



Montréal

Vive la différence

Montréal Coat of Arms

Montréal's ethnic diversity is celebrated not only in today's tourist brochures but also recognized on its official coat of arms, which goes back to 1833. Along with maple leaves, a beaver and the motto "Concordia Salus" (Salvation through harmony), the city's official emblem features symbols of its earliest settlers—a fleur-de-lis for the French; a rose for the English; a shamrock for the Irish; and a thistle for the Scottish. The motto has also inspired the name of one of the four Montréal universities: Concordia University.



—Dr. Kathy Reichs, forensic anthropologist and author

Get Around, Greenly

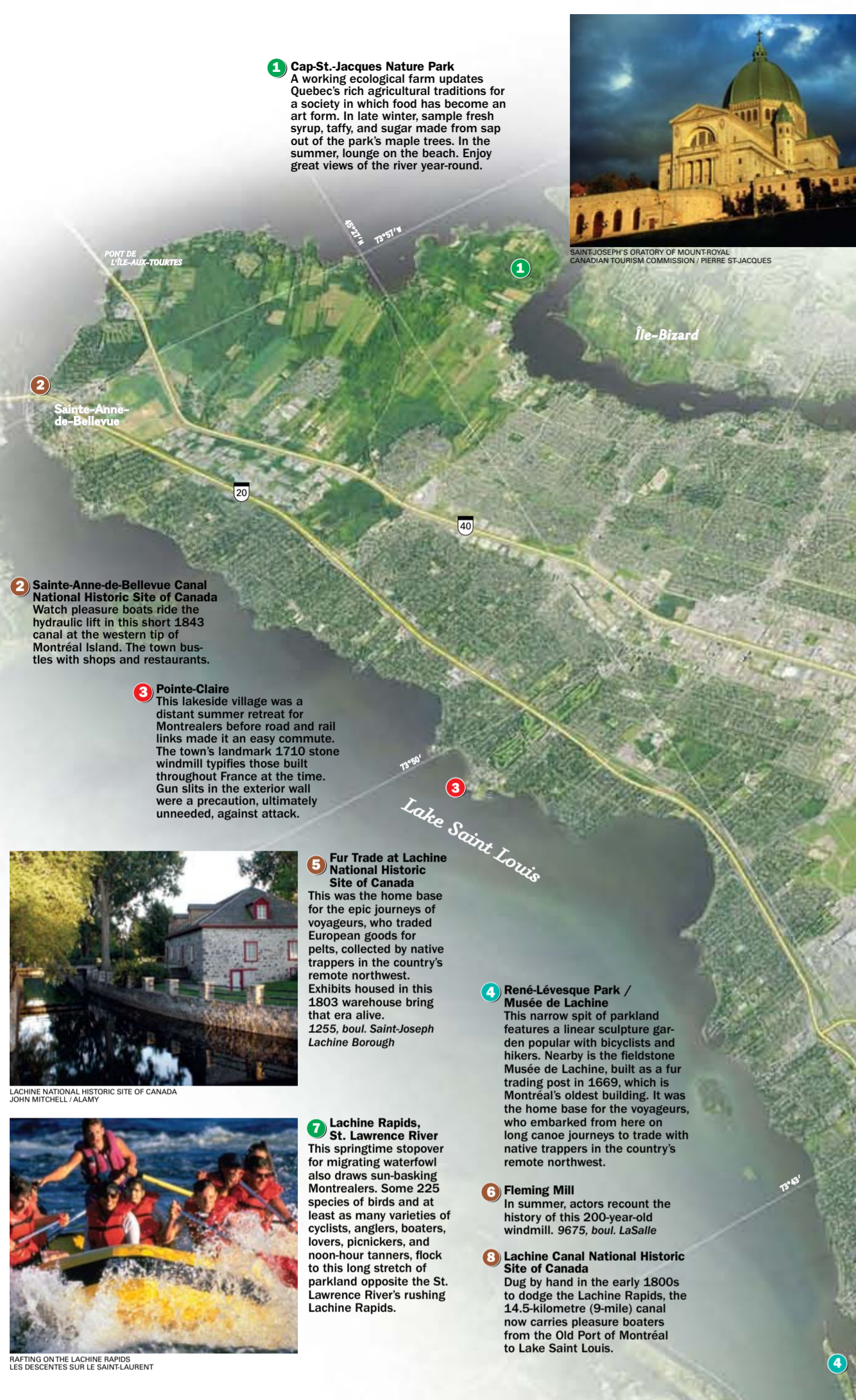


The fondest vacation memories never involve driving in urban traffic. Fortunately, Montréal is a superb city for walking and offers the clean, quiet, convenient Métro subway system as well as an expanding network of all-weather cycling routes.

"Cycling provides a healthier, often quicker, and increasingly more-fashionable means of getting around. There are now 380 km (236 miles) of bike trails that take you throughout the city and beyond. To the west you can ride along the Lachine Canal Park to the town of Lachine; a nice ride to the east takes you about 12 km (7.5 miles) to the Botanical Gardens; and to the south you can explore Nuns Island, Île Ste-Hélène, and Jean-Drapeau Park in the river. A beautiful ride right in the center is through Mount Royal Park.

The paths are set to double by 2011. The new BIXI bike sharing service will take us another step towards a city designed for cycling."

