



Montreal

Photo: Samuel Charron/unsplash



Nate Hovee/Shutterstock.com

In addition to being the largest city in the province of Quebec, Montreal is easily the most multicultural metropolis in Canada, if not all of the Americas. It keeps strong marks of its French origins but has welcomed people of so many backgrounds it has become truly cosmopolitan. As night time falls, an orange glow coats the city, and Montreal's vibrant nightlife comes into motion.



Jane Rix/Shutterstock.com



Susanne Pommer/Shutterstock.com

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THE CITY



ProDesign studio/Shutterstock.com

Feel the grandeur of skyscrapers as you walk the broad streets of downtown Montreal. Beyond its French heritage, Montreal is a metropolis built on cultural synergy. From Little Italy to Chinatown, the philosophy of Montreal has always been to celebrate all cultures cohabiting within it, and no other city has done it better. Montreal has a free spirit, one that its residents uphold, and confers a powerful energy. Don't be surprised if, after a few hours only, you catch yourself smiling like a true Montrealer.

From long shopping streets and cute neighborhoods to glossy and huge modern buildings, Montreal's cityscape offers as much variety as its population. City of the 100 bell towers, it has not rejected its past, and one can still encounter old religious buildings such as the beautiful Saint Joseph's cathedral or the stunning Basilique Notre-Dame.

At night, the city awakens with new energy, and there is always something to do: festivals, fireworks, nightclubs, and more restaurants than one can count, just to begin with.

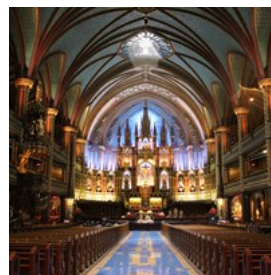
DO & SEE



jbd30/Shutterstock.com

From historical landmarks to atmospheric neighborhoods to lose yourself in, Montreal could very well be one of the coolest places on earth. There is enough to do and see to fill up an entire holiday, and every season brings its own charm. Frozen lakes in winter leave way to flowery mounts in spring, and sunbathing in the summer disappears into the maple colors of fall. Whether you choose to use the incredible public transport network, walk, or ride a bicycle, you are sure to enjoy a break in Montreal.

Notre-Dame Basilica of Montreal



The most famous and picturesque cathedral in Montreal, Notre-Dame Basilica is sure to leave an impression. Walk through the nave, across the dark blue floor, watched over by the large statues, to reach the impressive altar. The Basilica is a breathtaking sight, one that will most likely put you in a meditative state.

Photo: basicmatrix/pixabay

Address: 110 Notre-Dame Street West, Montreal

Public Transport: Metro Place d'Armes

Opening hours: Mon-Fri 10am-4:30pm, Sat 9am-4pm, Sun 12:30pm-4pm

Phone: +1 514 8422 925

Internet: www.basiliquenotredame.ca

Mount Royal



Step off the busy streets of Montreal and into nature to take in city life from up above. Mount Royal is a perfect viewpoint to see the entire city in all its glory. The way up is a bit of a hike so wear good shoes, but, once you're there, take a deep breath and let the clean, fresh air fill your lungs. Do not miss Saint Joseph's Oratory.

Photo: naibank/Shutterstock.com
Address: Mount Royal, Montreal
Public Transport: Bus 11
Phone: +1 514 843 8240
Internet: www.lemontroyal.qc.ca
Email: info@lemontroyal.qc.ca

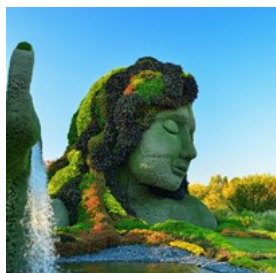
Old Montreal



After a tour of the Montreal Museum of Archaeology and History, walk through various areas of Old Montreal, from Champ de Mars to Place d'Youville. Along the way you will have access to museums and attractions, such as the City Hall and the Bonsecours Market, as well as several beautiful public spaces. Don't forget your camera!

Photo: Ed Vázquez/unsplash
Address: Place d'Youville, Montreal

Montreal Botanical Garden & Green Spaces

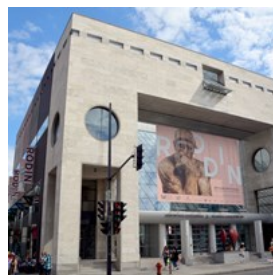


The Montreal Botanical Gardens offer a welcome breath of fresh air in the busy city. Whether you visit the Biodôme, Botanical Garden,

Insectarium, or the Rio Tinto Alcan Planetarium, every single one will be a unique and memorable experience. All locations are conveniently close to each other, but make sure to take at least a couple of hours to explore each.

Photo: Richard Cavalleri/shutterstock
Address: 4101 Sherbrooke Street East, Montreal
Opening hours: Daily from 9am
Phone: +1 514 872 3000
Internet: www.espacepouurlavie.ca/jardin-botanique

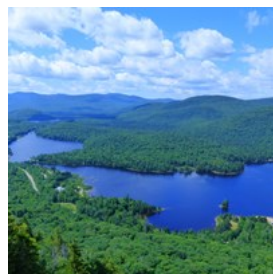
Montreal Museum of Fine Arts



The Museum of Fine Arts in Montreal is praised by the overwhelming majority of its visitors, and for a reason: it has the largest collection of fine art in Canada, as well as a continuous rotation of exhibitions. Just like the city itself, the museum showcases two sides to art: historical and modern.

Photo: meunierd/shutterstock
Address: 1380 Sherbrooke Street West, Montreal
Public Transport: Metro Peel or Guy-Concordia. Bus 24.
Opening hours: Tue-Sun 10am-5pm, Mon closed
Phone: +1 514 285 1600
Internet: www.mbam.qc.ca/en
Email: web@mbamtl.org

Laurentian Mountains



Leave the urban sprawl behind and admire Canadian natural beauty. Hop on the bus and travel through the beautiful landscapes all the way to the Laurentian Mountains. Get your camera ready to capture the steep mountain sides, adorned with bright red trees in autumn or flourishing greens in spring. Dotted with pretty

little towns and impressive rock formations, the Laurentian Mountains are a great day trip.

