

Indigenous tourism in and around Montréal



Montréal and its 5 founding nations

Montréal unveiled a new flag and coat of arms on September 13, 2017, which marked the 10th anniversary of the United Nations Declaration on the Rights of Indigenous Peoples. The new version of the flag recognizes the contribution of Indigenous Peoples to the city with the addition of the white pine to the centre of the design. Montréal's flag and coat of arms now bears five symbols to recognize the city's founding peoples:



The white pine for the Indigenous presence.



The fleur-de-lis for the French.



The rose for the English.



The thistle for the Scottish.



And the clover for the Irish.

In Montréal

ACTIVITIES/EXPERIENCES



Indigenous Voices of Today: Knowledge, Trauma, Resilience – permanent exhibition at the McCord Stewart Museum

[EXTERNAL LINK](#)

Indigenous Voices of Today, a permanent exhibition on display at the McCord Stewart Museum is a must-see on Montréal's cultural scene. Through its combination of stories and objects, it offers a jumping-off point for dialogue and better mutual understanding. The museum's boutique also showcases artisanal Indigenous products.



Sacred Fire Productions Cultural Space

[EXTERNAL LINK](#)

The Sacred Fire Productions Cultural Space is dedicated to celebrating the art and artists of Canada's Indigenous cultures by promoting intercultural exchange and dialogue. The mission of Sacred Fire Productions is to contribute to a better understanding of First Nations, Inuit and Métis cultures and positive attitude towards them.

Québec autochtone space at the Palais des congrès

[EXTERNAL LINK](#)

The Québec autochtone space at the Palais des congrès highlights some 200 experiences honouring the living heritage of First Nations and Inuit peoples. The circle-shaped area is enclosed by a log wood structure created by Innu artist Serge Ashini Goupil. Another notable feature is a 12-metre-long (40-foot) replica of wampum belt hanging over the Hall Viger. Typically made from marine pearls and shells, it represents peace and kinship among people. It stands as a reminder to cultivate togetherness in a meeting space that welcomes visitors from around the world.

Montréal-Trudeau International Airport

In the summer of 2024, the Montréal-Trudeau International Airport inaugurated a new space dedicated to the province's 11 Indigenous nations and their tourism offer. It was designed to create a link between visitors arriving in the city and Indigenous people, and invite travellers to discover these communities across Québec.



daphne art centre

[EXTERNAL LINK](#)

Born of the desire to have their own artist-run space in Montréal, the daphne centre is dedicated to promoting contemporary Indigenous art through exhibitions, workshops, residencies and curatorial projects.

In Montréal

ACTIVITIES/EXPERIENCES



La Guilde

[EXTERNAL LINK](#)

La Guilde is dedicated to supporting and promoting Indigenous artists to ensure their practices remain viable. Through exhibitions, cultural activities and educational programs aimed at encouraging greater awareness and openness, it offers a space to share knowledge and explore new ideas. La Guilde continues to preserve and develop a permanent collection of Canadian art.

Galerie Le Chariot

[EXTERNAL LINK](#)

The gallery Le Chariot was founded in 1980. Driven by its love and commitment to Inuit art, the gallery has acquired a national and international reputation by offering the widest selection of Inuit art. More than 2,000 pieces, carefully chosen to meet the high standards of collectors and art connoisseurs, are permanently showcased.



Galerie Images Boréales

[EXTERNAL LINK](#)

The Galerie Images Boréales offers the most important and outstanding collection of Inuit art in Canada. It is proud to represent more than 200 Canadian Inuit artists from among the most established Inuit artists in the world. The gallery also works with young emerging artists, and offers them a promising future by supporting their career development.



Pointe-à-Callière Museum

[EXTERNAL LINK](#)

With its revamped signature exhibition *Crossroads Montréal*, the PAC has integrated the vision and values of First Nations peoples. Now, with the interactive installation *Ancestral Memories of the Island*, original narratives bear witness to the lived experiences of Indigenous peoples past and present. The museum offers the public a chance to familiarize themselves with the rich sounds of Indigenous languages and immerse themselves in the spirit of the site while recognizing the importance of oral traditions and intangible heritage.

In Montréal

ACTIVITIES/EXPERIENCES



First Nations Garden at the Jardin botanique

[EXTERNAL LINK](#)

The First Nations Garden illustrates the close bonds the First Nations and Inuit have always shared with land and nature by showcasing their knowledge of plants and traditional activities. Summer through winter, you can enjoy its plants, pavilions, paths and stone structures.

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[EXTERNAL LINK](#)

The exhibition, made up of 21 missions, offers a discovery of the Arctic that goes beyond simple observation, unveiling the mysteries of this immense and little-known territory through its science, its people, its flora and fauna. It's also a great opportunity to learn more about Inuit culture, with the Inuktitut language in the spotlight.



