

A nighttime photograph of the Old Port of Montreal. On the left, the tall, illuminated Bell Tower stands prominently. To its right, the Jacques-Cartier Bridge spans the water, its steel structure lit with vibrant green and blue lights. The foreground shows a paved walkway with a metal railing overlooking the water, which reflects the bridge's lights. The sky is dark, and the overall scene is illuminated by city lights.

MONTREAL 2022

SWIFT

Montréal abounds in tourists' attractions. While wandering the streets of Montréal, you will find many examples of impressive architecture, great eats, local culture, trendy bars and much more!

In this guide you will find an abundance of things to do during your visit.

The guide is made of 8 different sections:

Activities	3
Restaurants	6
Heritage and architecture	9
Museums and culture	11
Tours & Cruises	14
A Montréal steeple chase	17
Shopping	21
Recommended mobile apps	23



The “**How to get there**” portion of each proposed activity will tell you how to get to your destination using public transport.

Please note that all activities have the same starting point (Marriott Montréal International Airport hotel). For all destinations:

1. Take bus 747 East (10\$) to Métro Lionel-Groulx **OR**
2. Take bus 204 East (3.50\$) to Dorval train station switch to bus 405 East to Métro Lionel-Groulx **OR**
3. Take bus 204 East (3.50\$) to Dorval train station switch to bus 211 East to Métro Lionel-Groulx

Activities showing “\$\$” mean that an entrance fee is applicable, others show “**Free admission**”.

Activities

Montréal's diversity of recreational activities is all about choice: stay active or simply sit back and relax. Rest assured that everything has been thought of to ensure your safety.

Parc Jean-Drapeau (parcjeandrapeau.com)
Île Sainte-Hélène and Île Notre-Dame, Montréal

Free admission



How to get there? Métro Jean-Drapeau

Long viewed as a gem by Montrealers, the Parc Jean-Drapeau offers a multitude of facilities and recreational opportunities.

Spanning two islands in the middle of the St. Lawrence River, this outstanding park —named in honour of the man who was the mayor of Montréal for 30 years (until 1986)— played host to events that shaped the history of Montréal and Canada, such as Expo 67 and the 1976 Summer Olympics, and continues to welcome international happenings, from festivals to concerts to sporting events, all year long.

An open-air amphitheatre that can host 65,000 people has been set up on île Sainte-Hélène, complete with a concourse connecting the metro station with main points of interest, including Alexander Calder's sculpture, *L'Homme*, and the Biosphère.

This green oasis is a haven for sports, recreation, nature and culture, with a 25-kilometre network of multi-disciplinary trails that wind through a picturesque landscape dotted with valuable public artworks and vistas of Montréal's cityscape.

To this, add a public beach, three heated outdoor pools, La Ronde amusement park, two museums and Le Casino de Montréal, plus a diverse program of fun-filled activities, events and exhibitions for all ages set amidst splendid natural surroundings.

Les Amis de la montagne (Mount-Royal Park) (lemontroyal.qc.ca)
1260 Remembrance Road, Mount Royal Park, Montréal

Free admission



How to get there? Métro Mont-Royal, bus 11 West

Mount Royal, affectionately called "the mountain" by Montrealers, is the city's emblematic green oasis. *Les Amis de la montagne* are responsible for the protection of its heritage and environment.

Throughout the year, *Les amis de la montagne* offer a variety of activities and services: guided hikes, exhibitions, concerts and cultural events. Consult the website and the calendar of activities. Fresh air and adventure are guaranteed and only a few steps away from downtown!

Jardin botanique de Montréal (Montreal botanical garden)

(spacepouirlavie.ca/en/botanical-garden)

4101 Sherbrooke Street Est, Montréal

\$\$



How to get there? Métro Pie-IX

Cultivate a patch of happiness at the Space for Life. An oasis in the middle of the city for over 80 years, the Montréal Botanical Garden is recognized as one of the largest and most beautiful in the world.

