-size pool at Olympic Park is open to the public for a small admission fee; phone (514) 252-8687. Public indoor pools also are at the Cégep du Vieux Montréal, a college at 255 rue Ontario Est, and at the Claude-Robillard Sports Complex (Complexe sportif Claude-Robillard), 1000 rue Émile-Journault. Both locations charge a nominal fee. Several large outdoor pools are near the Métro stop near Parc Jean-Drapeau; phone (514) 872-7708. A fee is charged.

Island hop to Île Notre-Dame for the city's only beach. Artificial Jean-Drapeau Beach Park (Plage du Parc Jean-Drapeau) is the former Regatta Lake from Expo 67. The water comes from the Lachine Rapids and is treated to make it safe for swimming. Locals flock here in the summer months to picnic and bask in the sun before winter strikes again.

Winter Sports

A city fanatical about hockey is certain to have a wealth of places for iceskating. Montréal offers more than 275 outdoor rinks. The most popular is at the Old Port of Montréal Bassin Bon Secours; another favorite is the rink at lac des Castors.

Speed demons will be interested in tobogganing and ice sliding when the city freezes over. The best toboggan runs are in Mont-Royal Park and on the hills around lac des Castors.

The thick blanket of snow that covers Montréal makes the city and its environs prime skiing venues. Mont-Royal has excellent trails for cross-country enthusiasts, and it's possible to ski in several other city parks when the powder gets deep. Cross-country skiers and snowshoers frequent the ecology trail at Maisonneuve Park (Parc Maisonneuve) next to the Botanical Garden of Montréal.

Cross-country trails and rental equipment are available at Détour Nature, (514) 271-6046, and La poubelle du ski, (514) 384-1315.

Serious downhill skiers need only make a short road trip to the nearby Laurentians and Eastern Townships for the fabulous runs at Bromont, Owl's Head, Orford, Sutton or Mont-Tremblant.

Some of these areas have dogsledding, sleigh rides and snowmobiling available. In fact the inventor of the snowmobile—Joseph Bombardier—was born in the Eastern Townships in the town of Valcourt, which markets itself as the "snowmobile capital of the world." For more information phone Ski East (Association Touristique des Cantons-de-l'Est) at (819) 564-8989 or the Association Touristique des Laurentides (ATL) at (450) 436-8532.

Performing Arts

With its distinctly European tastes and modern air, Montréal would seem a hotbed of innovative performing arts. But the cultural scene here actually is new. It wasn't until the 1960s that theater, cinema and dance hit the city with full force. Today French-language productions are presented at about 20 theaters around town, and the city is hailed within the province for its provocative avant-garde cinema.

Dance

The Grand Canadian Ballet of Montréal (Les Grands Ballets Canadiens de Montréal), performing both classical and modern repertory at Place des Arts, has attracted enthusiastic audiences for 50 years. The troupe has toured internationally and has featured the works of many new Canadian composers and choreographers. Its December production of "The Nutcracker" is a big seasonal event in Montréal; phone (514) 842-2112 or (866) 842-2112 for the box office.

Another longtime company is Les Sortilèges National Folklore Ensemble (L'Ensemble national de folklore Les Sortilèges). The group of 20 dancers has performed Québécois and other folk dances in colorful costumes for more than 40 years. They entertain in various halls around the city; check the local papers or phone (514) 522-5955.

Film

Montréal is host to many film festivals. Cinéma du Parc, 3575 av. du Parc, shows specialized and offbeat fare.

Music

The world-renowned Montréal Symphony Orchestra (Orchestre symphonique de Montréal) performs during its regular season at the Salle Wilfrid-Pelletier at the Place des Arts, but locals recommend attending one of the performances at the Notre-Dame Basilica, 116 rue Notre-Dame. Performances usually begin between 6:30 p.m. and 8 p.m.; phone (514) 842-2925. The Metropolitan Orchestra (Orchestre Métropolitain) promotes classical music while preparing new generations of musicians. The orchestra's regular season performances are at the Maisonneuve Theatre in Place des Arts; phone (514) 842-2112 or (866) 842-2112 for the box office.

Opera

Founded in 1980, the Opera of Montréal (L'Opéra de Montréal) is a young assemblage that stages six productions, both traditional and lesser-known, annually at Place des Arts. All operas are presented with English and French subtitles. The company's season runs from September through June; phone the box office at (514) 842-2112 or (866) 842-2112.

