

# Montréal Cruise Guide



croisières /  
Montréal  
CRUISES



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MONTREAL  
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**Easily accessible**



**Easily accessible.**

An international destination of choice, Montréal is easily accessible by land, water or air. Downtown is a mere 20 minutes from Montréal-Trudeau International Airport, which welcomes over

19 million passengers every year and provides access to over 150 world destinations through 30 different air carriers.





# Yves Gilson



**Associate Director,  
Cruises - Port of Montreal**

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## My favourite

**NEIGHBOURHOOD /**

Mile End

**ACTIVITY /**

Cycling in the different  
neighbourhoods

**EVENT /**

International Jazz Festival

**MUSEUM /**

Montreal Museum of Archaeology  
and History (Pointe-à-Callière)

**TERROIR PRODUCT /**

Montreal microbreweries

## Bonjour!

Located at the crossroads of the St. Lawrence River and the Great Lakes, Montreal has always been a preferred destination for cruise ships.

With its new facilities conveniently located at the Grand Quay - in the heart of Old Montreal - the Port of Montreal is pursuing its mission: to provide cruise ships with modern and efficient facilities, and their guests with an unforgettable experience.

Bienvenue à Montréal !

Yves Gilson



## Mission and goals

### Priorities

- Increase the number of cruise lines visiting Montreal
- Provide high quality services to ships and their guests
- Establish Montreal as a sustainable destination

### Marketing activities

- Seatrade Europe
- Seatrade Miami
- Cruise Canada New England Symposium





# Geneviève Archambault



**Manager**  
**Travel Trade—Luxury Market,**  
**Cruise Market**

[garchambault@mtl.org](mailto:garchambault@mtl.org)

[mtl.org](http://mtl.org)

#mtlmoments

@montreal



## My favourite

NEIGHBOURHOOD /  
Golden Square Mile

ACTIVITY /  
Jean-Talon Market

EVENT /  
MONTRÉAL EN LUMIÈRE winter festival

MUSEUM /  
Montréal Museum of Fine Arts

TERROIR PRODUCT /  
The many local cheeses

## Bonjour!

Welcome to the best island getaway in Canada.

As the Cruise and Luxury Experiences specialist at Tourisme Montréal, I bring more than over 20 years of experience in the tourism industry and a solid knowledge of Montréal.

Passionate about travel, I decided to study tourism in Paris, France for a year prior to returning to Montréal. I can really call myself a true Montrealer and Islander since I have been living on the Island of Montréal for more than 20 years now.

Always on the lookout for new culinary and cultural discoveries, I am eager to share my passion for my city and unveil it to you through insider's eyes, as I live it every day.

You will definitely want to stay a minimum of 3 nights in Montréal after your cruise to discover all our island has to offer.

I'm willing to bet you will be pleasantly surprised!

Geneviève Archambault



## Mission and goals

### Priorities

- Increase length of stay in Montréal
- Promote pre and post stays in Montréal
- Introduce what's new in Montréal

[See Montréal novelties](#)

### Marketing activities

- Virtuoso Travel Week
- On-going Virtuoso webinars



VIRTUOSO.  
PREFERRED



# MONTREAL

Canada's  
2nd largest  
city

**NO VISA  
REQUIRED**

USA  
EU  
Mexico

\*ELECTRONIC TRAVEL AUTHORIZATION (ETA) REQUIRED

AREA

**A 499 km<sup>2</sup>  
island**  
(193 square miles)



POPULATION

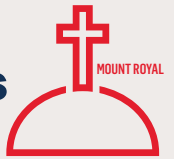
**2 millions**

4 million in the  
Greater Montréal Area

HISTORY

More than

**375  
years  
old**



PROVINCE

**Québec**

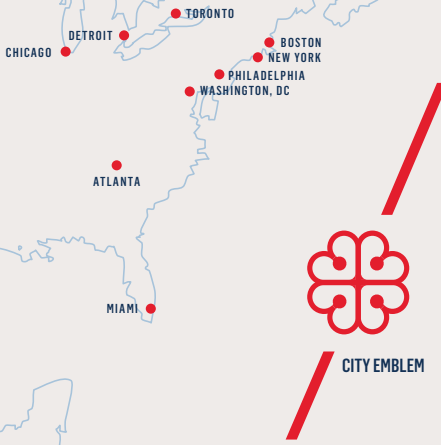
COUNTRY

**Canada**

COORDINATES

**45° 30' N 73° 34' W**

You don't just visit Montréal, you live it. In our city, we dream big and dare to try anything. Our hospitality and fun-loving nature are unmatched. You'll rediscover your inner child, and it will be begging you to stay just a little bit longer.

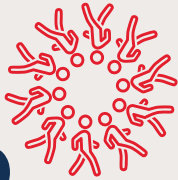


CITY EMBLEM

LANGUAGES

**FRENCH** (OFFICIAL)  
+ ENGLISH

**80**  
languages  
spoken  
by over



**120**  
ethnocultural  
communities

**1/3** of Montrealers  
speak a  
3rd language

CONNECTING FLIGHTS TO

**150+**  
cities



TRANSPORT

**Taxi from airport  
to downtown**

**\$48.40**  
between 5 a.m. and 11 p.m.

**\$55.65**  
between 11 p.m. and 5 a.m.  
+ 10%–15% tip

15–30 min.