At the Montréal Botanical Garden, visitors of all ages can explore and learn about plants from every corner of the world. Its rich collection of 22,000 plant species and cultivars, its 10 exhibition greenhouses, and some 30 thematic gardens make the venue exceptional.

Magnificent cultural gardens invite you to travel to places like China, Japan, and the First Nations through botanical traditions. The Main Exhibition Greenhouse showcases a seasonal array of flora and special events. Complete with an indoor waterfall, this vast, two-tiered space hosts major happenings all year long.

No matter where you wander in Montréal Botanical Garden, the plant world opens up all sorts of possibilities for adventure and discovery!

Restaurants

Great food is undeniably the stuff of life in Montréal – locals all have their favourite tried-and-true restaurants, go-to take-out dishes and an ongoing list of neighbourhood eateries and cafés to try. It might take multiple return trips to decide on your own favourites, whether we're talking poutine, bagels or foie gras. From five-star restaurants and carefully prepared dishes from around the world to legendary local diners and street-side food trucks, Montréal offers one-of-a-kind experiences for all tastes, all year round.

Olive et Gourmando (oliveetgourmando.com)

\$\$

351 Saint-Paul Street West, Montréal



How to get there? Métro Square-Victoria

This cozy bakery/grocery store/bistro serves up tasty and delicious food for breakfast, lunch and weekend brunch.

Olive et Gourmando on Saint-Paul Street West, is a classic.

It started out as a bakery and still is serving beautiful organic breads, pastries and paninis. Home-made muffins and "extraordinaire brownies" are to die for and the coffee is always full-bodied, aromatic and comforting.