Photo: Yannick Vidal/Shutterstock.com

Address: Laurentian Mountains, Lac-Jacques-Cartier

Internet: www.laurentides.com/en

More Info: Time your trip! Mornings offer beautiful dew and foggy moments and evenings offer the dark red setting sun.

Circuit Gilles Villeneuve



The noteworthy Formula One Canadian Grand Prix is held on this impressive circuit, located on Notre-Dame island. Stand on the tarmac and

experience the feeling of engines roaring past as racers battle each other for pole position. To experience the entire track, it is possible to use your own vehicle or even rollerblade or bike along it.

Photo: Digital Storm/Shutterstock.com

Address: Parc Jean-Drapeau, Montreal

Phone: +1 514 872 6120

Internet: www.parcjeandrapeau.com/en/circuit-gilles-villeneuve-montreal

Email: info@octanemanagement.ca

Pointe-à-Callière Museum of Archaeology & History



Pointe-à-Callière is a national historical and archaeological site that allows visitors to see how old Montreal came to life.

It features both historical and contemporary pieces, and takes you from day one to what the city has become now. Witness more than 1,000 years of human progress.

Photo: Todamo/shutterstock

Address: 350 Place Royale, Montreal

Public Transport: Metro Place-D'Armes. Bus 715.

Phone: +1 514 872 9150

Internet: pacmusee.qc.ca/en

Email: info@pacmusee.qc.ca

Bell Centre



There is always something going on at Bell Centre, whether sporting events or concerts; this same 21,000-seat venue hosts the Cirque du Soleil. Alternatively, you can take one of the guided tours that will take you all the way to the locker rooms. Taking pictures is allowed and encouraged.

Photo: melis/Shutterstock.com

Address: 1909 Avenue des Canadiens-de-Montréal, Montreal

Phone: +1 514 932 2582

Internet: centrebelle.ca/en

Email: tours@bellcentre.ca

Montreal Biosphere



This museum benefits from a great location in a green environment on Saint Helen's Island. The Biosphere Museum is dedicated to preserving the environment and sustainability. Natural environments are recreated indoors. It is a great activity for families, and the sphere is very photogenic from the outside.

Photo: Phil K/Shutterstock.com

Address: 160 Chemin du Tour de l'isle, Montreal

Phone: +1 514 283 5000

Internet: www.espacepouurlavie.ca/en/biosphere

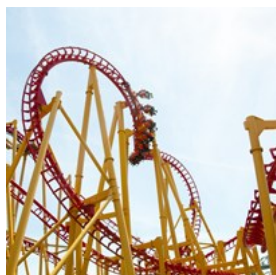
Plateau Mont-Royal Neighborhood



Plateau Mont-Royal is simply the most beautiful and atmospheric neighborhood in Montreal, with colorful brick Victorian houses, trendiest coffee shops and coolest boutiques in the city. A walk in the area is sure to lift your spirits.

Photo: Richard Cavalleri/Shutterstock.com
Address: Le Plateau-Mont-Royal, Montreal

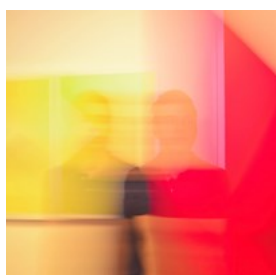
La Ronde



La Ronde is a huge amusement and entertainment park located on Saint Helen's Island. With around 40 attractions ranging from roller coasters to water games, it is a great activity for families in the summer. Keep in mind it closes during winter and usually reopens in May.

Photo: Adwo/Shutterstock.com
Address: 22 Chemin Macdonald, Montreal
Public Transport: Metro Jean-Drapeau and Papineau. Bus 167 and 169.
Opening hours: Open seasonally
Phone: +1 514 397 2000
Internet: www.laronde.com
Email: infolaronde@sixflags.com

The MEM – Montreal History Centre



The MEM, located at the intersection of Sainte-Catherine and Saint-Laurent, celebrates the diverse stories of Montrealers through exhibits, public spaces, and cultural activities.

This newly transformed museum highlights the city's rich and plural identities, offering a space where the voices of Montreal's past and present come to life.

Photo: Nicolas Ladino Silva/unsplash
Address: Centre des mémoires montréalaises (MEM), 1210 Boulevard Saint-Laurent, Montréal
Opening hours: Tue 11am-6pm, Wed 11am-8pm, Thu & Fri 11am-9pm, Sat & Sun 11am-6pm, Mon closed
Phone: +1 514 872 3207
Internet: memmtl.ca/en

Rage Axe Throwing



Do you have some stress or anger you would like to get rid off? Say no more, Rage is the activity for you. This very special place will teach you how to throw axes in eleven different throwing corridors. Whether you are here for a celebration or to release negative energy, be prepared to discover your inner warrior.

Photo: Kletr/Shutterstock.com
Address: 1436 rue Atateken, Montréal
Opening hours: Tue-Fri 2pm-9pm, Sat 11am-10pm, Sun 11am-7pm, Mon 4pm-9pm
Phone: +1 514 303 7243
Internet: www.rageaxethrowing.com/en

Bota Bota



Bota Bota is a floating spa location on St. Lawrence River. Prepare for a unique (albeit a little pricey) experience in several saunas, hot tubs, and outdoor pools — maybe even for a dip in the freezing river. The “spa sur l’eau” (spa on the water) also hosts DJs, movies and live music events from time to time.

Photo: Pierre Jarry/unsplash
Address: Old Port of Montreal, Montreal
Phone: +1 514 284 0333
Internet: www.botabota.ca

DINING



Syda Productions/Shutterstock.com

In a city where cultures mingle as harmoniously as in Montreal, and where the French influence remains strong, one can only expect an incredible gourmet scene. Expectations are more than met in this cosmopolitan megalopolis, and one can savour everything from street food to fine delicacies.