Theater

Cirque du Soleil (the name means "Circus of the Sun") is perhaps Montréal's most extraordinary theatrical event. The modern, extravagant affair, which was founded in the city in 1984, is a circus without animals. The performers' kaleidoscopic shows—which include a mix of theatrical gymnastics, vertical pole-walking, music and fantastic special effects—captivate audiences of all ages. Having already achieved cult status on its American tours, the troupe stunned European audiences during its debut visit in 1996; phone (514) 522-2324 for performance dates and admission costs.

The Old Stock Exchange building at 453 rue St-François-Xavier now is home to the Centaur Theatre, (514) 288-3161, Montréal's primary venue

for English-language drama and musicals. Centaur's seven-play lineup has included contemporary Canadian dramas and Broadway hits. The Yiddish Theater, founded in 1937, stages two plays a year in Yiddish. Each runs for 4 weeks or longer, usually in June and November, at the Saidye Bronfman Centre for the Arts, 5170 ch. de la Côte-Ste-Catherine; phone (514) 739-2301 for schedule information.

At least 10 major French theater companies in the city stage productions stretching from classics to farce. Théâtre de Quat'Sous, 100 av. des Pins Est; Théâtre du Nouveau Monde, 84 rue Ste-Catherine Ouest; and Théâtre d'Aujourd'hui, 3900 rue St-Denis, offer eclectic French fare from September through May. Théâtre du Rideau Vert, 4664 rue St-Denis, unveils mostly French classics and modern works by Québec playwrights year-round. The Compagnie Jean Duceppe, at 175 rue Ste-Catherine Ouest in the Métro Place des Arts, presents contemporary works examining society and mores; phone (514) 842-2112 or (866) 842-2112.

Open-air theater draws crowds during the summer to Lafontaine Park and Île Ste-Hélène. The Repercussion Theatre puts on Shakespearean productions at various Montréal parks; phone (514) 931-2644.

Special Events

A hub on the international film festival circuit, Montréal welcomes a remarkable variety of programs each year.

The granddaddy is the Montréal World Film Festival (Festival des Films du Monde de Montréal), a competition similar to those held at Cannes and Venice. Staged from late August to early September, the event occupies various theaters throughout the area. Other significant festivals include the International Festival of Films on Art (Festival International du Film sur l'Art) in March; and the 9-day Montréal Fringe Festival in June.

Premier sporting events include the 65-kilometre (40-mi.) Tour de l'Île de Montréal, which brings 45,000 cyclists to the city in early June; the July Valleyfield International Regatta, said to be the largest speedboat event

in North America; Canada's international tennis championships, and Le Masters de tennis du Canada, from late July to mid-August.

The city's other events cover a broad spectrum. Each new year gets off to a frosty start with the ice sculptures and competitive winter sports of the Fête des Neiges, or "Snow Festival," at the end of January. The weeklong event keeps the city entertained with costume balls, giant ice slides and all varieties of winter fun.

Starting in late February, the Montréal High Lights Festival (Festival Montréal en Lumière) includes fireworks, a food and wine circuit, an underground footrace, live music and an all-night party.

The Montréal International Music Competition (Concours Musical International de Montréal), held at the Place des Arts, begins in mid-May and runs into the first week of June. This competition is divided into strings, piano and voice categories. June marks the beginning of the Loto-Québec International Fireworks Competition (L'International des Feux Loto-Québec), which typically ends in early August.

The St-Jean-Baptiste Celebration on June 24 is an official holiday honoring the patron saint of French Canadians. Bonfires, fireworks, dancing and music are among the day's events and activities. The Montréal International Jazz Festival (Festival International de Jazz de Montréal), during which the world's foremost jazz artists participate in concerts, takes place in early July.

The Just for Laughs Festival (Festival Juste pour rire), running the entire month of July, is a program of comedy acts from around the world. Performers are both established comedians and newcomers. Many acts perform in the Latin Quarter on rue St-Denis and are free; admission is charged for others taking place in theatres. Some acts are in French and some are presented in English.

The Francofolies de Montréal Song Festival is held in late July. December ushers in the Québec Handicraft Show and scores of Christmas festivities.

