



ONTARIO & QUEBEC  
**GUIDE TO  
HI HOSTELS  
2009-10**

# Montréal



  
**petit futé**

# MONTREAL

**45°N 73°W**

**Population :**

City: 1,650,000  
inhabitants

City and suburbs:

3,700,000 inhabitants  
854 people per km<sup>2</sup>

Montreal is Canada's second-largest city and Quebec's largest metropolis. It's renowned for its joie de vivre and exciting nightlife!

There aren't many cities in the world where you can party in both French and English, but you can in Montreal! Summer and winter alike, Montreal never sleeps, vibrating with every type of music you can imagine!

Montreal is definitely a city where you want to spend a few days (or more likely a few nights!) to enjoy the many festivals – whether your thing is the renowned Jazz Festival, the Francolies, or more avant-garde events such as the Fringe (theatre) or Pop Montreal (music, art, etc.). Many shows are held outdoors and are... absolutely free! The Piknic électronique, another wild outdoor event, is attracting more and more DJs from around the world. Even in the winter, when the city is covered by a thick blanket of snow, Montreal keeps up its party vibe thanks to the throngs of students milling the streets. The thousands of shops and hundreds of

restaurants in the underground city offer unique, typically urban activities that you'll appreciate on cold winter or sweltering summer days.

A daytime visit to Montreal's different neighbourhoods feels like a 24-hour trip around the world. From Portuguese restaurants to Little Italy and Chinatown, the cultural diversity offers tastes and ambience from the five continents.

And don't forget sports, which are everywhere in the metropolis. In the winter, Montrealers go cross-country skiing right in the middle of town or watch the Montreal Canadiens. During the summer months, visitors discover the city's sights on foot or by bicycle. Indeed, Montreal is renowned for its extensive bike path system.

One last piece of advice: don't hesitate to interrupt your stroll to join in a volleyball game at the foot of Mount Royal... or to try your hand at pétanque, a typical French game that players of all ages enjoy.

## HI-MONTREAL

1030, Mackay | 514-843-3317 / 1-866-843-3317 | Lucien-L'Allier Metro  
www.hihostels.ca/montreal | montreal@hihostels.ca  
*Open year-round.*

One couldn't dream of a better location: it's close to downtown and its many attractions, yet conveniently tucked away on a quiet street. You'll be welcomed by a fun-loving team who'll go out of their way to introduce you to Montreal's charms. Several activities offered daily. After a good day of sightseeing, you'll appreciate the talents of the cafeteria chef. Both private and shared rooms are spacious and pleasantly laid out. All rooms have a private ensuite bathroom.

### Season tickets

Attention hockey aficionados! The hostel sells a few season tickets for the Montreal Canadiens!

### Getting there by public transportation

*From the Pierre Elliot Trudeau airport.* By cab, the fare is \$38. A shuttle (\$15) connects the airport to the main bus station. The cheapest option is public transit: take bus 204 to the Dorval terminus and then transfer to bus 211, which will take you to

Lionel-Groulx Metro station. From there, take the metro to Lucien L'Allier Metro station.  
**From the Voyageur bus station (central station):** Direct subway route to Lucien-L'Allier Metro.

**From the Bonaventure-Via Rail train station:** Direct subway route to Lucien-L'Allier Metro.

**From the Lucien-L'Allier Metro station:** Go right to Overdale Street and then left to the hostel.

**Rates: Shared rooms:** From \$26.90 for members, \$31.15 for non-members.

**Private rooms:** From \$70 for members, \$80 for non-members.

**On-site services:** Air conditioning, free lockers in shared rooms, left-luggage facilities, coffee lounge, self-service kitchen, Internet access, free Wi-Fi, pool table, laundry, free activities organized by the hostel, HI reservation centre, ticket sales for major Montreal events.

**Amenities for families:** Accommodation is free for children under 5. Children 6–17 years, inclusive, if accompanied by adults on a family vacation: \$13.50. Those 18 and under are eligible for the member rate.

# ACTIVITIES

## YEAR-ROUND

### OLD MONTREAL

Champ-de-Mars or Place-d'Armes Metro.

Old Montreal is the city's historical heart – it is here the city was founded by Paul de Chomedey in 1642. The old city borders the river, or rather its old port, which offers breathtaking views of the majestic St. Lawrence River. In the old cobblestone alleys you will find souvenir shops, upscale boutiques, and restaurants of every description. To learn more about the neighbourhood's rich history, we suggest Guidatour's guided tours ([www.guidatour.qc.ca/en](http://www.guidatour.qc.ca/en). 514-844-4021 or 1 800-363-4021 . 360 Saint-François Xavier, suite 400. Discounts for HI members).

### THE MOUNTAIN (MONT ROYAL)

Mont-Royal Metro.