Tsi niion kwarihò:ten, Our ways: Peel Trail

Tsi niion kwarihò:ten, Our ways: Peel Trail invites us to listen to a dialogue between the work of two artists, one Kanien'kehá:ka, MC Snow, and one non-Indigenous, Kyra Revenko. The initiative encourages people to reflect on and encourage intercultural understanding. You can also listen to a podcast that features 17 Indigenous and non-Indigenous participants who share their different perspectives on history as you walk along the trail.



Mount Royal

Mount Royal (or “the Mountain” as it is known to Montrealers) offers three breathtaking views of Montréal from its three summits, one of which was renamed Tiohtià:ke Otsira'kéhne in 2017 to honour Kanien'kehá:ka (Mohawk) heritage and the peak's use as a First Nations fire beacon. Come for a hike or a drive to enjoy the beautiful views.

In Montréal

ACTIVITIES/EXPERIENCES



The Montreal Museum of Fine Arts

[EXTERNAL LINK](#)

At the Michal and Renata Hornstein Pavilion for Peace at the Montreal Museum of Fine Arts (MMFA), the Inuit art collection *ᐅᓕᓕᓐ ᓄᓐᓄᓐᓄᓐᓄᓐ* : *Essence of Life* showcases Inuit artistic heritage and its ties to the circumpolar territories known together as Inuit Nunangat.

Wachiya boutique by the Cree Native Arts & Crafts Association (CNACA)

[EXTERNAL LINK](#)

Open to the public since the summer of 2024, the Wachiya boutique showcases a wide range of Cree clothing, accessories, jewelry and traditional objects. Its mission is to highlight the traditional arts, crafts and know-how of the Cree community.

International First Peoples' Festival

A powerhouse meeting to celebrate the artistic creations and cultural renaissance of the Indigenous people of the Americas and around the world, the festival highlights film, art and culture of First Peoples.



Murals

Among the beautiful murals that adorn Montréal's public spaces is a tribute to Alanis Obomsawin by Atikamekw artist Meko Ottawa. The work highlights Obomsawin's commitment to defending the rights and education of Indigenous children.

You can also see *Qanuqtuurniq*, a collaborative mural project by five young Inuit youth with the help of two Toronto artists. As well, a mural by Cedar-Eve Peters for the Mikana project depicts two-spirit people.

Generations is a work by Gene Pendon, a Montréal artist actively involved with the Indigenous communities of Nunavut, that was created during the International First Peoples' Festival. The mural pays tribute to Innu women who are fighting for the respect and preservation of their rich natural, historical, human and cultural heritage.

Dans l'attente...While waiting, the sculptural fresco by Nadia Myra that graces Parc Bonaventure, celebrates many centuries of Indigenous presence on the territory of Montréal. It tells the story of the Great Peace of Montréal treaty through symbols that served as signatures for the First Peoples.

In Montréal

ACTIVITIES/EXPERIENCES



Totem Kwakiutt, île Notre-Dame

On Île Notre-Dame, the totem Kwakiult, created by Henry Hunt for Expo 67, depicts the union between the different KwaKwaka'wakw coastal communities along the Pacific Northwest.

Ondinnok – A French Indigenous theatre company in Montréal

[EXTERNAL LINK](#)

Ondinnok is a theatre company that gives a voice to Indigenous peoples through its productions. Its goal is to rebuild bridges between the Indigenous and non-Indigenous to move together toward reconciliation.

McGill University's First Peoples' House

[EXTERNAL LINK](#)

McGill University's First Peoples' House hosts a series of events and activities, including its annual Pow Wow in September, weekly beading workshops with local artists, and feasts that foster community bonds.

Formes infinies / lah Tshiewatók: ktha tsi Nikaieron'tótens / Infinite Forms, Galerie de l'Université de Montréal

[EXTERNAL LINK](#)

An exhibition that brings together Indigenous artists David Garneau, Martin Akwiranoron Loft, Michelle Sound and Alexis Gros-Louis by blending Western traditions with First Peoples' know-how.

Major exhibitions coming in 2025–26

Starting 2025, the PHI Centre will be showcasing works by Aamjiwnaang artist Nico Williams, recognized for his beadwork sculptures, while interdisciplinary Cree artist Kent Monkman will present his works at the Montreal Museum of Fine Arts. Also in 2026, Montréal will have the privilege of hosting the new Contemporary Native Art Biennial (BACA).



