

MONTRÉAL VISITOR'S GUIDE

Restaurants

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Prices are for a meal only, excluding alcohol, taxes (about 15%) and tip (15%).

\$: < 15\$ \$\$: 15\$ - 30\$ \$\$\$: 30\$ - 45\$ \$\$\$\$: > 45\$ BYOW: Bring your own wine

Close to the conference site

Cafés & sandwiches

Brûlerie Saint-Denis 5252, chemin de la Côte-des-Neiges

Second Cup 3315, chemin Queen-Mary or 5206, chemin de la Côte-des-Neiges

Van Houtte 5270, chemin de la Côte-des-Neiges

Tasty and affordable

Pizzédélic (\$) 5153, chemin de la Côte-des-Neiges — (514) 739-2446

- Pizza as you've never tasted it!

Rôtisserie Saint-Hubert (\$) 5235, chemin de la Côte-des-Neiges — (514) 342-9495 — www.st-hubert.com

- A chain of rotisseries specialized in chicken but offering also a selection of salads and other plates, in a trendy atmosphere, especially in its cosy pub section.

French and regional cuisine

Bistro Olivieri (\$\$) 5219, chemin de la Côte-des-Neiges — (514) 739-3639

- A French bistro inside an independent bookstore: feeding body and spirit at the same time! The menu, written on a blackboard, changes weekly.

Chez Lévêque (\$\$) 1030, rue Laurier Ouest — (514) 279-7355 — www.chezleveque.ca

- Open from 8 a.m. to midnight, *Chez Lévêque* is considered to be the best French table in Montreal.

Le Paris-Beurre (\$\$) 1226, avenue Van Horne — (514) 271-7502

- The *Paris-Beurre* is another French bistro where guests can take advantage of a cosy atmosphere and of delicious typical French meals.

Chez Christophe (\$\$\$) (BYOW) 1187, avenue Van Horne — (514) 270-0850 — www.restaurantchristophe.com

- Chef Christophe Geffray celebrates Quebec products in his restaurant, where clients bring their own wine, which they can buy at nearby Société des alcools (SAQ) stores (the nearest being located 5632, avenue du Parc).

La Chronique (\$\$\$) 99, rue Laurier Ouest — (514) 271-3095

- *La Chronique* offers creative and original plates in an elegant decor.

Leméac (\$-\$\$\$) 1045, avenue Laurier Ouest — (514) 270-0999 — www.restaurantlemeac.com

- A simple and elegant restaurant, serving tasty French cuisine. After 10 p.m., it is possible to order an appetizer and a main course for only \$22.

Mediterranean cuisine

BAZaAR (\$\$\$) 365, avenue Laurier Ouest — (514) 276-6999 — www.lebazaar.ca

- Celebrated chef Racha Bassoul serves refined Mediterranean cuisine.

Le Petit Italien (\$\$) 1265, rue Bernard Ouest — (514) 278-0888 — www.lepetitalien.com

- Delicious Italian cuisine in a warm atmosphere. The list includes a wide selection of wines by the glass.

Asian cuisine

Mikado (\$\$\$) 399, avenue Laurier Ouest — (514) 279-4809 — www.mikadomontreal.com

- *Mikado* est un restaurant japonais se spécialisant dans les sushis et les sashimis.

Maïko Sushi (\$\$) 387, rue Bernard Ouest — (514) 490-1225 — www.maiko-sushi.com

- Chef Maïko adds a touch of creativity to her Japanese cuisine.

Escale à Saïgon (\$\$) 107, rue Laurier Ouest — (514) 272-3456

- Delicious Vietnamese food in a warm atmosphere.

Chao Phraya (\$\$) 50, avenue Laurier Ouest — (514) 272-5339 — www.chao-phraya.com

- Refined Thai cuisine, spiced according to your taste.

Bars

Le Dieu du Ciel (29, rue Laurier Ouest, www.dieuduciel.com – take bus 51 eastbound) is a microbrewery offering a wide selection of beers made on location. **Resto-Bar La Maisonnée** (5385, rue Gatineau) is the meeting place of Université de Montréal students. Several student associations have installed a sign with their discipline's name on it to mark their 'territory' in the bar. **Pub Richard McCarold** (3725, rue Lacombe), on its part, is an Irish pub that is very popular in the district.