Schwartz's (schwartzdeli.com)
3895 Saint-Laurent Blvd, Montréal

\$\$

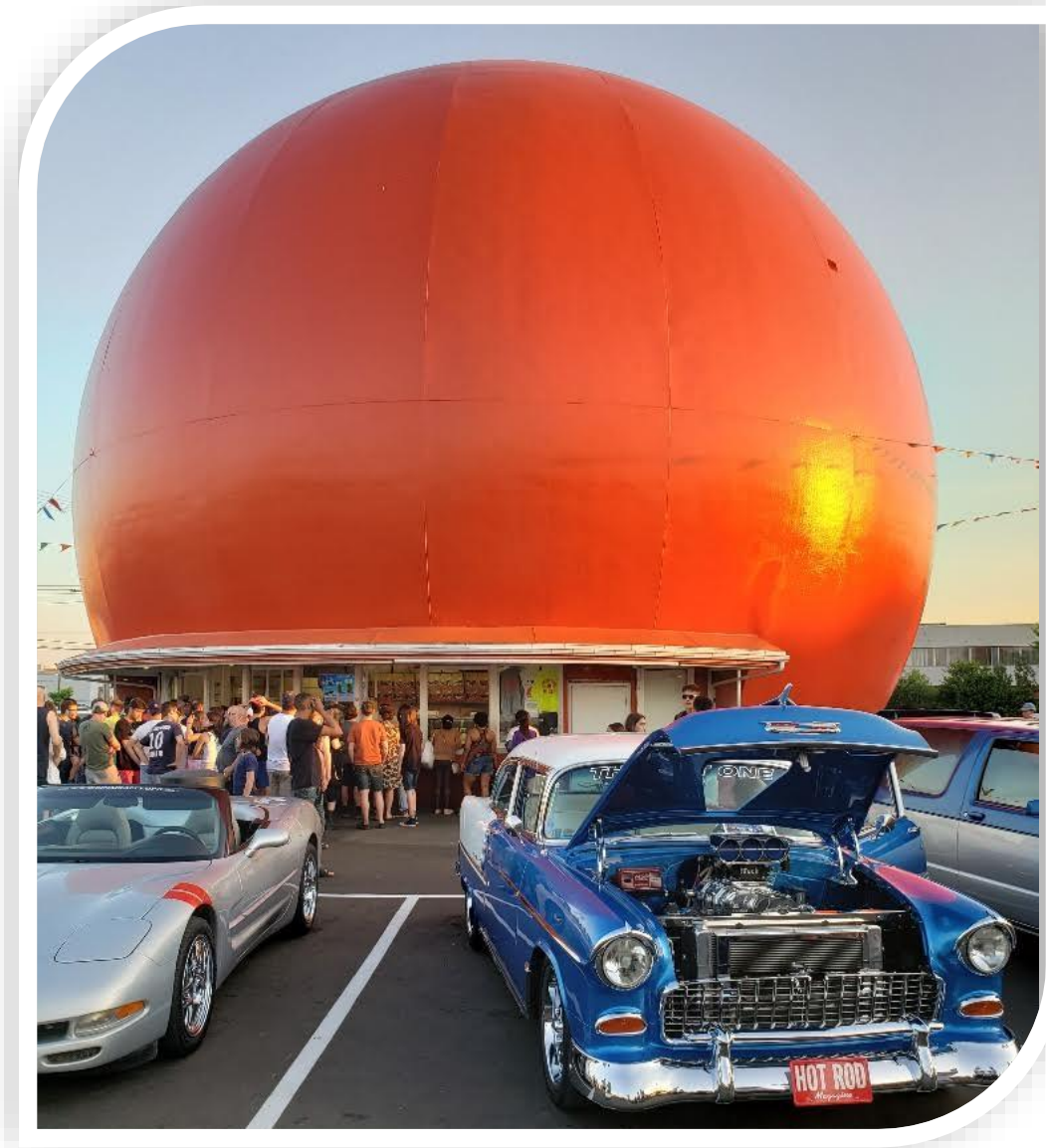


How to get there? Métro St-Laurent, bus 55 north

Schwartz's is a true Montréal institution. The restaurant opened on Saint-Laurent Boulevard in 1928 and has since welcomed guests and celebrities from all over the world as they stop in for a great smoked meat sandwich. Following Reuben Schwartz's original recipe, nothing but the freshest meat is marinated in an elaborate mixture of fine herbs and spices.

Gibeau Orange Julep (orangejulep.ca)
7700 Decarie Blvd, Montréal

\$\$



How to get there? Métro Namur, bus 115 W

You can't miss it: a humungous, four-storey orange right next to one of Montréal's major thoroughfares, the Décarie Expressway. And an orange that serves food at that. Generations of Montrealers have indulged cravings for steamies (hot dogs with steamed buns), burgers, fries and poutine served by roller-skating waitresses at the iconic Gibeau Orange Julep diner, built in 1966 and now an obvious fave of Instagrammers. Though the skating waitresses have long since rolled off into history, patrons can still avail themselves of the landmark's signature frothy, orange-based beverage, the recipe for which remains a Gibeau family secret.

Heritage and architecture

A heritage hundreds of years old with stunning architecture to match meets new architectural innovation in Montréal. For its creative views on architecture, Montréal was appointed the first UNESCO City of Design in North America – see why first-hand in Montréal's jewel of urban design, the Quartier International, an eclectic mix of striking skyscrapers nestled alongside heritage buildings.

Mount Royal Cross (lemontroyal.qc.ca)

Free admission



How to get there? Métro Mont-Royal, bus 11

Erected in 1924, the cross atop Mount Royal commemorates January 6, 1643, when Maisonneuve, Montréal's founder, kept his promise to carry a wooden cross to the summit of Mount Royal if the young colony survived flooding. Today, the cross stands 30 metres (98 feet) high and when lit, can be seen from miles away.

Place Jacques-Cartier and Place de La Dauversière (vieuxmontreal.ca)

Old Montreal

Free admission



How to get there? Métro Champ-de-Mars

Linking City Hall to the waterfront, this storied spot continues to draw visitors with its architecture, entertainment, and restaurants.

