

YOUR PLAN
MTL EXPERIENCE

WORKS
FOR
/ YOU
MONTREAL



**SOME
SEE A TRIP**

**We see
a creative
reboot**

**Everything
you need
to plan
a unique
retreat.**

URBAN WONDER- LAND

MTL.ORG/MEETINGS

#MTLMOMENTS

MONTRÉAL WORKS FOR YOU

Turn your group loose in an urban wonderland that's got inspiration waiting for them around every corner. Inspiration that encourages just the creative refresh every team appreciates. A trip to one-of-a-kind Montréal is the incentive gift that gives back!

**Montréal is closer than you think.
Just a 3-hour flight or less from
many major American cities and
an international hub for 140 global
destinations, getting here is
a breeze.**

**Our doors
are open to
the world**

This map shows only a few
destinations connected to Montréal.
For the complete list, visit ADMTL.COM.

NORTH AMERICA

- TORONTO 45 MIN.
- NEW YORK 1 HOUR 30 MIN.
- PHILADELPHIA 1 HOUR 40 MIN.
- WASHINGTON 1 HOUR 45 MIN.
- CHICAGO 2 HOURS 30 MIN.
- ATLANTA 3 HOURS
- MIAMI 4 HOURS
- DALLAS 4 HOURS
- DENVER 4 HOURS 15 MIN.
- CALGARY 4 HOURS 40 MIN.
- MEXICO 5 HOURS 20 MIN.
- VANCOUVER 5 HOURS 30 MIN.
- LOS ANGELES 6 HOURS 10 MIN.
- SAN FRANCISCO 6 HOURS 15 MIN.

CENTRAL AND SOUTH AMERICA

- CARTAGENA 5 HOURS 25 MIN.
- SAN SALVADOR 5 HOURS 50 MIN.
- PANAMA CITY 6 HOURS
- LIMA 8 HOURS 30 MIN.

EUROPE

- LONDON 6 HOURS 30 MIN.
- PARIS 6 HOURS 40 MIN.
- AMSTERDAM 6 HOURS 50 MIN.
- MADRID 6 HOURS 55 MIN.
- FRANKFURT 7 HOURS 5 MIN.
- BARCELONA 7 HOURS 10 MIN.
- MUNICH 7 HOURS 50 MIN.
- ROME 8 HOURS
- ISTANBUL 9 HOURS 15 MIN.

AFRICA

- CASABLANCA 7 HOURS
- ALGIERS 7 HOURS 50 MIN.

MIDDLE EAST AND ASIA

- TEL AVIV 10 HOURS 20 MIN.
- DOHA 12 HOURS
- TOKYO 12 HOURS 45 MIN.
- BEIJING 13 HOURS 50 MIN.
- SHANGHAI 13 HOURS 55 MIN.

**A city that
has it all**

MONTREAL WORKS FOR YOU

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Easy to get around

Ranked as one of the safest cities in the world, Montréal is also compact, convenient and walkable. The public transit system can take you from a day at a downtown museum to a friendly neighbourhood restaurant in a matter of minutes. Or hop on a BIXI public bike to explore some of the city's more than 750 kilometres (466 miles) of bike paths.

When the weather is crisp, head down to the Montréal Underground Pedestrian Network. Roam through 32 kilometres (20 miles) of walkways that connect close to 2,000 shops, restaurants, theatres, museums, hotels and more, all below the city's bustling streets.



Among the 15 safest cities in the world

(SAFEAROUND.COM)



Sleep tight. Sleep right.

From major international chains to quaint boutique properties, you're sure to find the perfect place for every taste, budget and group size.



24,600 + hotel rooms
16,000 rooms downtown
10,000 deluxe and luxury rooms
4,000 rooms accessible via underground walkways



GET YOUR GROUP GOING

ACTIVITIES AND GUIDED TOURS

The international ambience of Montréal is a safe bet for incentive trip organizers because it offers a variety of possibilities: a custom-built glassblowing workshop, a white-water rafting adventure, a chef-guided farmer's market tour, a restorative spa excursion and numerous other bespoke incentive options. Whatever type of experience your group needs, you'll find it in Montréal.

So, the big question is, what "type" is your group? Check out the four group types below, complete with selections of uniquely personalized experiences and tours available in Montréal.

Active and adventurous

Group activities

- Enjoy jet boating, rafting or cruising on the St. Lawrence River.
- Go fishing – or even ice fishing – steps away from downtown.
- Try surfing on the St. Lawrence River (yes, surfing!).
- Experience the F1 Grand Prix or channel your inner race car driver in an F1 simulator.
- Play a typical Montréal sport, like hockey or curling, with a real coach.
- Revel in winter cross-country skiing or snowshoeing on Mount Royal.



Guided Tours

- Opt for thrills on a winter fatbike tour on Mount Royal.
- Join a bike tour to discover neighbourhoods.
- Savour a gourmet tour on wheels.
- Eat and ride on a Montréal food truck cycling tour.
- Cover the sights on a scooter tour by day or by night.
- Snowshoe with a guide on Mount Royal at night.