Regional and market cuisine

Toqué! (\$\$\$\$) 900, pl. J.-P. Riopelle (m. Square-Victoria) — (514) 499-2084 — www.restaurant-toque.com

- Chef Normand Laprise's *Toqué!* certainly is the most renowned restaurant in Montréal. Celebrating Québec products and very attentive to the quality and freshness of its ingredients, *Toqué!* remains the culinary reference of Montréal since its foundation in 1993.

Le Pied de Cochon (\$\$\$) 536, av. Duluth Est (m. Sherbrooke) — (514) 281-1114 — restaurentaupieddecochon.ca

- Featured in Anthony Bourdain's *No Reservations* and now host of his own cooking show, Martin Picard is Québec's celebrity chef! He owes his fame to his *poutine au foie gras* and to his restless quest to reinvent Québec's heart-warming cuisine – such as the *cipâte* or the *ragout de pattes de cochon* (pork leg stew) – into refined gastronomy.

Cocagne (\$\$-\$\$\$\$) 3842, rue Saint-Denis (m. Sherbrooke) — (514) 286-0700 — www.bistro-cocagne.com

- Located in *Toqué!*'s former premises, the *Cocagne* is famous of its originality and the quality of its desserts.

French cuisine

L'Express (\$\$\$) 3927, rue Saint-Denis (m. Sherbrooke) — (514) 843-7576

- Open until 2 a.m. (or 1 a.m. on Sunday), *L'Express* recreates the design, the service and the meals of a classic French bistro. It is not uncommon to spot there Québec's who's who.

Laloux (\$\$\$) 250, av. des Pins Est (m. Sherbrooke) — (514) 287-9127 — www.laloux.com — www.popbaravin.com

- Fresh and local products turned into creative and exquisite plates. Don't skip dessert! *Laloux* is right next to the *Pop! Bar à vin*, which offers a selection of private imports in a friendly atmosphere.

Tasty and affordable

La Taqueria Mex (\$) 4306, boul. Saint-Laurent (m. Mont-Royal) — (514) 982-9462 — www.taqueriamex.com

- In its colourful premises, *La Taqueria Mex* offers tasty Mexican meals as well as a salsa bar.

La Banquise (\$) 994, rue Rachel Est (m. Mont-Royal) — (514) 525-2415 — www.restolabanquise.com

- Open 24 hours and located close to the gorgeous Parc Lafontaine (and right next to *La Quincaillerie*, a popular bar in Plateau-Mont-Royal), *La Banquise* is the place to go to try Québec's famous *poutine*, whether in its classic form (fries, cheese and sauce) or, for the adventurous ones, in one of its 22 varieties. The fun and young ambiance gets electric at about 2 a.m., when people start to pour out from the bars and nightclubs.

L'Anecdote (\$) 801, rue Rachel Est (m. Mont-Royal) — (514) 526-7967

- In a 1950's inspired decor, *L'Anecdote* offers fries with a choice of mayonnaise, along with hamburgers. It also offers breakfast and has vegetarian options. Friendly service.

Bring Your Own Wine Restaurants

The 'Bring Your Own Wine' concept allows clients to buy their own bottles of wine at the Société des alcools du Québec (SAQ) and to bring them along to the restaurant, usually without extra fees (although some ask for a 'cork fee'). The Plateau-Mont-Royal (called simply Plateau) is home to many excellent BYOW restaurants. Le concept « Apportez votre vin » permet aux clients d'acheter leur propre bouteille de vin à la Société des alcools du Québec (SAQ) et de l'apporter avec eux au restaurant, généralement sans frais (bien que certains exigent un « frais de bouchon »). Le Plateau-Mont-Royal (appelé plus simplement Plateau) regroupe un grand nombre d'excellents restaurants AVV. Fine French and regional cuisine can be found at

L'Entrepont, La Colombe, Le Pégase and **Yoyo**. **Chuch Express**, neighbor to the more upscale **ChuChai**, serves delicious vegetarian Thai food. **Au Tarot** is the place to eat tasty North African tajines (and don't forget to order the mint tea!) while **Le Piton de la Fournaise** is the only place in Montréal to offer cuisine from the island of Réunion, rich in fish and seafood. As for **Punjab Palace** and **Bombay Mahal**, although they are outside the usual tourist locations, they are great places to eat affordable Indian cuisine.