GASTRONOMY



MIHKU Chocolats et gourmandises

[EXTERNAL LINK](#)

MIHKU offers a wide range of specialty chocolates, chocolate bars and tablets, hot chocolate and other treats inspired by local Indigenous flavours, primarily from the boreal region but especially by the Indigenous roots of chocolatier Marianne Chevalier of the Wolastoqiyik Wamsipekwuk nation. In Montréal, they are available in the Espace pour la vie boutiques (Jardin botanique, Biodôme and Planétarium), at Racines boréales (4317 Ontario Street East, Montréal) as well as the boutique Tah-Dah! (Jean-Talon Market).

Roundhouse Café

[EXTERNAL LINK](#)

The mission of the Roundhouse Café is to promote social diversity and help Indigenous individuals become more autonomous. It is the only Indigenous café in Montréal, located in downtown's Cabot Square. Several different kinds of bannock and many Inuit teas from Délice boreal are all on the menu.

Around Montréal

Kahnawà:ke

ACTIVITIES/EXPERIENCES



Kahnawà:ke Winter Carnival

A winter carnival that offers an array of family activities, sports competitions and cultural events.

The Kanien'kehá:ka Onkwawén:na Raotitiohkwa Language and Cultural Centre

[EXTERNAL LINK](#)

The Centre offers many books in its vast library, as well as a number of other resources for university students or anyone who simply wishes to learn more about the Kanien'kehá:ka and Haudenosaunee peoples. The Centre welcomes many art exhibitions showcasing the artworks of local and Indigenous artists.

Kahnawà:ke Pow Wow

[EXTERNAL LINK](#)

Thanks to this unique gathering, which is planned for mid-July in 2025, thousands of people can enjoy a major exhibition of Indigenous art and craftwork, indulge in delicious culinary fare, and discover songs and dances.

Sainte-Kateri Tekakwitha Sanctuary

[EXTERNAL LINK](#)

Kateri Tekakwitha was canonized by Pope Benedict XVI, becoming the first Indigenous person in North America to be elevated to the rank of saint. She has always held a position of great respect among the Kanien'kehá:ka and other First Nations communities. Today, people pray to her and burn incense to honour her as a saint and ancestor.

GASTRONOMY



Kahnawake Brewing Company

[EXTERNAL LINK](#)

The Kahnawake Brewing Company (KBC) is the first Native-owned microbrewery on a First Nations territory in Canada. The company serve its first pint of beer on Saint Patrick's Day in 2018. With its focus on authentic and quality craft beer, the KBC microbrewery has become a success inside and outside its community.

Tóta Ma's Café

[EXTERNAL LINK](#)

Tóta Ma's Café is a social enterprise developed by the *Achieving Concrete Essentials* program through Tewaohnni'sáktha. The goal is to serve Indigenous-made beverages, provide meaningful local employment, and support tourism in the community.

Traiteur Messy Kitchen

[EXTERNAL LINK](#)

An entirely female-powered endeavour, Messy Kitchen's mission is to serve Indigenous-made dishes, provide meaningful local employment and support tourism in the community.

Screaming Chef Cuisine

[EXTERNAL LINK](#)

Clients who walk through the doors of Screaming Chef Cuisine will be impressed by the creativity of its owner, Kanien'kehá:ka chef Ryland Diome. The restaurant offers authentic and delicious reinvented Indigenous dishes prepared with local and seasonal ingredients.

Two O Seven Steak & Seafood

[EXTERNAL LINK](#)

The restaurant offers casual fine dining, and can accommodate receptions of up to 100 people. Its menu features AAA steaks, seafood, pasta dishes and homemade desserts.

Kaienthókwen - The Harvest. Founded by Kahtehrón:ni Stacey

[EXTERNAL LINK](#)

A company that offers food harvested and prepared by Indigenous people. It sells traditional products such as corn, squash and pumpkin as well as contemporary products including wild rice pancake mix and wild blueberry syrup.

Around Montréal

Kanehsatà:ke

ACTIVITIES/EXPERIENCES



Winter Indigenous market

For one weekend in December, this market near Oka National Park features Indigenous artisans and Indigenous biofood products from its territory and from Québec.

Kanehsatà:ke Annual Pow Wow

Held every August, the event initiates people to First Peoples cultures through dance, song and craftwork. You can browse artisanal creations, pick up something to eat at food stands and enjoy a wide range of entertainment.



Skywatcher Alpaca Farm

[EXTERNAL LINK](#)

The very first alpaca farm in the region that grows traditional crops and raises alpacas and other animals. You can book a tour of the farm where you can meet, feed and pet the animals.

GASTRONOMY



Moccasin Joe Coffee Roaster

[EXTERNAL LINK](#)

A prominent Kanien'kehá:ka coffee roaster from the Kanehsatà:ke community near Oka. Their mission is to create an Indigenous alliance to develop Indigenous businesses throughout the supply chain, from grower to roaster.