Splurge on traditional Poutines, have a French dinner that may taste even better than in France or try eats from all over the world. The food here is usually well-served and genuine, from all origins and prepared with love.

Île Flottante



This inspired restaurant (formerly Les Deux Singes de Montarvie) has its roots in French cuisine. The choice of dishes is limited, with a selection from 2 options only: the tasting menu, or the vegetarian tasting menu. This limitation is however a guarantee of quality, and everything here is in season and beautifully prepared. It is a culinary experience like no other.

Photo: stockyimages/Shutterstock.com
Address: 176 Saint Viateur Street West, Montreal
Public Transport: Metro Rosemont
Opening hours: Wed-Sat 5pm-10pm, Sun-Tue closed
Phone: +1 514 278 6854
Internet: www.restaurantileflottante.com
Email: info@lesdeuxsingesdemontarvie.com
More Info: Reservations are recommended

Europea — Restaurant Jérôme Ferrer



Europea might make you think the best French cuisine is not in Paris or anywhere in France, but right here in Montreal! Chef Jérôme Ferrer, who learned to cook by his grandmother's side, has never since left the kitchen and now shares his talent and passion with anyone who wishes to dine at his restaurant. Spanish, Italian and Catalan influences enhance the French flavours, for a truly extraordinary experience.

Photo: Andrey Bayda/Shutterstock.com
Address: 1233 Rue de la Montagne, Montreal
Opening hours: Mon & Tue closed; Wed-Fri 11am-1pm / 5pm-8:30pm; Sat & Sun 5pm-8:30pm
Phone: +1 514 398 9229
Internet: jeromeferrer.ca
Email: info@europea.ca

Damas



Damas offers a beautiful culinary experience with recipes originating from Damas and Alep, prepared with the finest ingredients. A number of hot and cold mezze (small plates) as well as main dishes are available. Worry not about making the right choice, all of them are top notch.

Photo: Andrey Bayda/Shutterstock.com
Address: 1201 Avenue Van Horne, Outremont

Opening hours: Tue-Sun 5:30pm-10pm, Mon closed

Phone: +1 514 439 5435

Internet: www.damas.ca

Email: info@restaurant-damas.com

Arepera



Arepera offers an appetizing cuisine, deeply rooted in Venezuelan culinary tradition. Experience the taste of an arepa, a corn based

Venezuelan bread, together with a memorable guacamole sauce. Arepera will please meat lovers (but also offers numerous vegetarian and vegan options) and is 100% gluten-free.

Photo: [nehopelon/Shutterstock.com](https://www.shutterstock.com/author/nehopelon)

Address: 73 Prince-Arthur Street East, Montreal

Public Transport: Metro Sherbrooke or Mont-Royal. Bus 55.

Opening hours: Mon closed, Tue-Sun noon-9pm

Phone: +1 514 508 7267

Internet: www.arepera.ca

Email: areperaduplateau@hotmail.com

More Info: Vegetarien/Vegan and Gluten free

Le Club Chasse et Pêche



With a mix of French gourmet cuisine and Canadian specials, Le Club Chasse et Pêche knows how to please its crowd. From oysters to

deer and all the way to red velvet cake and other desserts, you are in for a treat. The wine and the service match the quality of the food: a great dining experience awaits!

Photo: [Bignai/Shutterstock.com](https://www.shutterstock.com/author/Bignai)

Address: 423 Rue Saint-Claude, Montreal

Opening hours: Tuesday-Saturday 18:00 - 22:30. Closed Mondays and Sundays.

Phone: +1 514 861 1112

Internet: www.leclubchasseetpeche.com

La Banquise



La Banquise is without doubt the most famous Poutine joint in Montreal, and most locals will tell you it simply is the best. With over 30 varieties of

Poutine (extra large if you go for the T-Rex), it is a local institution. It is also open 24/7, so you simply have no excuse to miss out on the place.

Photo: [Foodio/Shutterstock.com](https://www.shutterstock.com/author/Foodio)

Address: 994 Rue Rachel East, Montreal

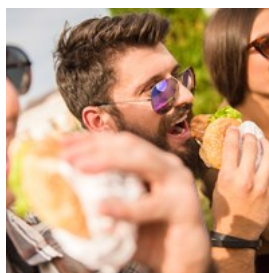
Opening hours: 24/7 except for Christmas Day

Phone: +1 514 525 2415

Internet: labanquise.com

Email: restolabanquise@hotmail.com

Local Montreal Food Tour



Join the Mile End Montreal Food tour for another kind of lunch: stroll in Mile End and discover local specialties ranging from fresh

homemade tomato sauce to rich chocolates. The tour will take you to six different locations where you can taste local gastronomy.

There are also other tours to choose from.

Photo: [VGstockstudio/Shutterstock.com](https://www.shutterstock.com/author/VGstockstudio)

Phone: +1 438 600 0501

Internet: localfoodtours.com/montreal

Email: info@localmontreal.com

More Info: All food tastings are included in the ticket price

Tiamo



Tiamo's cuisine is eclectic, imaginative and offers a wide range of gastronomic experiences, just like its baroque decor, which combines

elegant modernity with rough-draping. For lunch or dinner, you can sit down on the ground floor for a sandwich, a salad or a cheesy pizza. Or you may prefer going up to the mezzanine and enjoy more elaborate dishes, in a cozy and intimate atmosphere. On weekends, don't miss out on brunch.

Photo: Eneida Nieves/pexels

Address: 3412 Park Avenue, Montreal

Public Transport: Metro Place des Arts

Phone: +1 514 903 6939

Internet: www.tiamomtl.com

Email: info@tiamomtl.com

CAFES



aga2635/pixabay

Montreal has cafes at nearly every corner. Some neighborhoods never disappoint, one good area to wander through in search for a cosy cafe or small eatery is Plateau Mont Royal. Avoid the big brands and scout the city for hidden gems and individual cafes. There is always a good excuse to stop for a nice cup o'Jo or some sweet treats, especially in a city like Montreal.