YES,

Creative and curious

Group activities

- Tour a Montréal fashion designer's workshop – and create your own stylish item.
- Get high on acrobatics through a workshop with one of the city's many circus troupes.
- Sign up for a glass-blowing class or a regional cooking lesson.
- Show off your creative flair through a painting workshop at an art gallery or get your graffiti on in a street art workshop.



Guided Tours

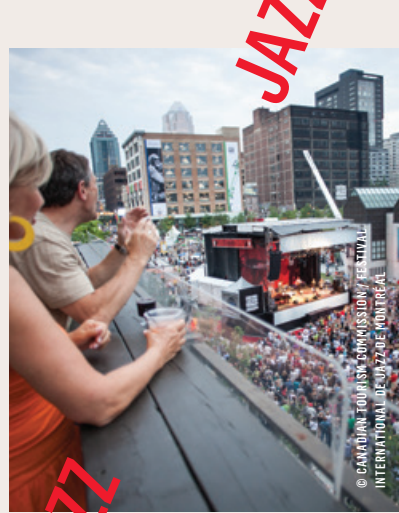
- Experience the Underground Pedestrian Network through a walking tour.
- Get some perspective on an architectural tour by bike.
- Delight in a foodie tour of Montréal's Jewish, Chinese, Spanish and Portuguese communities.
- Get to know the city through neighbourhood walking tours.
- Treat your five senses to a tour through the Jean-Talon Market.
- Appreciate urban creativity on a tour of colourful murals.
- Dig into the city's famous local deli treats, including poutine, smoked meat and bagels!



Fun-loving and festive

Group activities

- Take in one of over 100 world-class festivals year-round – from jazz to comedy, music to gastronomy.
- Paint the town with round-the-clock nightlife and discover Montréal's hidden bars (speakeasies).
- Learn how to mix your own cocktails.
- Find out how to throw an axe like a Viking or handle a lightsaber like a Jedi.
- Indulge in the famed fare of world-renowned chefs at L'Atelier de Joël Robuchon and Toqué! restaurants.



Guided Tours

- Discover neighbourhood flavours on a food tour.
- Drink in the flavours on a micro-brewery tour.
- Sip up the vintages on a wine tasting tour.
- Mix it up with a mixology tour.
- Be entertained on a tour of the Quartier des spectacles.

Hardworking and wellness focused

Group activities

- Indulge in soothing spa treatments on a rooftop patio or a repurposed ferryboat.
- Sip cocktails on a rooftop patio with stunning views of the city.
- Sunbathe riverside at the Clock Tower beach.
- Visit the world's largest botanical garden.
- Dine on a boat while cruising the St. Lawrence River.



Guided Tours

- Commune with nature through a tour of parks and gardens.
- Arrange for a private city tour by bus.
- Visit a farm on a country tour and seasonal dinner.
- Make some time for an afternoon tea tour.
- Satisfy your cravings on the ultimate chocolate tour.



**CONTACT
US FOR
EVEN
MORE
UNIQUE
IDEAS**

MONTRÉAL WORKS FOR YOU

#MTLMOMENTS

MTL.ORG/MEETINGS

**Every
day's an
adventure**

**Sample
itineraries for
discovering
your Montréal.**

From Old Europe to new North America

• **Morning:** Follow a local insider on a walking tour through ① **Old Montréal** and explore the city's European heritage. Go for a slow spin on ② **La Grande Roue** for a sky-high view of old and new. Jet off on a pollution-free electric propulsion boat, unique in Canada, to admire the beautiful views of Old Montréal and the modern cityscape. Navigate through three locks and discover the Lachine Canal's 150 years of history.

• **Lunch:** Disembark at ③ **Atwater market** and enjoy a picnic of fresh local fare on the banks of the Lachine Canal.

• **Afternoon:** Attend a pastry workshop at one of Montréal's finest *pâtisseries*.

• **Evening:** Immerse yourself in virtual reality at an avant-garde arts centre, then take in the breathtaking vista from its rooftop patio over dinner. Finish by ambling along Old Montréal's streets and immersing yourself in history with ④ **Cité Mémoire**.

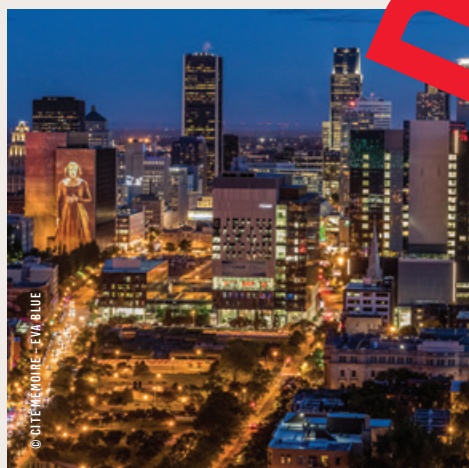


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MONTREAL WORKS FOR YOU



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© ALLISON SLATTERY

• **In winter:** Keep warm by dancing under the stars in your flashiest ski suit to the tunes of internationally famed DJs during ⑤ **Igloofest** in the Old Port. Continue bar hopping until the wee hours.



