



5-Day Itinerary... *à la Montréal*

Marvellous places to go.
Exciting people to see.
Wonderful things to do.
Such is the beauty of life... *à la Montréal*.

Day One

Arrival in Montréal

Your first lesson in life... *à la Montréal* can be summed up in a single word: relax. The pace here tends to the stop-and-smell-the-roses. So take a moment. Breathe. Enjoy life... *à la Montréal*.

While there's no established or better way to visit Montréal, we've designed this five-day itinerary to cover the places and things that make Montréal so special. Feel free to improvise. To delete or to add. To linger longer here or there at your own pace. Because that's the way of life... *à la Montréal*.

Morning or Afternoon

Start your visit with a three-hour CITY TOUR. It's the perfect way to get an overall sense of the city and to stake out all the places and things you want to see and do more of. Year-round scheduled city tours from Dorchester Square are offered by GRAY LINE OF MONTRÉAL.

Pick-up and drop-off options are available from/to your hotel.

Extremely useful:

- At a cost of \$50, the MONTRÉAL MUSEUMS PASS gives access to a choice of 33 Montréal museums and attractions and to public transportation during 3 days.
Informations: 1 877 BONJOUR or www.museesmontreal.org
- Bus and métro passes, valid for one day or three days, allow you unlimited access to the city's public transit system. Buy them at selected métro stations.

Evening

End your first day in Montréal on the majestic St. Lawrence River. Take a DINNER CRUISE with either the BATEAU-MOUCHE or AML CRUISES, and see Montréal from the perspective of the 16th-century French settlers who founded the city.

or

View the city from on high by night. Enjoy a fabulous meal at LE TOUR DE VILLE RESTAURANT, Montréal's famous revolving rooftop restaurant in the Delta Centre-Ville Hotel, or dine out at Le Castillon restaurant atop Place Bonaventure and savour fine French cuisine while admiring its bordering gardens.

Day Two

Old Montréal and the Old Port

Discover the romance of another era. Enter stone buildings still warm with the history that was made here, and stare out over the majestic river that inspired brand new beginnings.

Morning

Linger over *croissants* and *café au lait* in one of the many friendly and intimate cafés in Old Montréal.

Then, head to POINTE-À-CALLIÈRE, MONTRÉAL MUSEUM OF ARCHAEOLOGY AND HISTORY where the whole family will enjoy a tour through six centuries of Montréal's history. There's even a breakfast service for groups. The Old Port is chock-full of interesting things to do and see. Here are a few suggestions to more than fill up the rest of your morning.

SCIENCE CENTRE: A vast recreational and informational complex dedicated to science, technology and industry.

IMAX® TELUS: Watch spectacular real-life images on a seven-storey screen.

CENTRE D'HISTOIRE DE MONTRÉAL: A former fire station where exhibitions present a day-to-day history of Montréal from 1642.

JET BOATING AND RAFTING THE LACHINE RAPIDS:

Jet boating, speedboating and whitewater rafting on the St. Lawrence River. (From May to October.)

CYCLING and ROLLERBLADING: Bicycles and rollerblades are available for rent at the Old Port and in Old Montréal. Montréal has 350 kilometres (217 miles) of bike paths. According to Bicycling magazine, Montréal is the North America's best cycling city among cities of over one million inhabitants.

Afternoon

Back at Place Jacques-Cartier, enjoy a panoramic lunch at a *bistro-terrasse*. RESTAURANT À L'AVENTURE and LE FRIPON are both good choices. Or lunch inside in the relaxed atmosphere of PUB SAINT-PAUL.

To walk off lunch, stroll along Saint-Paul Street and browse in the many artisan and craft stores. Make a stop at the Bonsecours Market where you'll find excellent art galleries, designer boutiques and First Nations craft shops.

NOTRE-DAME BASILICA: A masterpiece of neo-Gothic architecture built between 1824 and 1829. Its interior is of beautifully sculpted wood and gold leaf, while stained-glass windows depict biblical scenes and three-and-a-half centuries of Montréal history. Celebrate the founding of Montréal with

the spectacular sound and light show And then there was light which brings to life the Basilica's cultural, architectural and spiritual heritage.

CHÂTEAU RAMEZAY MUSEUM: Relive the history of this charming Old Montréal stone house where General Montgomery hid out during the American Civil War.

SIR GEORGE-ÉTIENNE CARTIER NATIONAL HISTORIC SITE OF CANADA: Home to Sir George-Étienne Cartier from 1848 to 1871, this building retains the refined atmosphere of a Victorian home in the 1860s.