Cafe Myriade



Cafe Myriade is a sweet place. With its very warm atmosphere and great coffee, it will definitely charm you. They are the only coffee shop in the

country offering fresh milk with absolutely no preservatives. The atmosphere here is, however, very relaxed.

Photo: [supatchai/Shutterstock.com](https://www.shutterstock.com)

Address: 1432 Mackay Street, Montreal

Public Transport: Metro Guy-Concordia

Opening hours: Mon-Fri 7:30am-7pm, Sat & Sun 8am-5pm

Phone: +1 514 939 1717

Internet: cafemyriade.com

Email: info@cafemyriade.com

Cafe Castel



At Cafe Castel, coffees come in different colors, which often makes a cup resemble a true work of art. All kinds of brewing techniques are in use

here, and you can also opt for another drink such as an iced tea or a milkshake. For the hungry ones, you can also eat a quick sandwich or a full breakfast or meal. Certainly one of the best cafes in Montreal.

Photo: [Rawpixel dot com/Shutterstock.com](https://www.shutterstock.com)

Address: 1015 Sherbrooke Street West, Montreal

Opening hours: Daily 7am-8pm

Phone: +1 514 285 6514

Internet: castelresto.ca

Email: cafecastelart@gmail.com

Cafe Parvis



Serving coffees as well as all sorts of food all day long, Cafe Parvis is one of the trendiest spots in Montreal for a coffee break. The cafe offers

somewhat of a classic backdrop to a sunny tea room and terrace. A great little cafe for warm summer days.

Photo: Juri Pozzi/Shutterstock.com

Address: 433 Mayor Street, Montreal

Opening hours: Tue-Fri 11am-11pm, Sat 10am-11pm, Sun 10am-3pm, Mon closed

Phone: +1 514 764 3589

Internet: www.cafeparvis.com

Email: info@cafeparvis.com

Dispatch Coffee



Dispatch Coffee sets the bar high on its products, the roasting, the brewing and the talent of its baristas — and you can taste it at the first sip!

Dispatch places special emphasis on keeping coffee production and trade sustainable and beneficial to both the producer and consumer.

Photo: Shaiith/Shutterstock.com

Address: 4021 Saint Laurent Boulevard, Montreal

Opening hours: Mon-Fri 7:30am-7pm, Sat & Sun 8am-7pm

Phone: +1 514 504 2351

Internet: www.dispatchcoffee.ca

Email: info@dispatchcoffee.ca

Cafe Larue & Fils



Cafe Larue & Fils offers everything from artisan lattes and sweets to soups and panini, but also beers. The best part of the cafe is its

atmosphere: quiet and relaxing, with stylish decor and pleasant staff. It's easy to completely lose track of time here.

Photo: baranq/Shutterstock.com

Address: 244 Rue de Castelnau East, Montreal

Public Transport: Metro De Castelnau or Jean-Talon

Opening hours: Mon-Fri 7am-6pm, Sat & Sun 8am-6pm

Phone: +1 514 272 8087

Internet: cafelarue.ca

La Brume Dans Mes Lunettes



This cute neighbourhood cafe has it all: a family feel, amazing staff, delicious sweets, a large choice of crepes and other eats, and, of course,

delicious coffees — including some particularly well-prepared iced drinks. Don't miss out on this trendy spot.

Photo: racorn/Shutterstock.com

Address: 378 Rue Saint-Zotique, Montreal

Public Transport: Metro Beaubien

Opening hours: Mon-Fri 8am-5pm, Sat & Sun 10am-5pm

Phone: +1 514 379 1178

Internet: www.labrumedansmeslunettes.com

Email: labrume@labrumedansmeslunettes.com

180g Cafe-Disquaire



The friendliest vinyl shop in Montreal is also one of its coolest coffee shops: welcome to 180g Cafe-Disquaire! This place gets involved in the city's cultural events, promoting street art and local artists. You will be received like an old friend and have a great time.

Photo: Lucky Business/Shutterstock.com

Address: 5866 Avenue de Lorimier, Montréal

Opening hours: Tue & Wed 10am-6pm, Thu 10am-7pm, Fri 10am-8pm, Sat 11am-7pm, Sun 11am-5pm, Mon closed

Phone: +1 438 290 5002

Internet: www.instagram.com/le180g

Email: info@le180g.com

Moustache Cafe



Moustache Cafe offers a merry experience, with large common tables where, if you like, you can meet new people, all the while sipping on coffee, fresh juices or vegan smoothies. You can also opt for gluten-free eats and other sweets. The cafe fosters a true community spirit.

Photo: Saurav Thapa Shrestha/unsplash

Address: 35 Rue Beaubien East, Montreal

Public Transport: Metro Beaubien

Opening hours: Mon-Fri 8am-6pm, Sat & Sun 9am-6pm

Phone: +1 514 999 0685

Internet: www.moustachecafe.ca

Email: lecafemoustache@gmail.com

Paquebot



With a pleasant environment and original, quality drinks, Paquebot Cafe is certainly a spot worth checking out. Join the crowd of dedicated regulars and try their barrel coffee, or go for an original curry-ginger latte for a taste of something different.

Photo: RODNAE Productions/pexels

Address: 2110 Rue Bélanger, Montreal

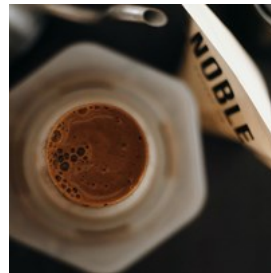
Opening hours: Mon-Fri 7:30am-5pm, Sat & Sun 8am-5pm

Phone: +1 514 439 4344

Internet: paquebot.ca

Email: paquebotcafe@gmail.com

Noble Cafe



This independent coffee shop also serves ice-cream, in a classy and fancy yet understated interior. The owners and the staff are attentive and it's a great place to chill all year long. The location is also great — Noble Cafe really has everything going for it.