TRANSPORT

**The  
747 airport  
shuttle**

\$11  
45–70 min.  
11 stops

HOTELS



Almost  
**26K**  
hotel rooms



4 lines  
68 metro  
(subway)  
stations

**20 miles**  
underground walkway (RÉSO)

CULTURE

**Canada's  
culture  
capital**



**50+**  
museums

including  
Canada's  
most visited  
art museum  
(MMFA)

**New food  
capital  
of North  
America**

ALAN RICHMAN /  
TOWN & COUNTRY,  
2016, STANDARD  
UK- 2017



CULTURE

**800+**   
public  
artworks

**Quartier  
des  
spectacles**

A dedicated  
entertainment  
district featuring  
80+ cultural  
venues



**110+** 

annual festivals & annual events

The Montreal  
Canadiens

Most Stanley Cups  
in NHL history



**Media toolkit**  
**Cruises toolkit**

WEATHER



|              |             |             |             |             |
|--------------|-------------|-------------|-------------|-------------|
| Average high | 12°C (53°F) | -2°C (28°F) | 23°C (73°F) | 26°C (79°F) |
|--------------|-------------|-------------|-------------|-------------|

|             |              |             |            |            |
|-------------|--------------|-------------|------------|------------|
| Average low | -10°C (14°F) | -14°C (7°F) | 1°C (33°F) | 9°C (48°F) |
|-------------|--------------|-------------|------------|------------|

**Year-round fun**

FALL COLOURS  
**Mid-September  
to mid-October**

SNOW EXPERIENCES

**December  
to March**  
SUMMER FUN  
**June to September**



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MONTREAL  
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# Montréal— a giant playground

Although peak season runs from May 1 to October 31, any time is a good time to visit Montréal. This island city, located in the heart of the majestic St. Lawrence River, is a vibrant destination ideal for solo travelers, couples or groups thanks to the wide range of incredible experiences it offers.



## Easy to love

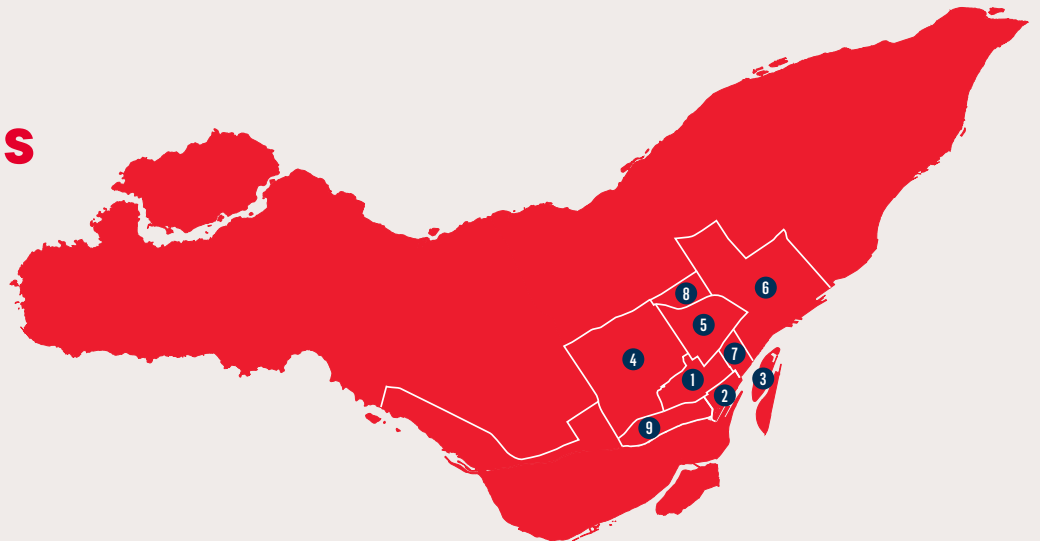
Exploring the city on foot is the best way to discover the beautiful parks, markets, boutiques, street art, restaurants, cafés and bars of Montréal's many colourful and bustling neighbourhoods. It's also a great way to cross paths with the cheerful and multilingual locals.

## Easy to get around

Montréal's public transit system and pedestrian-friendly streets can get you from a museum in the Golden Square Mile neighbourhood to a restaurant in the Plateau district quickly and easily. If taxis are more your style, you can always flag one down on the street or in front of most major hotels.

# Discover Montréal's neighbourhoods

Every neighbourhood in Montréal exhibits a unique character of its own, encompassed in its historical sights, restaurants, hotels and art galleries, nightlife, parks and people.



1. DOWNTOWN

2. OLD MONTRÉAL AND OLD PORT

3. PARC JEAN-DRAPEAU

4. MOUNT ROYAL AND OUTREMONT

5. PLATEAU MONT-ROYAL AND MILE END

6. OLYMPIC DISTRICT AND  
HOCHELAGA-MAISONNEUVE

7. THE VILLAGE

8. LITTLE ITALY AND VILLERAY

9. LES QUARTIERS DU CANAL





© STÉPHAN POULIN

# Montréal ranks at the top



Among the top 10  
major cities in the world  
CONDÉ NAST TRAVELER – 2022

The best city  
in North America  
for cyclists  
PEOPLE FOR BIKES – 2022

Among the 10 best  
cities for street art  
MATADOR NETWORK – 2018

L'une des capitales  
gourmandes du globe  
BOTT AND CO – 2018

1<sup>st</sup> in North America for  
its sustainable tourism  
DESTINATION SUSTAINABILITY MOVEMENT – 2022

The safest city to travel  
to in North America  
BERKSHIRE HATHAWAY – 2023

Among the top 100  
innovative cities in the world  
INNOVATION CITY PROGRAM – 2022