No stroll through Old Montréal would be complete without a stop at Place Jacques-Cartier, a lively spot steeped in heritage.

A meeting place for centuries, Montrealers and visitors alike gather here to admire the view of the Old Port, sit for a spell at an outdoor terrasse, take in performances of the many street artists and enjoy entertainment at every time of year.

Today, Place Jacques-Cartier teems with artists, artisans, portrait painters and musicians, however it offers more than just entertainment: history buffs appreciate the Nelson Monument, a 35-metre column erected in 1809, as well as the black pavement denoting the outline of the Château de Vaudreuil, former 18th-century governor's mansion in New France.

The flower stall in the middle is no coincidence: while it obviously adds to the beauty and charm of the square, it is, in fact, a nod to back to when the square was used as a public market, a vocation it held right up to the middle of the 20th century.

Continue your stroll east along Notre-Dame Street and you will come to Place De La Dauversière, across from City Hall. Today, it is a magnificent public garden where passers-by like to while away the hours, immersed in its rich history that begins with the very founding of Montréal. Named in honour of Jérôme Le Royer de La Dauversière, founder of the Société de Notre-Dame, it was the site of the Lemoine-Despins family home in 1750, then of James McGill in 1805.

Museums and culture

Immerse yourself in history and culture, museum, and art exhibitions – it's all within reach at Montréal's many museums and galleries. Carefully curated temporary and permanent exhibitions make the city's large museums always worth a visit. Cultural centres and private galleries in every neighbourhood contribute new aesthetics and perspectives on contemporary art.

Museum of fine arts (mbam.qc.ca)
1380 Sherbrooke Street West, Montréal

\$\$



How to get there? Métro Guy-Condordia

The Museum of fine arts is one of the top 15 most-visited museums in North America. Located in the historic Golden Square Mile downtown, the museum's encyclopedic permanent collection contains some 43,000 works – from European Masters to the MMFA's dazzling Napoleon collection – much of it on display in the museum's five connected pavilions. The MMFA also creates and hosts travelling blockbuster exhibitions.

McCord Museum (mesee-mccord.qc.ca)
690 Sherbrooke St West, Montréal

\$\$



How to get there? Métro McGill

The McCord is a social history museum that celebrates the history, people and communities of Montréal. Comprising one of the largest historical collections in North America, its 1.5 million artefacts include a great photography collection anchored by The Notman Photographic Archives.

Montreal Holocaust Museum (museeholocauste.ca)
5151 Côte-Sainte-Catherine Rd, Montréal

\$\$



How to get there? Métro Côte-Sainte-Catherine

The *History of the Holocaust Told by Survivors* permanent exhibition at the Montréal Holocaust Museum features artifacts donated by Holocaust survivors living in Montréal, home to the third-largest Holocaust survivor population in the world. The mission of the Montréal Holocaust Museum is to educate people of all ages and backgrounds about the Holocaust, while sensitizing the public to the universal perils of antisemitism, racism, hate and indifference. Located in the West End, the museum also presents seasonal events and exhibitions.

Tours & Cruises

AML Cruises (croisieresaml.com)

\$\$

Grand Quai du Port de Montréal, Old Port of Montréal



How to get there? Métro Place-d'Armes

Discover Montréal in a new light and enjoy a spectacular view from the St. Lawrence River aboard a Croisières AML cruise.

Hop aboard a sightseeing cruise or a brunch cruise to discover Montréal by day. Whatever your adventure, Croisières AML will ensure a safe and pleasurable experience to remember! Departing from the Grand Quai in the Old Port, the AML Cavalier Maxim is Montréal's only restaurant boat with a full onboard kitchen with fresh quality food prepared daily under the watchful eye of Executive Chef Santino Testani.

Featuring bright dining rooms with panoramic windows, spacious outdoor decks and first-class service, a cruise aboard the AML Cavalier Maxim is sure to be your best getaway.