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© TOURISME MONTRÉAL - MADORE - DAPHNE CARON / LACHINE CANAL

#MTL MOMENTS

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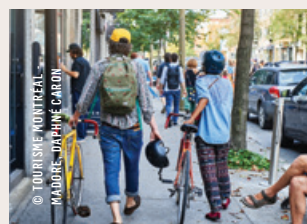


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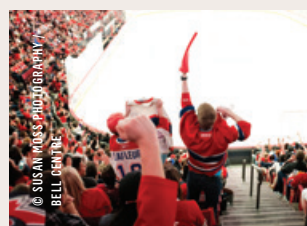


© ALICE BAO/COMMISSION CANADIENNE DU TOURISME

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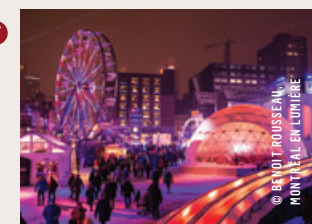


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© SAMUEL MONTIGNÉ. COLLECTION LES AMIS DE LA MONTAGNE / MOUNT ROYAL

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Local experiences

• **Morning:** Hop on a scooter or bike and explore the multi-coloured residences, winding staircases and quaint streets of the ① **Plateau Mont-Royal**, home to Canada's greatest concentration of artists. Admire the many murals in the area. Stop for a fresh, hot bagel at one of our famous classic ② **bagel bakeries**. Get your caffeine fix at one of ③ **Mile End's** many indie cafés.

• **Lunch:** Try one (or both!) of Montréal's specialties: poutine and smoked meat.

• **Afternoon:** Score points in a hockey clinic with a real coach or sharpen your circus skills at a workshop.

• **Evening:** Catch a hockey game from a private box and cheer for the beloved local team, the ④ **Montreal Canadiens**. Or take in a ⑤ **circus show** to see how the pros do it.

• **In winter:** Try sledding, ice skating, cross-country skiing, fatbiking or even night snowshoeing on ⑥ **Mount Royal**. End the day illuminated in the Quartier des spectacles with ⑦ **MONTREAL EN LUMIÈRE**.

Inspiration meets relaxation

• **Morning:** Start your day with a yoga class on the top floor of a downtown building and enjoy magnificent ① **360-degree views of the city**. Stroll along vibrant Sainte-Catherine and Sherbrooke Streets, and explore ② **fashion boutiques** with a personal shopper. Or meet with a local designer and create your own accessory using recycled fur or even craft your own signature perfume.

• **Lunch:** Savour a Portuguese lunch.

• **Afternoon:** Relax post-meal at a ③ **contemporary spa**, fashioned from a former ferryboat and offering spectacular views of the city.

• **Evening:** Tuck into typical Québécois fare in one of the numerous beloved ④ **cabanes à sucre** (sugar shacks) in and around Montréal or enjoy a night out at the ⑤ **Jazz Festival**.

• **In winter:** Head out on a walking tour of the ⑥ **Underground City**.



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MONTREAL WORKS FOR YOU



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#MTLMOMENTS

DAY 3



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RELAX

RELAX

Perfect match

Combine an urban experience in Montréal with a 2-day getaway to:



Mont-Tremblant: Located within the majestic Parc national du Mont-Tremblant, this four-season holiday destination and ski resort offers a vast array of activities for all tastes.

• DRIVING TIME FROM MONTRÉAL: 2 hours 30 min.



Montebello: Located on the banks of the Ottawa River and boasting two marinas, this top vacation spot offers loads of activities, including golf, horseback riding, cross-country skiing, snowshoeing, hiking, hunting and fishing. It's also home to Parc Oméga.

• DRIVING TIME FROM MONTRÉAL: 2 hours



Québec City: Old Québec City is the only walled city north of Mexico. As the cradle of French civilization in North America, it's a living history lesson with a remarkable mix of architecture, heritage, art and culture.

• DRIVING TIME FROM MONTRÉAL: 3 hours



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A TEAM THAT WORKS FOR YOU

When you choose Montréal, you don't just get a one-of-a-kind destination. You also get a dedicated team that's passionate about their city and that works with you from start to finish.

As the experts on all things Montréal, we're your ticket to the city and everything it has to offer. We can support you in planning your Montréal event by providing complimentary services such as:

- Updating you on what's new and what's happening in the city.
- Evaluating and providing financial assistance based on your group's specifications (some restrictions apply).
- Assisting with on-site inspection visits and planning visits.
- Connecting you with the local community and stakeholders in your client's industry.
- Recommending local DMCs to run your programs by matching your requirements with their expertise.
- Coordinating RFP requests to DMCs.
- Providing attendance-building tools such as brochures, maps and other literature for your participants.

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**We have the experience,
the track record and
the know-how. We're
Team Montréal, a team
that does it all.**



**Start planning
with us today.
mtl.org/meetings
meet@mtl.org**

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