Best destination for  
women traveling alone  
HOLIDU – 2022

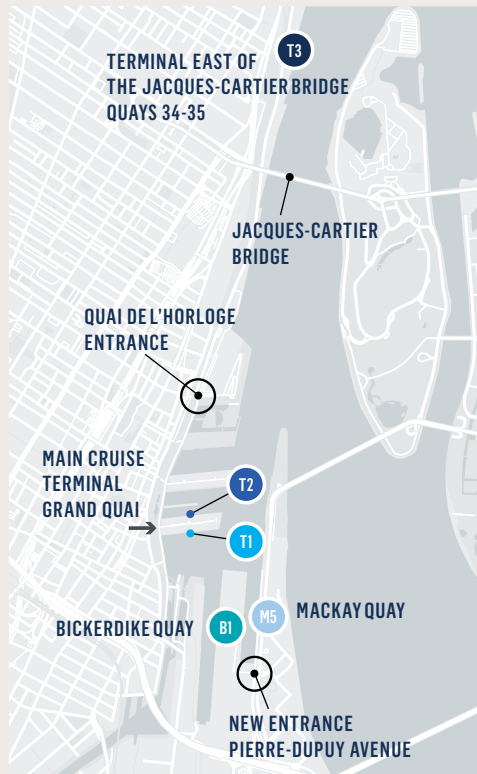




# A world-class port

The Port of Montréal is the largest port on the St. Lawrence River in terms of operations and the second largest in terms of cruise passengers.

Conveniently located at the crossroads of the St. Lawrence River and the Great Lakes, Montréal has become a major destination for both international and river cruises.



## GRAND QUAY (TERMINALS 1 & 2)

After an amazing makeover, the Port of Montréal's new cruise terminal now features contemporary marine infrastructures on par with the city's international reputation. The facilities also include free-access public spaces boasting spectacular views of both the St. Lawrence River and the city.

### Operations

- 2 piers (each 360 metres long)
- Operations at ground level
- Direct connection to a wastewater collection system
- Dockside shore power
- LNG (by truck)
- Quay depth:
  - West Pier: 10.2 metres at chart datum
  - East Pier: 8.8 metres at chart datum
- Non-tidal port of call

### Guests

- Luggage consignment
- Long-term parking
- On-site tourist information
- Reduced-mobility accessible
- Free WiFi
- Easy access to buses, taxis and limousines
- Minutes away from banks, currency exchange offices, shops, restaurants, tourist attractions and major hotels

## TERMINAL 3

### BERTHS 34-35

### Operations

- 1 pier (312 metres long)
- Operations at ground level
- LNG (by truck)
- 29,000-square-foot freestanding structure
- Quay depth:
  - 9.1 metres at chart datum

### Guests

- Long-term parking (Grand Quay)
- On-site tourist information
- Reduced-mobility accessible
- Free WiFi
- Taxi and limousine services
- Possibility of organizing shuttle bus to Old Montréal

## MACKAY PIER

### Operation

- 4 additional berths near Old Montréal totaling 628 metres to accommodate small and mid-sized ships
- LNG (by truck)
- Quay depth:
  - 7 metres at chart datum
- Guests
  - Long-term parking (Grand Quay)
  - Tourist information services (upon request)
  - Reduced-mobility accessible
  - Taxi and limousine services
  - Possibility of organizing shuttle bus to Old Montréal



# Unforgettable cruising experience

Officially inaugurated in 2017, the Port of Montreal's new cruise facilities offer ships and their guests an unforgettable experience.

## EASY TO ACCESS

### Flying

Pierre Elliott Trudeau International Airport (YUL) is a 25-minute drive from downtown.

- 30+ airlines
- 140+ destinations around the World
- 200+ direct flights daily
- Limo/car service; taxi; Uber; car rental; Express Bus
- 88 daily flights to international destinations:  
31 to the USA, 36 within Canada

### Driving

- Extensive highway network leading to the United States, Ottawa and Toronto
- 45 minutes from the US border and about 7 hours to/from New York City

### Train

- VIARAIL Central Station downtown
- REM

## EASY TO WALK

The cruise terminals are just steps away from Old Montréal, making it easy for guests to immerse themselves in the city's history, cutting-edge culture and urban vibe.

### 5 minutes walk

Old Port of Montréal

### 10 minutes walk

Old Montréal  
Chinatown  
Quartier des spectacles

### 15 minutes walk

Train Central station  
Downtown core



## EXCITING FACILITIES

Outside the terminals, guests are enjoying exciting public spaces:

- The Promenade d'Iberville, an immense green roof offering a breathtaking view of the river and the city, and featuring 24,000 flowering and aromatic plants.
- The Commencement Square, an extensive lawn on the water's edge to relax
- The Port Centre that hosts "All aboard!", a free, dynamic, educational, and entertaining exhibition to learn a bit more about port activities and trades.
- The Port of Montreal Tower, a 65-meter high multi experiential observation tower that will be completed by the end of 2021.

## GREEN FACILITIES

In order to reduce the environmental footprint of cruise-related activities, the Port of Montréal has opted to take a proactive approach by implementing steps towards helping cruise ships cut back on sulphur oxide emissions.

More specifically, the Port has added features designed to make it easier for ships to apply solutions that can help them to significantly reduce or even eliminate their greenhouse gas emissions. In particular:

- Since 2016, cruise ships have had access to shore power at both of the Grand Quay terminals.
- The Port is also equipped to re-fuel ships using LNG.

Note that, with a view to further reducing the carbon footprint of cruise ships, the Port has integrated additional measures such as providing ships with the option of connecting directly to the wastewater treatment system at both Grand Quay terminals.



# 8 reasons why Montréal is ideal for a pre or post cruise stay

Thanks to the perfect combination of European charm and North American attitude, Montréal seduces visitors with a harmonious pairing of the historic and the new, from exquisite architecture to fine dining.