Photo: Jonathan Sanchez/unsplash

Address: 430 Avenue Laurier East, Montreal

Public Transport: Metro Laurier

Opening hours: Mon-Wed 7am-5pm, Thu & Fri 7am-5:30pm, Sat 8am-5:30pm, Sun 8am-5pm

Phone: +1 514 656 7630

Internet: www.instagram.com/noblecafemtl

Email: noblecafe.mtl@gmail.com

More Info: Second location at 7066 Rue Alexandra

Cafe Aunja



This popular Persian cafe boasts, perhaps, the cosiest atmosphere in town. With its seating area a little below ground level, clients can enjoy soft lighting and people-watch while retaining their privacy. In Cafe Aunja one can also find superb teas and coffees, sweets, live music and art on the walls.

Photo: Kübra Arslaner/pexels

Address: 1448 Sherbrooke Street West, Montreal

Public Transport: Metro Guy-Concordia. Bus 24.

Opening hours: Tue-Fri 9am-5pm, Sat & Sun 10:30am-6pm, Sun closed

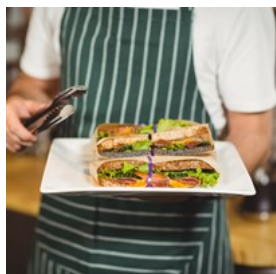
Phone: +1 514 914 8337

Internet: www.aunja.com

Email: info@aunja.com

More Info: Close to the Montreal Museum of Fine Arts

Cafe Melbourne



Cafe Melbourne is a taste of Australia right in the heart of Montreal. If you feel like some Australian warmth could help you through the tough

Canadian winter, step in for some vegemite avocado toast or jaffle. The inside room is comfortable, but the best part of Cafe Melbourne is its patio filled with potted plants.

Photo: wavebreakmedia/Shutterstock.com

Address: 4615 Saint-Laurent Boulevard, Montreal

Opening hours: Tue-Sun 10am-4pm, Mon closed

Internet: www.instagram.com/lecafemelbourne

Café Olimpico



Established in 1970, Café Olimpico has always stuck to its Italian roots, which show in every detail, from their signature espresso to the memorabilia belonging to soccer teams of the country. A TV is also available for sport fans, so that they can enjoy watching a match while sipping on their beverage coupled with cannoli pastries.

Photo: StudioByTheSea/Shutterstock.com

Address: 124 Saint-Viateur Street West, Montreal

Opening hours: Daily 6am-midnight

Phone: +1 514 495 0746

Internet: www.cafeolimpico.com

More Info: Two more locations: Downtown and in Old-Port

BARS & NIGHTLIFE



Songquan Deng/Shutterstock.com

As night falls, Montreal gains new vibrancy with its large variety of authentic bars, musical performances, and frequent festivals. Head to the Old Port of Montreal and check out Terrace Bonsecours to dance the night away. One can also take things at a slower pace and relax in a lounge or a jazz bar. Music lovers will find an abundance of music bars, while the rest hits the streets in search for the best cocktails in town (the options here are practically endless).

Dieu du Ciel



Both bar and brewery, Dieu du Ciel offers some of the best locally brewed beers one can find in Montreal and (some may dare say) all of Canada.

You can sit in the comfy room inside or in the outside patio, but its best to sit at the bar and get all the best recommendations directly from the bartender.

Photo: FlorianKunde/Shutterstock.com

Address: 29 Avenue Laurier West, Montreal

Phone: +1 514 490 9555

Internet: dieuduciel.com/en/montreal-brewpub

Email: ddc@dieuduciel.com

Upstairs Jazz Bar & Grill



A jazz bar/club at its best. With live music all year long, a classic and elegant interior with stone walls and wood panels, and a good

offering of meals and snacks, Upstairs takes the lead on Montreal's music scene. It is a place to come for inspiration or to make friends.

Photo: Geoff Goldswain/Shutterstock.com

Address: 1254 Mackay Street, Montreal

Public Transport: Metro Guy Concordia

Opening hours: Check event calendar

Phone: +1 514 931 6808

Internet: www.upstairsjazz.com/calendar

Email: info@upstairsjazz.com

Comedy Nest



The purported "funniest city in the world" has no shortage of comedy clubs, The Comedy Nest ranking among the funniest of the funniest. The club

features a regular rotation of top-tier acts, who perform every weekend even outside of Montreal's famous Just for Laughs festival, the largest celebration of all things comedy globally.

Photo: Fer Gregory/Shutterstock.com

Address: Montreal Forum, 2313 Saint-Catherine Street West, 3rd Floor, Montreal

Phone: +1 514 932 6378

Internet: comedynest.com

La Distillerie



La Distillerie is has three locations in Montreal, so you can choose the one located the most conveniently for you.

They serve amazing original cocktails, as well as some food. Beer is also on the menu, in case cocktails aren't your drink of choice.

Photo: Arina P Habich/Shutterstock.com

Address: 300 Ontario Street East, Montreal

Opening hours: Mon-Wed & Sun 6pm-1am, Thu 4pm-2am, Fri & Sat 4pm-3am

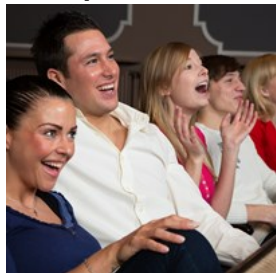
Phone: +1 514 448 2461

Internet: www.pubdistillerie.com

Email: info@distillerie.tv

More Info: La Distillerie has four locations in Montreal

Juste pour rire aka Just For Laughs



Plan in advance if you want to catch a comedy show at one of the venues, or even attend their popular Just for Laughs festival.