Insider Info

Montréal Museums Pass

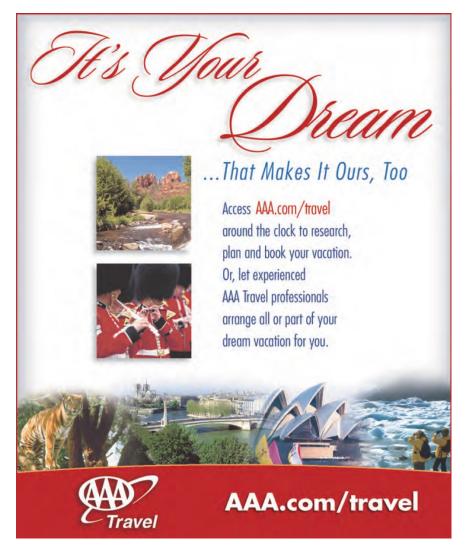
The Montréal Museums Pass provides access to more than 30 major Montréal museums and attractions in the city for a period of 3 consecutive days, with public transportation services (unlimited access to the bus and Métro system) included.

Included in the pass are Avatag Cultural Institute; Bibliothèque et Archives nationales du Québec; Biosphère, Environment Museum; Botanical Garden of Montréal; Canadian Centre for Architecture; Cinémathèque québécoise; Château Ramezay Museum; Cité historia, musée d'histoire du Sault-au-Récollet; Darling Foundry; DHC/ART Foundation for Contemporary Art; Écomusée du fier monde; Exhibition Centre la-Prison-des-Patriotes; The Fur Trade at Lachine National Historic Site of Canada: Lachine Museum: McCord Museum of Canadian History; Montréal Biodôme; Montréal History Centre; The Montréal Holocaust Memorial Centre: Montréal Insectarium: Montréal Museum of Contemporary Art; Montréal Museum of Fine Arts; Montréal Planetarium; Montréal Science Centre; Musée des Hospitalières de l'Hôtel-Dieu de Montréal; Le Musée du Château Dufresne; Musée Juste pour rire; The Museum of Québec Masters and Artisans; Notre-Dame-de-Bon-Secours Chapel and Marguerite Bourgeoys Museum; The Old Fort and Stewart Museum; Pointe-à-Callière, Montréal Museum of Archaeology and History; The Redpath Museum; St. Gabriel House; Sir George-Étienne Cartier National Historic Site of Canada; and Stewart Hall Art Gallery.

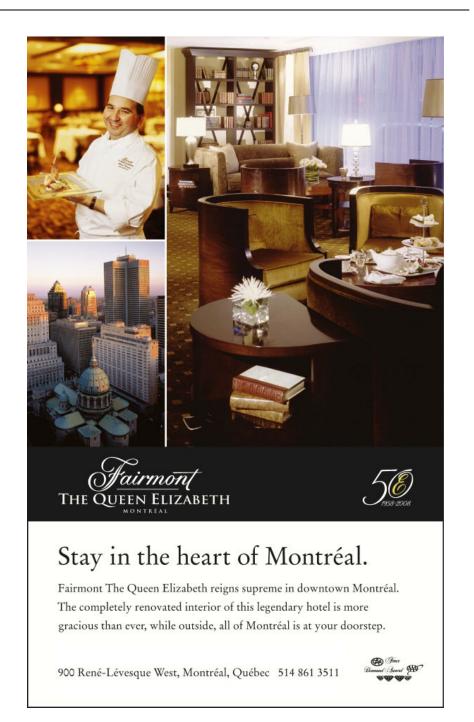
The pass sells for \$50 (taxes included), or \$45 without the Société de transport de Montréal (STM) public transit card. There is no senior citizen or student/child discount. The pass can be purchased from most member institutions; downtown at the tourism information bureau of Montréal Infotouriste Centre at the Travelprice agency counter, 1255 rue Peel, Suite 100; in Old Montréal at the Infotouriste Centre at 174 rue Notre-Dame Est; at the La Vitrine discount ticket outlet, 145 rue Ste-Catherine Ouest; and from some major hotels. For more information phone (514) 845-6873, or (514) 873-2015 or (877) 266-5687 for Tourisme Québec.

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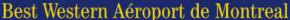




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