## 1. Cultural expression is everywhere

Art escapes the walls of museums with the projection of Cité Mémoire and invades the streets with impressive murals and free live music, circus and other outdoor shows throughout the year. The Quartier des Spectacles, a square kilometre of downtown Montréal includes over 80 venues, devoted to culture.

[▶ See more here](#)



## 2. Life is just one, big festival

Host to over 100 festivals a year, Montréal teems with energy and creativity every season, even during winter!

[▶ See more here](#)

## 3. Foodies love it here

With Montréal's impressive number of restaurants, chances are that you're going to find just the type of food you crave—and it's going to be delicious! Discover an inspired blend of local influences, daring world flavours and European heritage. Montréal chefs work hand in hand with local purveyors and can often be found exploring the public markets. Montréal's culinary scene is also appetizingly accessible!

[▶ See more here](#)





## 8 reasons why Montréal is ideal for a pre or post cruise stay

### 4. We never close

Experiencing Montréal by night is when you'll really get to see what the city is all about—contagious and inclusive joie de vivre! Your night, your choice: Will it start with pre-dinner cocktails? An evening concert? Supper at 11 p.m.? Dancing 'til dawn? The choice is yours!



© TOURISME MONTRÉAL - MADRÈRE - DAPHNÉ CLÉON

### 5. Creative shopping

From famous upscale brands to trendy local designers, Montréal is a treasure trove of fashion, antiques, home décor, jewelry, trinkets and original gifts. From downtown chic to neighbourhood niche, you'll find it all.



© DAPHNÉ NICO

### 6. Old and new share the spotlight

Hundreds of years of heritage combine with stunning architecture and cutting-edge innovation in Montréal, where a stroll down 18th-century cobblestone streets feels like time travel. Thanks to its architecture and design knowledge, Montréal was appointed the first UNESCO City of Design in North America.

[See more here](#)



© FREDDY ARCONIEGAS - ARCPANEL



© TOURISME MONTRÉAL - MADRÈRE - DA PHNE CARON

### 7. International and inclusive

Cultural diversity is the very essence of Montréal, and no one can resist its seductive blend of aromas, people, colours and styles. There are 120 distinct ethnic communities represented in a population of more than 4 million, making Montréal a veritable mosaic of cultures and traditions.



© FREDDY ARCONIEGAS - ARCPANEL

### 8. Nature in the city

What would you say to surfing on the spectacular St. Lawrence River, to hike to the top of Mount Royal or to follow the cycling path network, discovering the city's great architectural treasures and neighbourhood diversity as you go? Montréal offers an exceptional urban environment where recreational activities abound.

[See more here](#)



# Spring and summer

## Experience the island vibe



Montréal gradually steps out of the festive beauty of winter and into a true celebration of springtime: parasols pop up all over restaurant and bistro terrasses (outdoor patios), cyclists and in-line skaters flock to bike paths, and Mount Royal moves to the beat of the popular tam-tams. The city explodes into action, stirring up a non-stop, international-level joyride of live music, comedy, art, cultural activities, and fabulous food. The hot outdoors is the place to be in summertime, whether dancing with a sea of festival-goers, gasping at acrobatic circus performers, savouring gourmet fare from a food truck, or kicking back with a drink under the sun.

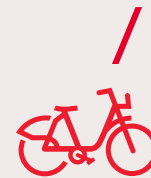
### Experiences that are very Montréal

- Indulging in a real Québécois tradition as winter turns to spring: a massive meal at a sugar shack
- Joining a cheering crowd under the setting sun at the **Montréal International Jazz Festival** downtown at **Place des Festivals**
- Cruising on the **St. Lawrence River**
- Hopping on bikes or scooters for a city tour
- Riding around town on a **BIXI** (public bike rental)
- Sipping on a drink at one of the many rooftop patios with a view of the **illuminated Jacques-Cartier Bridge** or the **Place des Festivals**
- Visiting **Mount Royal Park** puts you at the heart of one of the most iconic sights in Montréal.
- Sun soaking at the **Clock Tower Beach** or the **Village au Pied-du-Courant**
- Strolling through the city streets to the **St. Lawrence River** on the **Promenade Fleuve-Montagne** path

### Spring and summer climate

#### Weather

|              | SPRING    | SUMMER    |
|--------------|-----------|-----------|
| Avg. maximum | 23°C/73°F | 26°C/79°F |
| Avg. minimum | 1°C/34°F  | 9°C/48°F  |



### What's happening?

**FORMULA 1 GRAND PRIX DU CANADA**  
Part of the Formula One World Championship (June)

**MURAL FEST**  
Public art festival (June)

**FESTIVAL INTERNATIONAL DE JAZZ DE MONTRÉAL**  
Indoor and free outdoor shows (June and July)

**LASSO FESTIVAL**  
Country music festival (Annually in August)

**MONTRÉAL FIRST PEOPLES FESTIVAL**  
First nations cultural festival (Annually in August)

**OSHEAGA, MUSIC AND ARTS FESTIVAL**  
Outdoor concerts at Parc Jean-Drapeau (August)

**MONTRÉAL COMPLÈTEMENT CIRQUE FESTIVAL**  
Circus on the street (July)

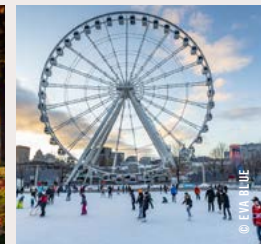
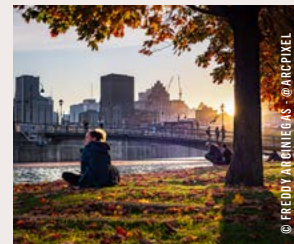
**INTERNATIONAL DES FEUX LOTO-QUÉBEC**  
World-class fireworks competition (July)

**NATIONAL BANK OPEN PRESENTED BY ROGERS**  
Tennis tournament on the ATP or WTA circuit (August)



# Fall and winter

## Food, culture and colours



Montréal stays true to its **entertaining, energetic, and oh-so stylish** nature even when temperatures drop. Walk through the sprawling natural beauty of the city parks as the **leaves change colour**, warm up at Montréal's best restaurants, dance and play at jubilant winter festivals, sip a signature cocktail by the **glow of a fireplace**, explore Montréal's famed Underground City for shopping and strolling, or simply get cozy in hotels all decked out for the holidays.