- **Bistro L'Entrepont** (\$\$\$)
4622, avenue de l'Hôtel-de-Ville (m. Mont-Royal) — (514) 845-1369 — www.bistolentrepont.com
- **La Colombe** (\$\$\$)
554, avenue Duluth Est (m. Sherbrooke) — (514) 849-8844
- **Le Pégase** (\$-\$-\$-\$)
1831, rue Gilford (m. Laurier) — (514) 522-0487 — www.lepegase.ca
- **Yoyo** (\$-\$-\$-\$)
4720, rue Marquette (m. Laurier) — (514) 524-4187 — www.restoyoyo.com
- **Chuch Express** (\$\$)
4088, rue Saint-Denis (m. Mont-Royal) — (514) 843-4194 — www.chuchai.com
- **Au Tarot** (\$\$\$)
500, rue Marie-Anne Est (m. Mont-Royal) — (514) 849-6860 — www.restaurantautarot.ca
- **Le Piton de la Fournaise** (\$-\$-\$-\$)
835, avenue Duluth Est (m. Mont-Royal) — (514) 526-3936 — www.restolepiton.com
- **Punjab Palace** (\$)
920, avenue Jean-Talon Ouest (m. Acadie) — (514) 495-4075 — www.punjabpalace.ca
- **Bombay Mahal** (\$)
1001, rue Jean-Talon Ouest (m. Acadie) — (514) 273-3331 — www.restaurantbombaymahal.com

There are several SAQ stores in Montréal (www.saq.com). The closest to most of the BYOW restaurants listed above are located at 1034, avenue du Mont-Royal Est (intersection of Boyer) and at 4053, rue Saint-Denis (intersection of Duluth).

BARS & CAFÉS

There are several microbreweries in Québec. To try one of the many local beers, of which Montrealers are very fond, or to taste some of the excellent imports, try one of the following bars and pubs:

- **Le Dieu du Ciel:** A relaxed and calm ambiance where you can try beers brewed on location. 29, rue Laurier Ouest (m. Laurier) — (514) 490-9555 — www.dieuduciel.com
- **Auprès de ma blonde:** Two terraces, one at the front, the other at the back, to take advantage of the sun – when it's there! 3845, rue Saint-Denis (m. Sherbrooke) — (514) 845-5385
- **Barraca:** Serves tapas. The small back terrace is very pleasant. A DJ is there to entertain you from 10 p.m. 1134, avenue du Mont-Royal Est (m. Laurier) — (514) 525-7741 www.barraca.ca
- **Le Barbare:** Also serves meals. 4670, rue Saint-Denis (m. Mont-Royal) — (514) 288-8377
- **Bílý Kůň:** Jazz musicians or DJ are often playing for your enjoyment. 354, avenue du Mont-Royal Est (m. Mont-Royal) — (514) 845-5392 — www.bilykun.com
- **Bières et compagnie:** Offers a very large selection of beers from all over the world, as well as 30 mussels recipes. 4350, rue Saint-Denis (m. Mont-Royal) — (514) 844-0394 — www.bieresetcompagnie.ca

And for a pleasant evening, club **Dièse Onze** has local jazz musicians in concert each night, in a cosy atmosphere. Various meals are available. 4115-A, rue Saint-Denis (m. Mont-Royal) — (514) 223-3543 — www.dieseonze.com

For coffee, you may find several Canadian chains such as **Second Cup** and **Van Houtte**. The avenue du Mont-Royal (m. Mont-Royal) alone is home to several independent coffee shops and bakeries, including **Café Expression** (957, av. du Mont-Royal), **Le Placard** (2129), **Les Co'Pains d'Abord** (1965), **Café-Bar Le Boudoir** (850) and the **St-Viateur Bagel & Café** (1127).

MUSEUMS

McCord Museum of Canadian History

690, rue Sherbrooke Ouest (m. McGill) – www.mccord-museum.qc.ca

- Located on Sherbrooke street, right across from McGill University's main entrance, this museum presents artefacts from Canada's – but mostly Montréal's – history.