Montreal's "mountain" is a beautiful green space that doubles as a huge playground. You can see mountain bikers tearing down the

# FREE MONTREAL

## SHOWS

### TOHU

2345, Jarry E  
514-376-8648  
[www.tohu.ca/en/](http://www.tohu.ca/en/)  
Jarry Metro.

The Tohu is a circus and environmental center. It offers many free shows (circus, music, etc.) and quality guided tours.

### THÉÂTRE DE VERDURE

Lafontaine Park  
514-872-4041  
Mont-Royal or Sherbrooke Metro.  
During the summer, many shows and movies on the outdoor stage.

## FESTIVALS

Most of Montreal's many festivals offer free shows. There are free shows at the Montreal High Lights Festival, held in the winter, and at the Francofolies and the Jazz Festival in the summer. For more information, be sure to check the festivals section at the beginning of this guide.

## SPORTS

### PARKS

Six large parks are open to the public. Visitors can spend the day or cross-country ski, bike, swim, etc. Check [www.villemontreal.qc.ca](http://www.villemontreal.qc.ca)

### BIKE PATHS

There are approximately 350 km of bike paths on the island of Montreal. Some run along the river, while others lead you straight into the action-packed downtown.

slopes among the trees (although the activity is officially prohibited). During the summer the mountain is THE happening place to be on Sundays. Between the wild rhythms of the tam-tams and the medieval knight battles nearby, Montrealers show they know how to enjoy good weather. In the winter, when the mountain is covered in snow, the craziest activities happen on the gigantic sled slopes at the top.

## DOWNTOWN

St-Laurent to Atwater Metro stations.

Montreal's downtown is the business and shopping core of the city. On Sainte-Catherine Street, the main thoroughfare that runs across downtown

from east to west, renowned fashion stores, restaurants, and bars abound. The architecture is also mixed, with looming skyscrapers next to historical buildings. The downtown area contains several smaller districts: the Business center; Montreal's International District; Chinatown (next to Old Montreal); and the concert venue district, the Quartier des spectacles (many venues around Place des Arts).

### **PLATEAU-MONT-ROYAL**

Sherbrooke, Mont-Royal, and Laurier Metro. This is without a doubt one of the city's coolest hoods. It is said that the Plateau has the highest ratio of artists per capita in all of North America. Mont-Royal Avenue, (which runs east-west) is a succession of hip clothing stores, music stores, and second-hand bookshops. A stop in one of the bustling avenue's bars, coffee shops, or restaurants is highly recommended. The terraces that line Saint-Denis Street (which runs north-south) are a must for those who want to see and be seen! Should you want to escape this über-fashionable crowd, you can always chill out in nearby Lafontaine Park.

### **THE MAIN**

St-Laurent Metro.  
Saint-Laurent Boulevard,  
nicknamed "the Main" (short for

Main Street), is one of Montreal's oldest streets. A truly cosmopolitan thoroughfare, over several decades it has welcomed waves of Jewish, Portuguese, and Greek immigrants. At night, hip students fill the bars and clubs located near the corner of the Main and Sherbrooke Street.

### **MILE-END**

Laurier Metro.

This is the hostel staff's favourite neighbourhood. And once you've tasted the bagels that are baked here, day and night, in a wood-fired oven, you'll agree with them. Mile-End also boasts a laid-back, multi-ethnic vibe. It's no surprise, then, that Ubisoft, a major video game company, has settled there.

### **BIODÔME DE MONTREAL**

4777, Pierre-De-Courbertin

514-868-3000

[www.biodome.qc.ca](http://www.biodome.qc.ca)

Viau Metro.

*Open daily from February 27 to September 3, 9 am to 5 pm (6 pm in the summer).*

*Closed on Tuesdays the rest of the year.*

*Adults: \$16. Discounts for HI members.*

The only place to see live penguins in Montreal! The earth's most amazing ecosystems – such as the tropical and Laurentian forests and the polar extremes of Arctic and Antarctica – have been recreated here.

## **LASER QUEST**

1226, Sainte-Catherine O.

514-393-3000

[www.laserquest.com](http://www.laserquest.com)

Peel Metro.

*Discounts for HI members.*

Armed with a laser gun and protected by a hi-tech vest, players run alongside walls to escape their opponents. Watch out for mirrors and smoke-and-light effects!

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## **SUMMER**

### **BIKING**

Thanks to its extensive bike path system, Montreal's sights can easily be discovered by bicycle. The youth hostel offers organized tours. Those who prefer rolling solo will find bikes, tandem bicycles, and roller skates for rent at Montreal on Wheels (27 de la Commune E. 514-866-0633 / 1 877-866-0633. [www.caroulemontreal.com/en/](http://www.caroulemontreal.com/en/). Discounts for HI members.)

### **PIKNIC ÉLECTRONIK**

[www.piknicelectronik.com](http://www.piknicelectronik.com)

Jean-Drapeau Metro.