### Experiences that are very Montréal

- Strolling through a wide variety of museums (art, history, science, and more)
- Seeing the city from above in a heated cabin at the **Montréal Observation Wheel** in the **Old Port**
- Enjoying the around-the-clock nightlife and entertainment during Igloofest and **MONTRÉAL EN LUMIÈRE**
- Cheering with local fans at a major professional sport event (hockey, American football, or soccer)
- Pampering at a Nordic spa on a boat: **Bota Bota, spa-sur-l'eau**
- Shopping through the Underground City
- Zipping on a snowsuit and sledding down **Mount Royal** with locals
- Watching fireworks while ice skating in the Old Port
- Discovering the true meaning of comfort food through Montréal's local specialities (poutine, bagels, smoked meat sandwiches)

### Fall and winter climate

#### Weather

|              | FALL       | WINTER    |
|--------------|------------|-----------|
| Avg. maximum | 12°C/54°F  | -2°C/28°F |
| Avg. minimum | -10°C/14°F | -14°C/7°F |



### What's happening?

#### GARDENS OF LIGHT

At the Montréal Botanical Garden—Space for Life (September and October)

#### MTLÀTABLE

Restaurant week (November)

#### MERRY MONTREAL

Festivities of the holiday season in Old Montréal (December)

#### CHRISTMAS MARKETS

All across town (November and December)

#### LUMINOTHÉRAPIE AT PLACE DES FESTIVALS

Outdoor light and music play area (December and January)

#### MONTRÉAL EN LUMIÈRE

Winter festival combining gastronomy, arts, and outdoor activities (February)

#### NUIT BLANCHE

Loads of events and entertainment all night (March)

#### ART SOUTERRAIN

Art exhibition in the underground city (March)



# Festivals and events

## Annually in June

### MURAL FESTIVAL

[murfestival.com](http://murfestival.com)

As an international public art festival bound to the celebration of creativity and the democratization of urban art, MURAL transforms for a week the Saint-Laurent Boulevard into a real open-air museum where local and international artists will unite their talents in the most creative manners. Creativity and the visual arts await you!



### GRAND PRIX DU CANADA - F1

[gpcanada.ca](http://gpcanada.ca)

The best Formula 1 drivers in the world meet at the demanding Gilles-Villeneuve Circuit.

## Annually in July

### FESTIVAL INTERNATIONAL DE JAZZ DE MONTRÉAL

[montrealjazzfest.com](http://montrealjazzfest.com)

The world's largest jazz festival features over 650 shows, including 370 free outdoor concerts presented in the heart of downtown Montréal.



### L'INTERNATIONAL DES FEUX LOTO-QUÉBEC

[laronde.com](http://laronde.com)

An awe-inspiring international fireworks competition featuring 10 spectacular pyromusical displays that each last 30 minutes.



### MONTRÉAL COMPLÈTEMENT CIRQUE

[montrealcompletementcirque.com](http://montrealcompletementcirque.com)

Circus troupes and performers from near and far take the cultural metropolis by storm for a summer event not to be missed.





© FESTIVAL MODE & DESIGN / AGNIESZKA STAL-KOPEK

## Annually from September to November

### GARDENS OF LIGHT

[spaceforlife.ca](http://spaceforlife.ca)

Gorgeous gardens glow with hundreds of colourful silk lanterns and beautiful architectural lighting.



© SYLVIE LIU @ SHOOT STUDIO - TOURISME MONTRÉAL

## Annually in August

### FASHION & DESIGN FESTIVAL

[festivalmodedesign.com](http://festivalmodedesign.com)

The Fashion & Design Festival celebrates creativity and culture through a major outdoor event in the heart of downtown Montréal.

### NATIONAL BANK OPEN PRESENTED BY ROGERS

[omniumbanquenationale.com](http://omniumbanquenationale.com)

The best tennis players in the world meet in one of the most prestigious tournaments on the professional tour.



© THE NIPS CANADA

## Annually from September to April

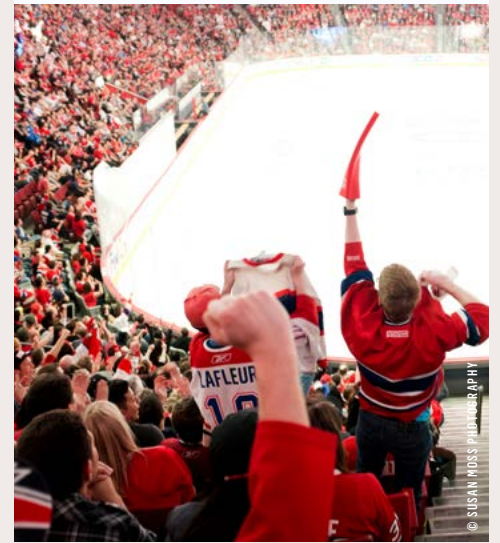
### ORCHESTRE SYMPHONIQUE DE MONTRÉAL

[osm.ca](http://osm.ca)

The Orchestre symphonique de Montréal, Québec's leading cultural ambassador, treats audiences to some 100 concerts each year.