Well-known comedians from all over the continent gather to make you laugh out loud. Have a look at the website and check out the program.

Photo: Ikonoklast Fotografie/Shutterstock.com

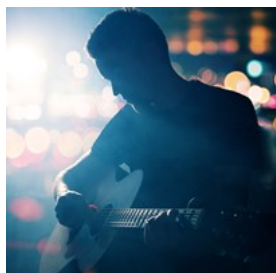
Address: 2101 Saint-Laurent Boulevard, Montreal

Phone: +1 514 845 3155

Internet: www.hahaha.com

Email: info@hahaha.com

Bistro a Jojo



The compact (yet incredibly popular) Bistro a Jojo is guaranteed to let you have an incredibly fun evening out. Grab a drink, sit back and enjoy

the live music while the bartender sets the bar on fire. If you're looking for an explosive night out, make your way to the Quartier des Spectacles where the bar is located.

Photo: donatas1205/Shutterstock.com

Address: 1627 Saint-Denis Street, Montreal

Public Transport: Métro Berri-UQAM

Opening hours: Daily noon-3am

Phone: +1 514 843 5015

Internet: www.bistroajojo.com

Email: bistroajojo.montreal@gmail.com

Brutopia



Freshly brewed beer and good food are only a couple of Brutopia's perks. The waiters are knowledgeable and can recommend which beers

will best suit your taste. The menu includes vegetarian options. Several events also take place here, ranging from open mic nights and live music to quizzes.

Photo: Africa Studio/Shutterstock.com

Address: 1219 Crescent Street, Montreal

Public Transport: Metro Lucien L'Allier or Guy/Concordia

Opening hours: Sun-Thu 2pm-midnight, Fri & Sat noon-1am

Phone: +1 514 393 9277

Internet: www.brutopia.net

Les Foufounes Électriques



A mix of house, electro, metal, and punk music is played in this club; genres vary by day. What might just be the city's best alternative bar and

club, Foufounes Électriques frequently hosts concerts and has a well-stocked bar to keep you going all night long, as well as pool tables and foosball.

Photo: astarot/Shutterstock.com

Address: 87 Saint-Catherine Street East, Montreal

Public Transport: Metro St-Laurent - Metro Berri-UQAM

Phone: +1 514 844 5539

Internet: www.foufouneselectriques.com

Email: info@foufounes.qc.ca

Ziggy's Pub



"No food, just drinks" could be Ziggy's motto. Come here to have fun, mingle and meet people – Ziggy's is a place to meet the locals and make unforgettable memories, all the while catching a sporting match on TV and sipping on one of the many drinks on offer.

Photo: bogdanhoda/Shutterstock.com

Address: 1470 Crescent Street, Montreal

Opening hours: Mon-Fri 2pm-3am, Sat & Sun noon-3am

Phone: +1 514 285 8855

Email: info@ziggypub.ca

Flyjin



The Flyjin is a chic Asian brasserie located in the heart of Old Montreal. Sophisticated and mysterious, the place offers a unique concept, bringing together a restaurant with Asian influences and a vibrant bar, where one can discover a vast selection of Japanese whiskey, sake, wines and exclusive Japanese beers, as well as carefully crafted cocktails.

Photo: Nan Palmero/Shutterstock.com

Address: 417 Saint-Pierre Street, Montreal

Opening hours: Wed-Sat 7pm-late

Phone: +1 514 564 8881

Internet: flyjinmtl.com

Email: rsvp@flyjin.ca

Burgundy Lion



The Burgundy Lion brings England to Montreal with its full-on British pub atmosphere. The pub is pretty laid-back and serves British pub grub foods, along with offering a large selection of beers, whiskeys and wines. The vibe is laid-back and everyone is welcome.

Photo: donfiore/Shutterstock.com

Address: 2496 Notre-Dame Street West, Montreal

Public Transport: Metro Lionel-Groulx

Opening hours: Mon-Fri 11:30am-3am, Sat & Sun 10am-3am

Phone: +1 514 934 0888

Internet: www.burgundylion.com

Email: info@burgundylion.com

Maison Saint Paul



Maison Saint Paul is the first and only "bubble bar" in Montreal, created as a love declaration to the precious drink. The champagne list is so long you can find bottles from all across the world and to suit different budgets. You can accompany your glass of bubbly with some delicious food, or opt for the Bloody Caesar: a Canadian specialty that gives a twist to the Bloody Mary and turns it into a drink-and-snack.

Photo: SKYLAKE STUDIO/unsplash

Address: 343 Saint-Paul Street East, Montreal

Public Transport: Metro Champs-de-Mars

Opening hours: Wed-Sat 5pm-3am, Sun 10am-3am

Phone: +1 514 903 9343

Internet: maisonsaintpaul.ca

SHOPPING



Rawpixel dot com/Shutterstock.com

There is an incredible amount of opportunities to shop for nearly anything under the sun in Montreal. And with an entire underground network of stores, hotels, and even offices nicknamed "Underground City", the cold of the winter is no excuse. Huge malls can be found throughout the whole city, but chances are Montreal will win you over with its nice markets, vintage stores or small local boutiques boasting of true Montreal style.

Divine Chocolatier



Buying chocolate in the supermarket is one thing, having it personally prepared by one of the most dedicated chocolatiers in Canada is another. Among the busy streets of Montreal lies a small boutique called the Divine Chocolatier. Richard Zwierzynski opened his store after being inspired by Willy Wonka and makes sure his customers experience a memorable visit.

Photo: Alexander Stein/Pixabay

Address: 2158 Crescent Street, Montréal

Opening hours: Mon-Sat 11am-6pm, Sun noon-5pm

Phone: +1 514 282 0829

Internet: www.divinechocolatier.com

Email: facebook@divinechocolatier.com

Eaton Centre



A beautiful shopping centre and a part of what locals call the "Underground City" of Montreal: an extensive network of malls, shops, hotels and even office buildings connected under the ground, used a lot in the winter. The multi-storey Eaton Centre has multiple stores, boutiques, and large food court.

