

Welcome to Montréal year round

At the confluence
of North America
and Europe, Montréal
is an international
destination of choice
and the best island
getaway in Canada.
Easily accessible by
land, water and air,
the city centre is a
mere 20 minutes from
the Montréal-Trudeau
International Airport.

4 DAYS
3 NIGHTS



You'll find that this vibrant metropolis and gateway to Canada is **THE perfect place** to mix rejuvenating well-being and nature experiences with an energetic urban vibe. Montréal is renowned for its innovative, creative, inspirational vibe: You can truly be yourself in Montréal!

Whatever your taste, lifestyle or budget, you are sure to find **lodging** and **activities** to meet your expectations. The island features over 25,000 rooms, with 16,000 located downtown, and many connected directly to metro stations, shopping centres and the underground pedestrian network.

Day 1 Downtown

- Start your visit to Montréal by discovering the **downtown** core of the city, including the majestic Golden Square Mile and the always lively Quartier des spectacles.
 - Daytime, nighttime, anytime, Montréal's safe and walkable downtown is one part sophistication and one part entertainment. For first-time visitors, here are some the most popular activities.
1. See the city from the top of **Place Ville Marie**.
 2. Go on a shopping spree along **Sainte-Catherine Street**, the longest commercial street in Canada.
 3. Sip cocktails on a patio on lively **Crescent Street** during F1 week.
 4. Visit the city's 33-km-long **underground pedestrian network**.
 5. Celebrate the winter season with **MONTREAL EN LUMIÈRE** and **la Nuit Blanche**!
- Explore the shining beacon of central Montréal, the **Golden Square Mile**, home to glitz and glamour since the 19th century. You can find some of our most luxurious hotels and boutiques in this part of town.
 - After, head to the **Quartier des spectacles** to end your evening with dinner and a live show!
 - Night or day, sizzling summer heat or chilly wintry cold, the Quartier des spectacles welcomes all walks of life to its over 80 cultural venues and eight public spaces offering a diverse array of activities, including no less than 40 festivals, including the **Montreal International Jazz Festival** and **Just for Laughs**. In winter, don't miss the chance to skate on the brand-new refrigerated ice rink at the **Esplanade Tranquille**.

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Day 2

Old Montréal and Old Port

● Start your day with a **fresh croissant or French pastry and coffee** from one of the many sustainable and artisanal bakeries and coffee shops around town.



● Spend the day exploring the cobblestone streets of **Old Montréal** and take in the whirlwind of activities in the Old Port of Montréal.

● While Old Montréal's side streets and back lanes reveal their secrets over repeat visits, these charming gems of the old city are the city's pride and joy.

1. Marvel at the **Notre-Dame Basilica** and experience the multimedia show **AURA**.

● 2. Take a walk back in time through Place Jacques-Cartier and down **Saint Paul Street**.

3. Share the view of the St. Lawrence River with the angels of Ville-Marie atop the **Notre-Dame-de-Bon-Secours Chapel**.

4. Play urban archaeologist and trace the fortifications from **Pointe-à-Callière**, Montréal Archaeology and History Complex.

● Hungry? There are plenty of options in Old Montréal for lunch! You can people watch from a terrasse on **Place Jacques-Cartier**, take in the views from a roof top hotel or cruise the St. Lawrence while dining on local cuisine.



● After lunch, get ready for some adrenaline at the **Old Port of Montréal**.

● You can soar through the air with **MTL Zipline**, or conquer a pirate ship with **Voiles en voiles**, take a river cruise with **AML** and Bateau Mouche, ride the Lachine Rapids with les **Sautes Moutons** or surf on Saint-Lawrence River. If you are looking for a more relaxed afternoon, why not stroll along the boardwalk to discover some of the unique shopping kiosks, take in some rays from the **Clock Tower Beach** or maybe learn a little something at the **Montreal Science Centre**.



● If you feel like exploring further, rent a bike at **Ça Roule** bike shop or pick up a **BIXI** and pedal along the green shores of the **Lachine Canal** or head to **Parc Jean-Drapeau**. The city boasts a green environment with 1200 parks, 11 beaches, and 820 km of cycling paths.



● Nothing says winter in Montréal like strapping on a pair of blades and skating outdoors... and what wonderful place in the city to do just that than at the **Old Port of Montréal ice skating rink!**

● After all that exploring, why not reward yourself with a soothing spa treatment at **Bota-Bota, spa-sur-l'eau**, while taking in the relaxing views of the St. Lawrence River and Montréal skyline.



● End your amazing day high above the city with **La Grande Roue**, by watching the **L'International des Feux Loto-Québec** or by experiencing history with **Cité Mémoire**. In winter, make sure to experience the outdoor electronic music festival, **Igloofest!**

Day 3 Neighbourhoods

● Now is the time to dedicate your energy and curiosity to the many authentic and lively neighbourhoods and to live like a local! Montréal features 19 boroughs. First start your day with a Montréal tradition: **Brunch!** More than a meal, it's practically a religion.



● After all that food, you are going to want to burn it off! Jump on the metro and head to the **Plateau Mont-Royal and Mile-End** neighbourhoods.



● Far from the tourist crowds, this dynamic area offers authentic Montréal experiences, from shopping to dining to sightseeing to culture.

Fancy some shopping?

Mont-Royal Avenue is lined with original boutiques, restaurants and cafés, making a great place for an afternoon stroll.



Artwork is more your thing?

Admire the **murals** along Saint-Laurent Boulevard.

Still hungry?

Pick up some **smoked meat** or **bagels** and head to Jeanne-Mance Park for a picnic.



Feeling energetic?

Stroll through **Mount Royal Park** and be rewarded by the stunning views from the Kondiaronk lookout, named in honour of one of the most prominent leaders of the Huron-Wendat Nation and architect of the Great Peace of Montréal of 1701.

In winter, rent some **snowshoes, skis or skates** and explore Mount Royal Park.



● End your day with some fine dining along **Bernard Avenue** in the leafy neighbourhood of Outremont. Tucked away in the neighbourhood's warm, relaxing atmosphere, culinary treasures await discovery—from a gelato to copious fine dining with international accents—this avenue is one of the city's more inviting corners.





Day 4

Culture

● Enjoy a leisurely breakfast at your hotel before heading out for a day full of culture and creativity! Montréal is the culture capital with over **50 museums!**



● Do not miss any of the world-class exhibitions at the art and history museums, from post-impressionist painting at the **Montreal Museum of Fine Arts** and cutting-edge contemporary art at the **MAC**, to cinematic virtual reality experiences at the **Phi Centre**, and **OASIS immersion**, the largest immersive destination in Canada.



● Travelling with the family? Then head to **Space for Life**. Visit the penguins at the completely renovated **Biodôme**, wander the gardens of the **Botanical Garden**, check out some bugs at the Insectarium (temporarily closed) and take in the star-filled sky at the **Planetarium**.



● Curious about Montréal history? Head to the **McCord Museum** or the **MEM** (opening Fall 2022) to learn more about our city.



● To experience some of the best Montréal attractions, pick up the **Passeport MTL**, offering admission to your choice of five unforgettable Montréal attractions for one low price.

● Looking to buy art in Montréal? Something is sure to catch your eye among a variety of works by international and local artists in the city's galleries.

● Did you know that Montréal has over 1000 works of **public art**? Set off on the discovery of impressive artworks by nearly 500 Québec and international artists, located in every corner of the city.



● End your last evening stay in Montréal with a memorable dining experience at one of the many incredible **gourmet food halls**.

● More ideas at mtl.org