© SUSAN MOSS PHOTOGRAPHY



© SUSAN MOSS PHOTOGRAPHY

### CANADIENS DE MONTRÉAL

[nhl.com/canadiens](http://nhl.com/canadiens)

The National Hockey League's Montréal Canadiens, 24-time winners of the Stanley Cup, play their home games at the Bell Centre, which is open to visitors year-round.

## Annually in November

### MTLÀTABLE – MONTRÉAL'S RESTAURANT WEEK

[mtlatable.com](http://mtlatable.com)

From chic five-star restaurants to cozy little bistros and "Bring Your Own Wine" eateries, there's something to inspire every craving and palate.



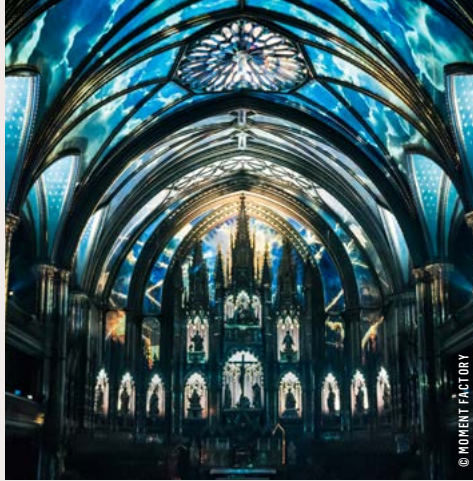
© ALISON SUTTER / TWO FOOD PHOTOGRAPHERS





# Montréal musts

When it comes to the fundamentals of getting to know Montréal, several attractions and activities stand out. From the fresh air and city views of Mount Royal to late-night carousing, put these on your to-do-in-Montréal list.



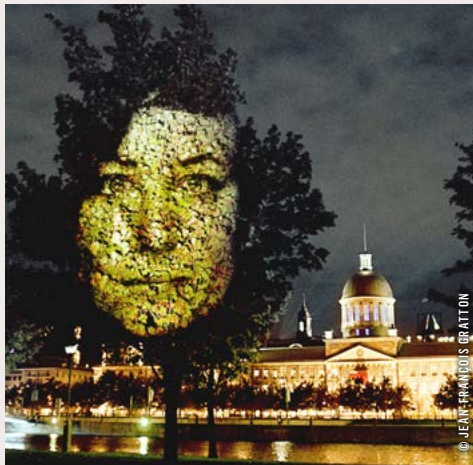
## AURA AT NOTRE-DAME BASILICA [aurabasiliquemontreal.com](http://aurabasiliquemontreal.com)

Experience Montréal's most beautiful church in a whole new way with this grandiose and innovative show designed by Moment Factory. Immerse yourself in a captivating visual and musical universe, presented upon one of the most sublime canvases imaginable: the French-inspired, Gothic Revival architectural interior of Notre-Dame Basilica of Montréal.

## CITÉ MÉMOIRE, TRAVEL BACK IN TIME

[montrealenhistoires.com](http://montrealenhistoires.com)

Montréal's past comes alive with this moving multimedia exhibition that takes place outside.



## CASINO DE MONTRÉAL [casinos.lotoquebec.com](http://casinos.lotoquebec.com)

From the gaming tables to colourful cabaret shows to gourmet restaurant, the night is always buzzing with excitement at the Casino de Montréal.

## MONTRÉAL OBSERVATION WHEEL [lagranderouedemontreal.com](http://lagranderouedemontreal.com)

Climb aboard the big wheel and soar 60 metres into the sky for breathtaking views of the city. Located in Old Montréal, this attraction is open every day. For maximum comfort, the cabins are airconditioned in summer and heated in winter! Bar, bistro and coffee shop on site.



## TOUR DU PORT DE MONTRÉAL [port-montreal.com](http://port-montreal.com)

65-meter high observation tower offers a panoramic view of the city and the river, and an interactive experience with a unique architectural signature for Montreal.



## STRUCTURE BONJOUR [structure-bonjour](http://structure-bonjour)

Enjoy this new four-season attraction and gathering place in the heart of the Grand Quay of the Port of Montréal.





**MONTREAL BOTANICAL GARDEN –  
SPACE FOR LIFE**  
[espacepourlavie.ca](http://espacepourlavie.ca)

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.



**MUSÉE D'ART CONTEMPORAIN  
DE MONTRÉAL**  
[macm.org](http://macm.org)

Devoted to contemporary art, the museum presents the wealth of Québec creativity expressed in visual works.

**OASIS IMMERSION**  
[oasis.im](http://oasis.im)

Blending cutting-edge visual technology with surround sound, OASIS Immersion offers a dazzling multimedia experience in Canada's largest immersive destination. A hit with the Instagram set, OASIS is already a must-see Canadian destination.



**CENTRE PHI**  
[phi-centre.com](http://phi-centre.com)

With spaces that include an art gallery, cinema, theatre, performance space and production facilities, it's easy to see why the PHI Centre has earned its status as an exciting cultural nexus for art in all its forms.

**ORCHESTRE  
SYMPHONIQUE DE MONTRÉAL**  
[osm.ca](http://osm.ca)

The Orchestre symphonique de Montréal, Québec's leading cultural ambassador, treats audiences to some 100 concerts each year.