Pointe-à-Callière, the Montréal museum of history and archaeology

350, Place Royale (m. Place-d'Armes) – www.pacmuseum.qc.ca

- This renowned museum, located near Montréal's Old Port, is an excellent place to discover the beginnings of Montréal and of Canada, especially thanks to the archaeological sites and to the artefacts that it presents.

Montréal Museum of Fine Arts

1379-1380, rue Sherbrooke (m. Guy-Concordia) – www.mbam.qc.ca

- This museum is also located on Sherbrooke street. The temporary exhibits change regularly and complement an excellent permanent collection, which is freely accessible. It is good way of discovering Québec and Canada painters, as well as Inuit art.

Musée d'art contemporain de Montréal

185, rue Sainte-Catherine Ouest (m. Place-des-Arts) – www.macm.org

- Dedicated to the promotion of Québec, Canada and international contemporary artists, this museum is home to the most important collection of paintings by Québécois artist Paul-Émile Borduas.

Canadian Centre for Architecture

1920, rue Baile (m. Guy-Concordia) – www.cca.qc.ca

- The CCA presents itself as 'an international research centre and museum founded on the conviction that architecture is a public concern.' Its collection contains works dating as far back as the Renaissance.

Observatoire de la Tour de Montréal (Olympic Stadium) and Biodôme

4545/4777, avenue Pierre-de-Coubertin (m. Pie-IX) – www.rio.gouv.qc.ca – www.biodome.qc.ca

- This part of the city, located a bit further in the east (it is necessary to take the metro for about 15 minutes from downtown), is very interesting. It is possible, at the tower of the Olympic Stadium, to take an elevator to the top of world's highest inclined tower. The Biodôme, on its part, invites you to discover five different ecosystems in one same building, and even to see penguins! The Botanical garden and the Insectarium are very close by and are worth visiting.

Montréal in action

Montréal is the perfect city where to simply wander around, especially in some of its most vibrant districts such as **Plateau-Mont-Royal**. In that district, as well as in some others (including **Outremont** or **Rosemont**), the streets are lined with cute houses furnished with exterior metal staircases, typical of Montréal. The Plateau's two major streets, Mont-Royal and Saint-Denis, offer you hundreds of bars, restaurants and cafés, as well as boutiques where to fall in love with the latest creations. **Parc Lafontaine**, in the south of the Plateau, is worth going out of way for, be it only to sit in silence in front of its lake.

Old Montréal is also very beautiful because of its ancient architecture, many buildings dating back to the 17th century. The streets are the meeting place of public entertainers and painters, and the boutiques will certainly catch your attention.

In addition to the public bikes (www.bixi.ca), it is possible to rent one in, especially in Old Montreal, and to zoom around the city using its many bike paths, when spring comes back.

Parc du Mont-Royal is more than a park: it is a forest! Montrealers love to walk around its paths or to get a wonderful sight of the city at its Belvédère, a lookout point that oversees the whole southern part of the island. Walking is what the Parc du Mont-Royal is all about, but it is also possible to cycle, and the more rushed can take a bus to the Belvédère (line 11, from m. Mont-Royal).

Jean-Talon market, located at the Jean-Talon subway station, is in itself a way of experiencing Montréal. At the meeting point of Little Italy and of the strongly multicultural district of Parc-Extension, Jean-Talon market, which is the largest outside market of North America, offers fresh fruits and vegetables but also a variety of products from all over the world – including Québec's local products. Whether or not you need to shop for groceries, it is a place you can't miss: just wandering there is pleasant because of its unique ambiance and of the many discoveries you will make!

BOUTIQUES

On the Plateau, Saint-Denis street (get out at m. Berri-UQAM and walk North) and the avenue du Mont-Royal (both streets intersect; m. Mont-Royal then walk East) are the best places for a stroll and for shopping. Designer shops, second-hand bookstores, toys, home decorations, chocolates and candy: everything is there!

Boulevard Saint-Laurent, between Sherbrooke street and avenue du Mont-Royal (m. Saint-Laurent and then walk North) was at some point the demarcation line between French-speaking districts (on the East side) and the English-speaking ones (on the West side). While the division isn't as strong as it used to be, the Main, as it got to be called, is still a very lively street, with its many boutiques, its restaurants but also its famous nightclubs. Keep in mind that address numbers on East-West streets (such as avenue du Mont-Royal) begin, on each side, at Saint-Laurent boulevard. It is therefore very important to note on which side of Saint-Laurent the address you are looking for is located.