How to get there? Contact them at 514-430-0909 – meeting point depending on chosen tour

16/42 Tours offers dynamic walking tours around Montréal's greatest neighbourhoods: downtown, the Plateau, Old Montréal, etc. Professional, multilingual guides share their passion for Montréal's history, architecture, gastronomy, culture and day-to-day goings-on. Tours run approximately 2 hours.

Coach Canada (hop-on hop-off) (grayline.com)
1255 Peel Street, Montréal

\$\$



How to get there? Métro Peel

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

A Montréal steeple chase

While Montréal's streets are dotted with places of worship to serve for countless creeds and belief systems, some of the area's most impressive churches harken back to the city's early days of settlement. Breath-taking grandeur and a style unique to Montréal mark these churches as must-see additions to any travel itinerary.

Saint Joseph's Oratory of Mount Royal (saint-joseph.org)
3800 Queen-Mary Road, Montréal

Free admission



How to get there? Métro Côte-des-Neiges

Rising majestically above the cityscape is Saint Joseph's Oratory of Mount Royal. It is the largest sanctuary dedicated to Saint Joseph and one of the world's most visited pilgrimage sites with over 2 million visitors per year.

In 1904, Brother André, a simple porter renowned for his miracle cures (which he attributed to God through Saint Joseph), set out to construct a small wooden chapel, which would ultimately become one of the city's most impressive religious buildings. It wasn't until 1967, thirty years after his death, that the immense sanctuary was completed.

The shrine includes a majestic basilica for close to 2,000 worshippers, with a dome that reaches a soaring 97 metres, the original chapel, a votive chapel, and a crypt.

One of Saint Joseph's Oratory's best kept secrets, the outdoor Garden of the Way of the Cross with 17 splendid sculptures offers a peaceful oasis from the hubbub of city life below.

Mary Queen of the World Cathedral

Corner of René-Lévesque blvd and Mansfield Street, Montréal

Free admission



How to get there? Métro Bonaventure

Nestled among busy office buildings in Montréal's downtown core, lies Mary Queen of the World Cathedral, the third largest church in Québec after Saint Joseph's Oratory and the Basilica of Sainte-Anne-de-Beaupré.

Built at the end of the 19th century in the heart of what was then the city's Anglo-Protestant sector, this ornate Renaissance cathedral is replica of St. Peter's Basilica in Rome, a departure from the Gothic Revival style so popular at the time.

Inside, a superb neo-baroque baldachin in red copper and gold leaf overlooks the high altar. In the transept, paintings by Georges Delfosse illustrate the historic beginnings of Montréal while numerous works throughout bear witness to the city's religious legacy.

Notre-Dame Basilica (basiliquenotredame.ca)
110 Notre Dame Street West, Montréal

\$\$



How to get there? Métro Place-d'Armes

Growing from a humble stone church in the 17th century to a minor basilica erected to welcome some 8,000 parishioners, Notre-Dame Basilica of Montréal stands as a majestic testament to the importance of religion and art throughout the city's history. A jewel of Québec's religious heritage, it is a masterpiece of Gothic Revival architecture.

Built between 1824 and 1829, this site of national historic significance features dual towers reminiscent of Notre-Dame-de-Paris.

The basilica's interior is a sight to behold, with its blue colours, shimmering gold-leaf ornamentation, intricate woodwork, religious paintings and colourful stained-glass windows depicting over 350 years of parish history designed by Québec artist, Jean-Baptiste Lagacé.

Notre-Dame-de-Bon-Secours Chapel (margueritebourgeoys.org)
400 Saint-Paul Street East, Montréal

\$\$



How to get there? Métro Champ-de-Mars

It may be small, but it certainly packs a punch: the Marguerite-Bourgeoys Historic Site and Notre-Dame-de-Bon-Secours Chapel allows visitors to travel through a whopping 2,400 years of history within its four walls.