**POINTE-À-CALLIÈRE, MONTRÉAL ARCHAEOLOGY  
AND HISTORY COMPLEX**  
[pacmuseum.qc.ca](http://pacmuseum.qc.ca)

At the very birthplace of Montréal, the museum offers an archaeological tour that takes visitors time travelling from the 14<sup>th</sup> century to the present day.

**THE MONTRÉAL  
MUSEUM OF FINE ARTS**  
[mbam.qc.ca](http://mbam.qc.ca)

This beautiful and important museum has an encyclopedic permanent collection that is among the most impressive in North America.



# Four days summer itinerary ideas

Montréal loves summer, and there are many great opportunities to spend time outdoors: concerts, circus performances, fireworks, food trucks, sunny and street arts.



## Day 1

### A relaxing gourmet adventure in Old Montréal

- Morning: Start your day at **Olive + Gourmando** with a coffee and a pastry, we recommend their 'extraordinaire brownies'. Located on **Saint-Paul Street**, it is a classic. You can also visit their boutique, next door.
- Noon: Choose from the many charming restaurants aligned along the cobblestones of **Saint-Paul Street**. Take some time to visit an art gallery or designer boutique. You can also enroll in a foodie tour and fill your belly with tastings of various maple delicacies!
- Afternoon: There are many ways to discover the **St. Lawrence River** from the **Old Port**. Why not cruise the St. Lawrence for a couple of hours or ride the rapids in a jet boat?
- Need to relax? Visit **Bota Bota, spa-sur-l'eau**. Docked at the Old Port, this contemporary spa, magnificently fashioned from an old ferryboat, takes on the allure of a chic liner with minimalist décor.
- After dark, admire the dazzling lights of the old city. Experience the incredible new light and sound show at the majestic Notre-Dame Basilica: **AURA**. It's enough to take your breath away.





## Day 2

### Explore Montréal's bohemian neighbourhoods

- Morning: Enjoy a fresh hot bagel from **St. Viateur** or **Fairmount** bakeries, accompanied by a coffee from one of **Mile End's** many independent cafés.
- Noon: Still hungry? Head to the **Jean Talon Market**. The multicultural flavours and sights of the largest open-air market in North America have been attracting crowds to Little Italy since 1933 rife with fruit, vegetable and flower stalls, specialty shops and exquisite local terroir products. The market is open 7/7, year round!
- Afternoon: Enjoy a walk in **Mount Royal Park**, the lungs and heart of the city, and take in the views of Montréal's skyscrapers from the **Kondiaronk lookout**.
- Explore the Plateau Mont-Royal and its multicoloured houses, outdoor staircases and green alleys, where the country's greatest concentration of artists resides. Wander along **Mont-Royal Avenue**, lined with a multitude of one-of-a-kind boutiques and shops.
- Evening: Dine in one of the friendly small restaurants lining **Saint-Laurent Blvd.**, admiring one of the **MURAL street art festival's** giant paintings, or indulge in a smoked-meat sandwich at the famed **Schwartz's Deli**, a true Montréal institution since 1928.



## Day 3

### Get jazzed up via the underground

- Morning: Start the day by immersing yourself in Montréal's creativity. **OASIS Immersion** is an immersive multimedia experience that will transport you. Plan at least 75 minutes to tour the exhibition.
- Noon: Head down below the streets and discover **Montréal's underground network: RÉSO**. Just a metro ride away, the network gives you access to more than 1,700 shops and boutiques, as well as to an array of restaurants, entertainment venues and several major hotels.
- Afternoon: Come back up at ground level in the **Quartier des spectacles**, Montréal's cultural heart. Within 1 km<sup>2</sup>, more than 80 cultural venues offer an exceptionally diverse array of happenings and activities.
- Get on the metro and head to the **Olympic Park** (built for the 1976 Summer Olympic Games) and Space for Life museums: Together, the **Biodôme, Insectarium, Botanical Garden and Planetarium** form a place where nature, biodiversity and science are honoured.
- Evening: Discover one of the lively restaurants and bars in the **Village**.



## Day 4

### Breathtaking views

- Get your day off to a good start by enjoying pastries, fresh fruit and coffee at Atwater Market.
- Then hop on a BIXI and ride along the **Lachine Canal** bike path. You're sure to catch great views of the city and see some trendy neighbourhoods.
- Pedal just a little further toward the **Old Port** and you'll find yourself at the foot of **Habitat 67**, an eclectic building made up of 354 modules. It's still strikingly modern, 50 years since it was built.
- Keep working those calf muscles all the way to **Parc Jean-Drapeau**. There you'll find the incredible **Trois Disques** structure created by Alexander Calder, not to mention some spectacular views of Montréal.
- While you're there, check out the environmental museum within the **Biosphere**.
- Refuel with a picnic in the park, but keep the meal light so that you can catch some thrills on the rides at **La Ronde**. Are you ready for the **Chaos?**
- When evening falls, hop aboard a river shuttle to see the brightly lit cityscape or try your luck at the always-exciting **Casino de Montréal**.



# Local city tours suppliers

The best way to discover Montréal is with someone who knows it inside and out. These professional tour guides can give you the inside scoop on the city's history, gastronomy, shopping, architecture and more.

To truly discover Montréal and gain an appreciation of its history, there's nothing like a professional guided tour.



There are several different kinds available, including bus, bike, and walking tours. For travellers who have been to Montréal before, specialized or thematic tours allow you to discover the city from a new angle.