NOTRE-DAME-DE-BON-SECOURS CHAPEL: One of Montréal's most important religious and heritage sites. Visit the modest Sailors' Chapel, guarded by a gilded, ten-foot-tall Virgin Mary.

GUIDED WALKING TOUR OF OLD MONTRÉAL: Book a scheduled guided walking tour with GUIDATOUR.

FLAVOR AND AROMAS OF OLD MONTRÉAL: 2.5 hours walking gourmet tour of Old Montréal. From the Native influences to the new flavours of EXPO' 67. Tour offered by VISITES DE MONTRÉAL.

Or

IN WINTER revisit your childhood and rent skates at the Bonsecours Basin outdoor rink. Music fills the air as skaters glide (or slip-slide) through the afternoon or evening.

Evening

End your day in Old Montréal on a high culinary note. Experience the most haute of French cuisines at RESTAURANT CHEZ QUEUX, the award winning LES REMPARTS or the four star BONAPARTE. Go continental at RESTAURANT DU VIEUX-PORT on Saint-Paul Street. For a taste of typical French cuisine and a little entertainment on the side, try the AUBERGE LE SAINT-GABRIEL or LE CABARET DU ROY.

For a grand finale, take a calèche ride or follow the Lighting Plan, a lamplit evening tour that highlights Montréal's historic beauty. The unique lighting lets you discover architectural details of centuries-old buildings. Then, hop into a cab or take a coach transfer to the CASINO DE MONTRÉAL and play the night away. Located on Île Notre-Dame.



For a complete list of restaurants in
Old Montréal, visit

<http://www.tourisme-montreal.org/Cuisine/Restaurants>



Day three

Downtown

Downtown Montréal vibrates to the sound of a world beat. Here restaurants of every nationality share sidewalk space with name-brand boutiques from all over the world. At the end of the day, the city lights up with the pleasures of the most eclectic nightlife on the continent.

Morning

Walk around downtown. Discover the Underground Pedestrian Network, a 20-mile (32-kilometre) maze of pedestrian passageways linking eight shopping centres and hundreds of restaurants, boutiques and specialty shops. Above ground, stroll along Sainte-Catherine Street, Montréal's main shopping promenade.

Afternoon

Lunch on local specialties, especially affordable in one of the many steakhouses and delicatessens (for Montréal's famous smoked meat) all along Sainte-Catherine Street West or in the underground food courts. After lunch, head two blocks north to the upscale boutiques and elegant restaurants of Sherbrooke Street. Stop in the many art galleries and museums in the vicinity. Use your Museums Pass to visit:

MONTREAL MUSEUM OF FINE ARTS
McCORD MUSEUM OF CANADIAN HISTORY
MUSÉE D'ART CONTEMPORAIN DE MONTRÉAL
CANADIAN CENTRE FOR ARCHITECTURE

Evening

Spend your evening sipping at the cup of Montréal's sparkling nightlife—especially hot on Crescent Street. Make very merry at the Hard Rock Café, Les Beaux Jedis and jazz clubs around the city.

If you're in the mood for something more classical, head to Place des Arts for an inspiring evening at the symphony or the ballet. A veritable hotbed of creativity for all the arts, Montréal has inspired and nurtured such world-acclaimed acts as the Orchestre symphonique de Montréal directed by Kent Nagano and Les Grands Ballets Canadiens de Montréal, under the direction of Gradimir Pankov—not to mention an impressive lineup of festivals. Whatever you decide to see while you're here, it's sure to be on the cutting edge of culture and beautifully performed.



For a complete list of festivals
à la Montréal, visit

<http://www.tourisme-montreal.org/Travel-Trade/What-To-Do/Events>



Day Four

Plateau Mont-Royal and Olympic Park

Experience Montréal as a city of contrasts—sophisticated, hip and very urban on the one hand; clean, green and in complete harmony with nature on the other. And everywhere, always, so friendly and warm.

Morning

Enjoy breakfast... *à la Montréal* at St-Viateur Bagel & Café or Café El Dorado both on Mont-Royal avenue.

Start your day's tour with a breath of fresh air from the top of beautiful Mount Royal. The mountain in the midst of the city is a nature lover's paradise, criss-crossed with walking trails and cycling paths. As you walk around, pause on a belvedere, such as the one near the Mount Royal Chalet, to enjoy a spectacular view of the city, the river and the surrounding areas. In winter, strap on your skates for a spin around Beaver Lake. Don't miss Saint Joseph's Oratory, renowned throughout the world as a privileged site for pilgrims in search of solace and salvation.