Crowning an ancient promontory above the St. Lawrence River, this 300+-year-old church, which was constructed in 1771, sits atop a former First Nations encampment, and was built on the foundations of the first stone chapel erected in 1675. Religious heritage enthusiasts will love its beautiful interior as well as the one-of-a-kind artifacts in its 18th-century crypt, including the tomb of Marguerite Bourgeoys, Montréal's first teacher.

You can climb up to the tower of the chapel—known as the Sailors' Church as of the 19th century—to soak up stunning views of the Old Port as well as the Salle de la mer and its beautiful stained-glass windows.

Shopping

Atwater Market (marchespublics-mtl.com/en/marches/atwater-market)
138 Atwater Ave., Montréal



How to get there? Métro Lionel-Groulx

Bursting with colours, flavours and freshness, the Atwater Market is a popular hub for an array of local and hard-to-find gourmet products. Buttery croissants, ripe cheeses, farm-picked produce, fine meat cuts, deli specialties and fish are just some of the fares available at this four-season market.

Housed in an Art Deco-style building that is considered one of Montréal's architectural gems, the market has been in operation since 1933.

You can pick up delicious items to prepare yourself, or its Pôles des saveurs restaurant area offers plenty of to-go choices ranging from Vietnamese to Reunion Island specialties, barbecue, tapas and others.

The market moves to a seasonal beat, featuring culinary activities and events such as food and craft beer tastings, special cocktail hours and more.

Another bonus? It borders the Lachine Canal so you can pick up some tasty food and rent a bike or go for a walk and enjoy your bounty outdoors.

Sainte-Catherine Street Montréal



How to get there? Métro McGill

A street brimming with history, culture and commerce: Montréal's legendary Sainte-Catherine Street has as many stories as it does street numbers!

From west to east, Sainte-Catherine Street stretches 11 kilometres (9 miles) across the city. It is Montréal's main commercial artery and one of North America's longest and liveliest, for good reason.

From Saint-Laurent Boulevard, going west, the street is home to the major department stores, an array of boutiques, restaurants and several shopping centres. Out the other way is a mix of boutiques, nightlife hotspots, cafés, theatre venues and more. From the great festivals to sidewalk sales to red carpet events, there's always something happening along Sainte-Catherine!

No less than nine metro stations serve this mighty street that winds its way through residential neighbourhoods, the Quartier des spectacles and the downtown core. And with the ever-growing number of office towers close by, Sainte-Catherine Street offers easy access to the Underground Pedestrian Network.

Sainte-Catherine Street has been the pride of Montréal for over a century. Towards the end of the 19th century, English merchants began to set up shop along Sainte-Catherine Street West. Philips Square saw the arrival of notable department stores the likes of Henry Morgan and Co. (now the Hudson's Bay building), Birks Jewellers in 1894, then Eaton's in 1927 and Simpson not long behind. Today, a diverse mix of patrimonial architecture combines with modern-day utility, making the street a prime shopping and entertainment destination.

On the other hand, the traditionally francophone Sainte-Catherine Street East developed with industry in the 1870s. It became a commercial artery towards the end of the 19th century, with ground-floor shops in residential buildings making way for large stores. To this, add a host of entertainment venues, cinemas and theatres that keep Sainte-Catherine Street East hopping to this day.

Recommended **mobile apps**



Montréal en histoire

The best way to learn about Montreal's history, with virtual and augmented realities, as well as points of interest.

iPhone:

<https://apps.apple.com/us/app/montreal-en-histoires/id1001185556?ls=1>

Android:

<https://play.google.com/store/apps/details?id=com.SpaceAndDream.MontrealEnHistoires>



Montréal transit app

The best way to view bus schedules, metro maps, trip planner et much more.

iPhone:

<https://apps.apple.com/app/apple-store/id498151501>

Android:

https://play.google.com/store/apps/details?id=com.thetransitapp.droid&referrer=utm_source%3Dtransit%26utm_medium%3Dwebsite-homepage%26utm_campaign%3Dwebsite-homepage