Sainte-Catherine street (m. McGill or Peel) is the main street of Montréal, where are located clothing stores, large shopping centres such as the Eaton Center or the Promenades de la Cathédrale, as well as department stores such as The Bay and Ogilvy.

Finally, for those who would like to discover typically Québécois products, the Marché des Saveurs du Québec (www.lemarchédessaveurs.com), located in Marché Jean-Talon, sells over 7'000 food products, usually not available but from producers themselves.

Housing

The conference is held on the Université de Montréal campus. Therefore, there is no official hotel for the conference as such. The following hotels, however, are located nearby:

Les Studios Hôtel (Université de Montréal student housing)
2450 boulevard Édouard-Montpetit (m. Édouard-Montpetit)
(514) 343-8006 - www.studioshotel.ca

Hôtel Terrasse Royale
5225 Chemin de la Côte-des-Neiges (m. Côte-des-Neiges)
(514) 739-6391 - www.terrasse-royale.com

Here is a selection of affordable hotels located downtown:

Novotel Montreal Center
1180, rue de la Montagne (m. Lucien-l'Allier)
(514) 861-6000 - www.novotel.com

Quality Inn Downtown Montreal
1214, rue Crescent (m. Lucien-l'Allier)
(514) 878-2711 - www.choicehotels.ca

Petite Auberge Les Bons Matins Bed & Breakfast
1401, avenue Argyle (m. Lucien-l'Allier)
(514) 931-9167 - www.bonsmatins.com

Anne ma soeur Anne - Hôtel-studio
4119, rue Saint-Denis (m. Mont-Royal)
(514) 281-3187 - www.annemasoeuranne.com

Finally, for small budgets:

Hostelling Montreal (youth hostel)
1030, rue Mackay (m. Lucien-l'Allier)
1-866-843-3317 - www.hostellingmontreal.com

Alternative Backpacker of Old Montreal
358, rue Saint-Pierre (m. Square-Victoria)
(514) 282-8069 - www.auberge-alternative.qc.ca

Transportation

Getting to Montréal

Pierre-Elliott-Trudeau airport (formerly Dorval) is on Montreal Island, but getting downtown may take about 20 minutes by car or by taxi (follow the signs to the taxi station, as it is not permitted to hail a cab on airport premises; the fixed price to downtown is \$40, although it may be higher or lower if you are going elsewhere: for example, getting to Université de Montréal should cost about \$30). Count about 30 minutes if you take the bus (find bus 747 and make sure you have the exact change to pay the \$7 fare that will also allow you to use public transportation for the whole day).

Those arriving by train will get directly downtown. From there, to get to Université de Montréal, you have to take the subway (orange line towards Côte-Vertu, then change at Snowdon for the blue line; or see below).

Getting around in Montréal

The central districts are well provided with public transportation. There are tourist fares that will allow you to take the subway or the bus for a few days, which can be bought at subway stations. You may see the fares on the website of the Société de transport de Montréal (www.stm.info). Public bikes are also available without subscription (it is the famous Bixi service: www.bixi.ca). Taxis are a good way of getting around, especially during the night (when public transportation gets scarcer) and are cheaper than in large European cities. Montréal is a very safe city and walking around, even at night, is generally not a problem, especially if you stay in central districts. You should find several fellow night birds, as Montreal is very animated until dawn. You should, however, remain cautious as accidents are always possible, in particular with inebriated people (caution applies especially to Saint-Laurent boulevard around 2 or 3 a.m., when nightclubs start closing).

The Université de Montréal campus is very large and spans over subway stations Côte-des-Neiges, Université de Montréal and Édouard-Montpetit (with extra buildings bristled elsewhere). Those who choose a downtown hotel may take the green line to m. Guy-Concordia and then taken bus 165 (or 535 at peak hours) northbound, and get down at m. Côte-des-Neiges, which is quicker than doing the whole detour by subway only. As for those who are housed on the Plateau, they should go to m. Laurier to take the 51 bus, which goes right through most of the Université de Montréal campus.