Just off the mountain, right in the heart of Montréal, lies Plateau Mont-Royal. Hot and hyperactive, the Plateau is often cited as one of the hippest neighbourhoods in the world. Happening bars, restaurants and cafés, specialized boutiques, fashion designers and avant-garde theatre companies dot the dazzling ultra-urban landscape, especially along Saint-Laurent Boulevard and Mont-Royal Avenue. Film buffs and techies absolutely must take in Ex-Centris, a cinema and new-media complex on Saint-Laurent Boulevard.

Afternoon

After lunch in a trendy restaurant on the Plateau, take the métro, Montréal's subway system, and exit at Viau station. This is the OLYMPIC PARK area, created for the 1976 Summer Olympics. Ride the cable car up to the top of the MONTRÉAL TOWER, the tallest inclined tower in the world, for a fabulous view that extends over 70 kilometres. Then, for an environmental experience, visit the truly amazing BIODÔME, home to four of the planet's ecosystems: the tropical forest, the polar world, the St. Lawrence River marine life and the Laurentian forest. Also extremely worthy of note, Montréal's BOTANICAL GARDEN, one of the largest in the world, features over 10 greenhouses and 30 gardens, including the Japanese and Chinese Gardens as well as the new FIRST NATIONS Garden. Don't miss the adjacent INSECTARIUM to see some very exotic creepy-crawlies.

Evening

End your day in the lively Quartier latin—particularly along Prince-Arthur Street between Saint-Laurent Boulevard and Saint-Denis Street—the perfect place to eat, drink and be very merry indeed. For dinner, choose from an impressive array of *bistro-terrasses*, cafés and restaurants. Note that many restaurants have adopted the hugely popular bring-your-own-wine formula.



For a complete list of tourist attractions, or to book a dinner show at the Casino de Montréal, visit <http://www.tourisme-montreal.org/Travel-Trade/What-To-Do/Attractions>



Day Five

The Islands, Lachine Canal and More

A gorgeous park made up of two very lovely islands located in the middle of the St. Lawrence River, and a bucolic getaway complete with rushing whitewater and miles and miles of bike paths along the waterfront. Both only minutes away from the city centre.

Morning

PARC JEAN-DRAPEAU

In the middle of the St. Lawrence River, just a short hop across the Pont de la Concorde, lies PARC JEAN-DRAPEAU. Made up of two beautiful islands, Sainte-Hélène and Notre-Dame, the park is easily accessible by métro, car or bicycle, and offers ample opportunity to commune with nature on foot, bicycle or rollerblades—especially popular on the Gilles-Villeneuve Circuit. The park is also where you'll find several not-to-be-missed attractions:

STEWART MUSEUM AT THE FORT, ÎLE SAINTE-HÉLÈNE: This original fort dates from the 1820s and relates the history of the province of Québec and of Canada from the 16th to the 18th centuries. In winter, light your way with a lantern, lace up your snowshoes and discover the nooks and crooks alongside a costumed guide during Trails by Nighttour.

ENVIRONMENT CANADA'S BIOSPHÈRE: This centre for Environmental Education is dedicated to the St. Lawrence River and the Great Lakes. Thematic and interactive exhibition halls, and multimedia presentations are available for groups.

LA RONDE (Member of the Six Flags Family): Montréal's Amusement Park, on Île Sainte-Hélène.

Afternoon

LACHINE CANAL

After a picnic lunch on the islands, rent bicycles or rollerblades at the Old Port and take off on the bike path to the Lachine Canal. You can also pass through the locks aboard an electric boat or by kayak; you'll discover a wonderfully privileged recreational site devoted exclusively to leisure. Note that you cycle right by the antique shops on Notre-Dame Street. Stop and browse on your way.

RAFTING AND JET BOATING ON THE LACHINE RAPIDS:

Hydro-jetting (motorized jet boat), whitewater rafting. Free shuttle from Dorchester Square.

The Public Markets

ATWATER AND JEAN-TALON MARKETS: The Atwater and Jean-Talon public markets overflow with all sorts of fruits and vegetables, meats, fish, baking and cheeses. Pick up local delicacies and products from Québec in the speciality boutiques of the markets.

Evening

Cap off your evening at the Casino with dinner at one of its four restaurants, where menus range from light meals to gastronomic dinners. Later on, try your luck at any of the 3,000 slot machines and 120 gaming tables, or catch a variety show at the Cabaret performance hall.

www.casinos-quebec.com

www.cabaretducasino.com