—David McDougall & Stephanie Thompson, partners, My Bicycleette



- 1 Cap-St-Jacques Nature Park**
A working ecological farm updates Québec's rich agricultural traditions for a society in which food has become an art form. In late winter, sample fresh syrup, tarty, and sugar made from sap out of the park's maple trees. In the summer, lounge on the beach. Enjoy great views of the river year-round.
- 2 Sainte-Anne-de-BelleVue Canal National Historic Site of Canada**
Watch pleasure boats ride the hydraulic lift in this short 1.543 canal at the western tip of Montréal Island. The town bustles with shops and restaurants.
- 3 Pointe-à-Clair**
This lakeside village was a distant summer retreat for Montrealeers before road and rail links made it an easy commute. The town's landmark 1740 stone windmill typifies those built throughout France at the time. Gun sites in the exterior wall were a precaution, ultimately unneeded, against attack.
- 4 René-Lévesque Park / Musée de Lachine**
This narrow spit of parkland features a linear sculpture garden popular with bicyclists and hikers. Nearby is the fieldstone Musée de Lachine, built as a fur trading post in 1683, which is Montréal's oldest building. It was the home base for the voyageurs, who embarked from here on long canoe journeys to trade with native trappers in the country's remote northwest.
- 5 Fur Trade at Lachine National Historic Site of Canada**
This was the home base for the epic journeys of voyageurs, who traded European goods for furs, collected by native trappers in the country's remote northwest. Exhibits housed in this 1803 warehouse bring that era alive. 1235, boul. Saint-Joseph Lachine Borough
- 6 Lachine Rapids, St. Lawrence River**
This springtime stopover for migrating waterfowl also draws sun-basking Montrealeers. Some 225 species of birds and at least as many varieties of cyclists, anglers, boaters, lovers, picnickers, and moon-hour tanners, flock to this long stretch of parkland opposite the St. Lawrence River's rushing Lachine Rapids.
- 7 Lachine Canal National Historic Site of Canada**
Dug by hand in the early 1800s from the Old Port of Montréal to Lake Saint-Louis.
- 8 Fleming Mill**
In summer, actors recount the history of this 200-year-old windmill. 9675, boul. LaSalle
- 9 Lachine Canal Bike Path**
An old industrial corridor along the Lachine Canal was rehabilitated as the 14.5 kilometre (9-mile) spine for the city's impressive network of bike paths.
- 10 Saint-Joseph's Oratory of Mount-Royal**
(See photo top left)
- 11 Roger Gaudry Pavilion, Université de Montréal**
Art Deco tower dominates the mountainside campus.
- 12 Avenue Bernard**
North America's closest point to Paris culturally. Avenue Bernard in fashionable Outremont abounds with cafes, boutiques, and bistros frequented by Montréal's chattering classes, en français, bien sûr.
- 13 La Lumière du Mile-End**
Comfort zone for vegans and vegetarians. 214, rue Bernard
- 14 St-Viateur Bagel**
Hot bagels Montréal-style: hand-rolled, water-boiled, wood-baked. 24/7. 263, rue St-Viateur Ouest
- 15 Little Italy**
(See photo far right)
- 16 Pizzeria Napoléana**
Bring your own wine to this Little Italy landmark for family dining. 189, rue Dante
- 17 Jean-Talton Market**