Photo: Marc Bruxelle/shutterstock

Address: 705 Saint-Catherine Street West, Montreal

Phone: +1 514 288 3710

Internet: www.centreeatondemontreal.com

Email: info@centreeatondemontreal.com

Jean-Talon Market



Jean-Talon Market is a colorful fruit and vegetable market in Montreal. Take a stroll through the different aisles and take in the smell fresh fruit, all ready to be taken home. If you're looking to keep to a healthy lifestyle while on vacation, this is the place to visit.

Photo: lola1960/Shutterstock.com

Address: Corporation de gestion des marchés publics de Montreal, 155 Avenue Greene, 3rd floor, Montreal

Opening hours: Mon-Sat 8am-6pm, Sun 8am-5pm

Phone: +1 514 937 7754

Internet: www.marchespublics-mtl.com/marches/jean-talon

Email: info@marchespublics-mtl.com

Atwater Market



Another city market offering various fruit and vegetables. The iconic tower overlooking the market makes it particularly easy to spot from a distance. When on a bicycle or on foot, take a pleasant stroll along the canal and end up at Atwater for some shopping.

Photo: Layland Masuda/Shutterstock.com

Address: 138 Avenue Atwater, Montreal

Opening hours: Mon-Fri 9am-6pm, Sat & Sun 9am-5pm

Phone: +1 514 937 7754

Internet: www.marchespublics-mtl.com/marches/atwater

Email: info@marchespublics-mtl.com

Noël Eternel



Why should December be the only Christmas month? Noël Eternel makes sure to give you that Christmas feeling every day of the week and all year round, whether or not snow is falling. Offering a large variety of Christmas items such as little villages, elves, nativity scenes, tree decorations (and much more), at Noël Eternel it's Christmas every day.

Photo: PublicDomainPictures/Pixabay

Address: 60 Notre Dame Street West, Montreal

Opening hours: Daily 10am-5pm

Phone: +1 514 285 4944

Internet: www.noeeleternel.com

Email: info@noeeleternel.com

Bar à lunettes Marie-Sophie Dion



A very appreciated optician in the city of Montreal, offering many different frames and with a staff that treats you like a VIP. When looking for new glasses or inspiration, the staff will listen to your needs and wants and offer a selection based on your choices.

Photo: Elena Kharichkina/Shutterstock.com

Address: 401 McGill Street, Vieux-Montréal, Montreal

Opening hours: Mon-Fri 10am-6pm, Sat 10am-3pm, Sun closed

Phone: +1 514 843 3466

Internet: www.baralunettes.com

Email: mtl@msdion.com

Les Cours Mont-Royal



A traditional mall/shopping centre offering various shops, hair salons, a food court and individual cafes. Connected directly to a metro station and the Underground City, it is very easily accessible by public transport and offers a wide selection of fashion boutiques.

Photo: Syda Productions/Shutterstock.com

Address: 1455 Peel Street, Montreal

Opening hours: Mon-Wed & Sat 10am-6pm, Thu & Fri 10am-9pm, Sun noon-5pm

Phone: +1 514 842 7777

Internet: www.lcmr.ca

Mycoboutique Inc



Mycoboutique Inc is a store with a focus on teaching you everything there is to know about mushrooms, even down to how to grow them

yourself: you can even easily grow your own truffles on your lawn. The boutique is a great place to pick up unusual gifts and souvenirs.

Photo: alicja neumiler/Shutterstock.com

Address: 4324 Saint-Denis Street, Montreal

Opening hours: Mon-Wed 10am-6pm, Thu & Fri 10am-8pm, Sat 10am-5pm, Sun noon-5pm

Phone: +1 514 223 6977

Internet: mycoboutique.com

Email: info@mycoboutique.ca

Eva B



Don't be discouraged by the post-apocalyptic looking front of the store and dare to enter this Ali Baba's cave. Vintage clothes and accessories,

odd objects and art pieces are gathered here in a seemingly chaotic manner, but you can also stop here for some coffee or snacks. Eva B is eclectic and fabulous.

Photo: bikeriderlondon/Shutterstock.com

Address: 2015 Saint-Laurent Boulevard, Montreal

Opening hours: Mon-Sat 11am-7pm, Sun noon-6pm

Phone: +1 514 849 8246

Internet: boutiqueevab.com

Email: boutiqueevab@gmail.com

Complexe Desjardins



The Complexe Desjardins is a sight to behold, with futuristic architecture and lights as well as a large lit-up fountain. On the inside it is a classic

mall with an assortment of food, clothing, and sundries. It is so huge that it feels at times like a city within the city.

Photo: Alexandre L'Oiseau/unsplash

Address: 150 Saint-Catherine Street West, Montreal

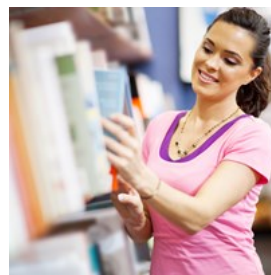
Opening hours: Mon-Wed & Sat 9:30am-6pm, Thu & Fri 9:30am-9pm, Sun noon-5pm

Phone: +1 514 845 4636

Internet: www.complexedesjardins.com

Email: courriel@desjardinsdgi.com

Argo Bookshop



This book shop has, since its creation in the 1960's, always focused more on providing quality and personalized services than making a big profit.

Montreal's oldest English language bookshop offers all kinds of books, including works of local authors, and hosts an open mic night once a month for writers, comedians and musicians.