**Fitz Montréal**      
[FITZMONTREAL.COM](http://FITZMONTREAL.COM)

**JUSST**     
[JUSST.COM](http://JUSST.COM)

**Guidatour**     
[GUIDATOURL.COM](http://GUIDATOURL.COM)

**Local Montréal Food Tours**     
[LOCALFOODTOURS.COM](http://LOCALFOODTOURS.COM)

**Ma Bicyclette**   
[MABICYCLETTE.CA](http://MABICYCLETTE.CA)

**Montréal on Wheels**     
[CAROLEMONTREAL.COM](http://CAROLEMONTREAL.COM)









**Round Table Tours**     
[ROUNDTABLEFOODTOURS.COM](http://ROUNDTABLEFOODTOURS.COM)

**Spade & Palacio**     
[SPADEANDPALACIO.COM](http://SPADEANDPALACIO.COM)

**VDM Global DMC**      
[VDMGLOBAL.COM](http://VDMGLOBAL.COM)

**Hélicraft**   
[HELICRAFT.CA](http://HELICRAFT.CA)

## Legend

- |  |   |   |
|--|---|---|
|  Bike tours     |  Customized    |   |
|  Bus tours      |  Walking tours |  Scooter tours |
|  Culinary tours |  Winter tours  |  Helicopter    |



# Step into a world of luxury

With exhilarating entertainment, gourmet food, old-world history and inspiring architecture among some of its top charms, Montréal is the perfect luxury getaway. Discover a cosmopolitan metropolis where european chic and cutting-edge creativity coexist.



© DASH & WCO

## Sleep tight

Whether you're jetting in for a weekend or stopping over on a cruise, Montréal offers a range of impeccable accommodations. The city's dynamic downtown is home to elegant properties whose sumptuous guestrooms are the perfect antidote to a busy day of sightseeing, strolling or shopping. Old Montréal is also home to many of the city's most exclusive hotels, restaurants and galleries, which are nestled among beautiful greystones, stately squares and soaring cathedrals.

 [See more here](#)

## Hotels

FAIRMONT  
THE QUEEN ELIZABETH  
[fairmont.com](http://fairmont.com)

FOUR SEASONS  
[fourseasons.com](http://fourseasons.com)

HÔTEL LE GERMAIN  
[legermainhotels.com](http://legermainhotels.com)

MOUNT STEPHEN  
[lemountstephen.com](http://lemountstephen.com)

RITZ-CARLTON MONTRÉAL  
[ritzmontreal.com](http://ritzmontreal.com)

SOFITEL MONTRÉAL  
GOLDEN MILE  
[sofitelmontreal.com](http://sofitelmontreal.com)

SAINT-SULPICE HÔTEL  
- MONTRÉAL  
[lesaintsulpice.com](http://lesaintsulpice.com)

W MONTRÉAL  
[marriott.com](http://marriott.com)

WILLIAM GRAY  
[hotelwilliamgray.com](http://hotelwilliamgray.com)



## Shopping

### HOLT RENFREW OGILVY

Holt Renfrew – Ogilvy is an oasis of luxury wick opened in downtown Montréal in 2020.

### CENTRE EATON

The Centre Eaton de Montréal, a premier fashion destination right in the heart of downtown along iconic Sainte-Catherine Street.

### HARRICANA PAR MARIOUCHE

Fur coats and accessories get an updated, fashion-forward twist in this extraordinary atelier-boutique.

### SAINTE-CATHERINE STREET

A must-visit shopping hub, Sainte-Catherine Street stretches over 11.2 km and features over 1,200 boutiques, major department stores and restaurants of every kind.

### RUE ST-PAUL

For years, Saint-Paul Street was Montréal's main street. Many of the buildings, which date from the 19th century, serve as artisanal boutiques, designers shops and art galleries, not to forget the famous Marché Bonsecours.

### Laurier West Avenue

Speciality boutiques teem with exclusive designer apparel, accessories, original furnishings and upscale children's clothing.

### MAISON PÉPIN

See what's possible at Maison Pépin, a concept boutique set up like the home you've always wanted!

## Wellness

### BOTA-BOTA, SPA SUR L'EAU

[botabota.ca](http://botabota.ca)

### SPA SCANDINAVE VIEUX-MONTRÉAL

[scandinave.com](http://scandinave.com)

### FOUR SEASON SPA ET BIEN-ÊTRE

[fourseasons.com](http://fourseasons.com)

### SPA ST. JAMES

[spastjames.com](http://spastjames.com)

### SPA WILLIAM GRAY

[spawilliamgray.com](http://spawilliamgray.com)



## Restaurants

For travelers with discerning palates, Montréal never disappoints. Our world-class chefs have put the city's culinary offer in the international spotlight, treating foodies to meals that are pure magic. Montréal offers one-of-a-kind experiences for all tastes.

## Food Halls

### LE CATHCART

[leathcart.com](http://leathcart.com)

### LE CENTRAL – MANGER MONTRÉAL

[lecentral.ca](http://lecentral.ca)

### TIME OUT MARKET

[timeoutmarket.com](http://timeoutmarket.com)

## High-class Dining

### PERLES ET PADDOCK

[perlesetpaddock.com](http://perlesetpaddock.com)

### EUROPEA\*

[jeromeferrer.ca](http://jeromeferrer.ca)

### MARCUS

[fourseasons.com](http://fourseasons.com)

### CANDIDE

[restaurantcandide.com](http://restaurantcandide.com)

### L'AUBERGE

[aubergesaint-gabriel.com](http://aubergesaint-gabriel.com)

### FOXY

[foxy.restaurant](http://foxy.restaurant)

### RESTAURANT H3

[restauranth3.ca](http://restauranth3.ca)

### MONARQUE

[restaurantmonarque.ca](http://restaurantmonarque.ca)

### RESTAURANT TOQUÉ!\*

[restaurant-toque.com](http://restaurant-toque.com)

\* Relais et Châteaux



# Discover more Montréal

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