The biggest open sky market in North America, which since 1933 has been offering quality products from across Québec. A favorite gathering spot for a wide cross-section of Montrealeers. 7070, rue Henri-Julien
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- 27 Maison Saint-Gabriel**
Hidden away amid the industrial lands that came to surround it, this finely restored, 300-year-old French farmhouse stands as a living memorial to the "Filles du Roy"—disadvantaged young women dispatched to New France by Louis XIV to marry colonial bachelors. 2146, place Dublin
- 28 My Bicycleette**
My Bicycleette is a canal-side information, rental, and repair depot that helps you enjoy an up-close look at the city from a bike saddle. 2985-C, rue St-Patrick
- 29 Bois-de-Liesse Nature Park**
Watch for beavers and painted turtles along Bertrand Creek, which flows through this 159-hectare stand of old-growth hardwoods.
- 30 Église de la Visitation du Sault-au-Récollet**
One of Montréal's oldest churches (1750), built of fieldstone in a traditional Québec style. 1247, boul. Gouin Est
- 31 Île-de-la-Visitation Nature Park**
Human and natural history blend in this riverside park containing the restored Maison du Pressoir, built in 1806 to extract apple juice for fermentation into cider. Enjoy a spiced taste of village life in 19th-century Québec.
- 32 La TOHU**
One of the world's biggest circus arts training centres and performance spaces, where you can see big-top shows from around the world. 2345, rue Jarry Est
- 33 The Biosphère**
A giant geodesic dome created by futurist Buckminster Fuller as the U.S. pavilion for Expo 67, the Biosphère now celebrates the Great Lakes and St. Lawrence River watersheds as an eco-museum. 180, chemin Tour-de-Île, Île Sainte-Hélène
- 34 Ruelles vertes**
The once-shabby alleys behind rue Cartier were transformed by local residents into an urban oasis of backyard patios, shade trees and flower beds, which has sparked a citywide movement to create "ruelles vertes," or green alleys.
- 35 Jean-Drapeau Park**
An urban playground straddling two islands in the St. Lawrence River: Île Notre-Dame, created from 15 million tons of limestone extracted while boring the city's subway, was the focal point of the Expo 67 World's Fair. It offers a casino, beach that attracts swimmers all summer, and plenty of green space to explore. Enjoy the great view of downtown and frequent events that range from flower shows to electronic music festivals.
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Welcome to the World



There is no better proof of Montréal's openness to newcomers than Michaëlle Jean. Having arrived in the city as a child refugee from Haiti, she earned prominence in broadcasting and, in 2005, was appointed the country's first black Governor General, Canada's official head of state.

"While unemployment and poverty deny some immigrant communities full access to opportunity, it would be hard to find a city where cohabitation among ethnicities is more comfortable. No time in this spirit more evident than a Sunday afternoon at Lac aux Castors (Beaver Lake) in Mount Royal Park. There, in winter, you might find immigrants from India learning to ice skate. In summer, recent arrivals from North Africa spread their blankets across the grass for a desert-style picnic. If you are lucky, you might be offered a taste of grilled lamb *méchoui*