Photo: michaeljung/Shutterstock.com

Address: 1915 Saint-Catherine Street West, Montreal

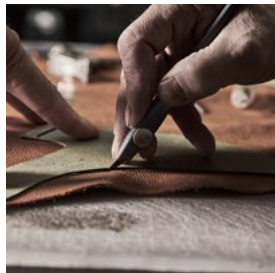
Opening hours: Mon-Fri 11am-8pm, Sat noon-3pm, Sun noon-6pm

Phone: +1 514 931 3442

Internet: www.argobookshop.ca

Email: argobookshop@gmail.com

m0851



Designer of leather bags, accessories and clothes, m0851 has a prime spot on the shopping scene of Montreal. All products sold in the shop are crafted locally and by hand, creating a unique identity among them all. The quality is superb and the styles on point.

Photo: fotoinfot/Shutterstock.com

Address: Montreal Eaton Centre, 705 Saint-Catherine Street West, Montreal

Phone: +1 514 844 0851

Internet: www.m0851.com

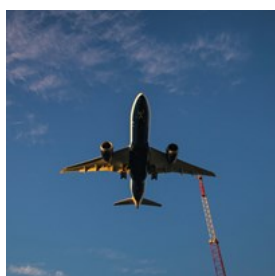
Email: info@m0851.com

TOURIST INFORMATION



Adwo/Shutterstock.com

Montréal-Trudeau International Airport (YUL)



There is an active bus service between the airport and the central bus station: the 747 bus line, which runs 24/7. The average travel time is between 45 to 70 minutes, depending on traffic conditions. The fare allows for unlimited travel for 24 hours. The ticket can be acquired through dispensers on the international arrivals level at

the airport.

Apart from buses, you can hire a cab downtown, or a limousine. Additionally, most hotels offer shuttle services which can be ordered via their own website, or at the airport. You can also check the services of a car rental company for more flexibility.

Trains also service the airport with Canada's national passenger rail service called VIA Rail Canada. They offer intercity connections, and a free minibus service to travel to Dorval and the Montreal-Trudeau Airport. You can also check out the regional bus shuttles for other cities.

Photo: Jp Valery/unsplash

Address: Aéroport International Montréal-Trudeau, 1100 Boulevard René-Lévesque Ouest, Montréal

Phone: +1 514 633 3333

Internet: www.admtl.com/en

More Info: Formerly known as Montréal-Dorval International Airport

Public Transportation



Société de transport de Montréal (STM) runs most of the bus and metro lines within the city of Montreal. The metro system website has a trip planner and various maps that can assist with your daily planning. The first metro train usually starts around 5:30 in the morning, the last one is between 00:30am and 1:00am on Friday and Saturdays, and earlier the other days. Metro lines are color coded and directions are indicated using the name of the last stop on the line.

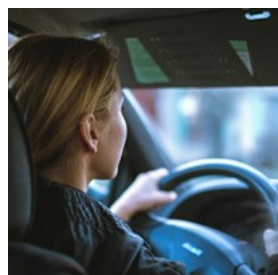
Buses are also available all over the city. A one-way ticket is the only ticket type that can be

bought on board the buses, if you have exact change. If you continue a single ride from the metro onto a bus, the same ticket is valid. When switching from bus to metro or from one bus to another, ask the driver for a free slip.

Several types of tickets exist and can be purchased at vending machines or stations. If you are staying for an extended period of time, purchase a rechargeable Opus card for convenient fare payment.

Photo: Manny Fortin/unsplash
Internet: www.stm.info

Taxi



Blacklane, Uber and Eva rideshare applications operate in Montreal area. You can either hail taxis in the street or book one in one of these

agencies:

Taxi Diamond
+1 514 273 6331
taxidiamond.com

Taxi Co-op
+1 514 725 9885
www.taxi-coop.com

Bonjour Taxi
+1 514 366 3333
bonjour.taxi

Photo: Jan Baborák/unsplash

Post Office



You can usually buy stamps in post offices of Canada Post or in pharmacies and drugstores. Mail boxes are red.

Photo: Simona Sergi/unsplash
Address: Canada Post, 1974 Saint-Catherine Street West, Montreal
Opening hours: Mon-Fri 9am-5pm, Sat & Sun closed
Phone: +1 514 846 5387
Internet: www.canadapost.ca

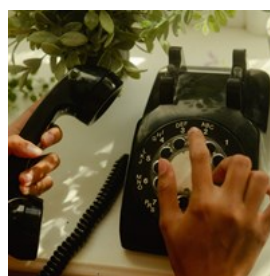
Pharmacy



Pharmacies are relatively easy to locate and some operate 24/7.

Photo: Mika Baumeister/unsplash
Address: Pharmaprix, 5122 Côte-des-Neiges Road, Montreal
Phone: +1 514 738 8464
Internet: www.pharmaprix.ca

Telephone



Country code: +1 Area code: 514, 438 and 263

Photo: Wesley Hilario/unsplash

Electricity



Canada uses 110-volt electricity, 60 cycle electric power, same as the USA. Power outlets are designed for use with a two prong and some accept a 3 prong (with ground) plug.

Photo: ergonofis/unsplash

Population

City: 1.8 million Montrealers (2021)

Metro area: 4.3 million (2021)

Currency

Canadian Dollar: 1 CAD = 100 cents

Opening hours

Shops:

Monday, Tuesday, Wednesday & Saturday 9am to 6pm

Thursday to Friday 9am to 9pm

Sunday noon to 5pm

Banks:

Monday to Friday 10am to 3/4pm

Post Offices:

Monday to Friday 8/8:30am to 5/5:30pm

Restaurants:

11am to 2pm for lunch and 7pm to 11pm for dinner

Internet

www.mtl.org

www.montreal.ca

Newspapers

Montreal Gazette: www.montrealgazette.com

Montreal Times: www.mtlimes.ca

The Suburban: www.thesuburban.com

CTV News: montreal.ctvnews.ca

Emergency numbers

911

Tourist information

Tourist Welcome Office in Old Montréal

(Bureau d'Accueil Touristique du Vieux-Montréal)

Place Jacques-Cartier, 174, rue Notre-Dame E., Montréal

+1 514 873 2015

See website for more locations:

www.bonjourquebec.com/en/plan-your-trip/contact-us