What started off as a wacky concept has become a screaming success over the past few years. Every Sunday during the summer, DJs make their way to the Man statue in Jean-Drapeau Park to provide the dancing crowds with a killer soundtrack.

## **RAFTING IN THE LACHINE RAPIDS**

8912 LaSalle Boulevard

514-767-2230

[www.raftingmontreal.com](http://www.raftingmontreal.com)

Angrignon Metro.

*Adults: \$40 for rafting and \$49 for jet-boating. Discounts for HI members.*

An excellent way to enjoy the St. Lawrence River and its rapids! If you decide to go for a ride, be prepared for a few refreshing splashes!

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## **WINTER**

### **ICE-SKATING**

Does spending the night outside in the middle of winter sound like the height of insanity? Try evening ice-skating in Old Montreal. DJs included! Believe it or not, it warms you right up! Beaver Lake at the top of Mont Royal and the rink in Lafontaine Park are two great alternatives.


### **TOBOGGANING**

Hold on tight to your "crazy carpet" as you tear down the slopes of Mont Royal. You'll forget about the cold in a snap!

# BRISKET MONTRÉAL

*Salon KRASMAN*

1093, CÔTE DU BEAVER HALL, MONTRÉAL. (514) 878-3641



15% OFF

Everyday, from 4h pm  
with this coupon.

smoked meat • pig knuckles • poutine • hamburgers • local beer • and more...!

## DINING

There are way too many good restaurants in Montreal to list them all. Here are a few of our favourites.

### LA BANQUISE

994, Rachel | 514-525-2415 | [www.restolabanquise.com](http://www.restolabanquise.com)

Mont-Royal or Sherbrooke Metro. Open 24 hours.

THE place to dive into a poutine after a long night in the clubs. (For non-Quebec residents: poutine is a local dish consisting of a large serving of French fries topped with cheese curds and doused in gravy. There are many variations on the theme.)

### LOLA ROSA

545, Milton | 514-287 9337 | Peel Metro.

The air carries the exotic scent of spices in this small but charming and colourful space. The menu is vegetarian and very tasty. The chef's dishes are inspired by different culinary traditions of the world and include chili, quesadillas, and burritos. And the flavours come with a gentle kick too – scrumptious!

## **LAÏKA**

4040, Saint-Laurent | 514-842-8088 | [www.laikamontreal.com](http://www.laikamontreal.com) | Saint-Laurent Metro.  
Is Laïka more of an eating-out or going-out kind of place? Very hard to say! Customers rave about the delicious brunch, lunch, and suppers, but this very hip joint is also known for its happening DJ nights.

## **JULIETTE & CHOCOLAT**

1615, Saint-Denis | 514-287-3555 | [www.julietteetchocolat.com](http://www.julietteetchocolat.com) | Berri-UQAM Metro.  
Alert to all chocoholics! This bistro is insanely popular thanks to the many ways in which they serve everybody's favourite food, chocolate! Hot or cold chocolate drinks, alcohol-spiked drinkable chocolate, chocolate in crepes, chocolate ice-cream, even chocolate fondue!

## **CHEZ JOSE**

173, Duluth E | 514-845-0693 | Sherbrooke Metro.  
Chez José is a small laid-back oasis that packs a punch with its yummy empanadas, crepes, soups, and colourful decor. And it's located on bustling Duluth Street, which is full of life day and night. Duluth connects Saint-Laurent Boulevard and Saint-Denis Street, two main streets that warrant exploration.

## **BRISKETS**

1093, Côte du Beaver Hall | 514-878-3641 | Square-Victoria Metro  
A must-try place to sample smoked meat (similar to pastrami), one of Montreal's culinary specialties. You'll enjoy Briskets' relaxed atmosphere.

# **GOING OUT**

Montreal, as you now know, is host to a wild abundance of bars and clubs. For starters, you should know that anglophones mainly frequent Crescent Street and the lower end of Saint-Laurent Boulevard, while francophones get together on Saint-Denis Street, Saint-Laurent Boulevard, and Mont-Royal Avenue. Sainte-Catherine Street, however, attracts everyone!


## **BRUTOPIA**

1219, Crescent | 514-393-9277 | [www.brutopia.net](http://www.brutopia.net) | Lucien-L'Allier Metro.  
Brutopia has established itself as a popular meeting place on Crescent Street, right next to the hostel. The vibe is very relaxed, and the beer is brewed on the spot. Feeling peckish? Check out their Brutapas menu... and its many mouth-watering options! Free shows every week.



## **Bar Crawl**

**ORGANIZED BY THE  
HOSTEL, A TOUR  
OF THE HOTTEST  
BARS IN TOWN!**



### **LE SAINT-SULPICE**

1680, Saint-Denis | 514-844-9458

Berri-UQAM Metro.

With its nine bars, including those located outdoors on the humongous terrace, four floors, restaurant, club, and music for every taste, the Saint-Sulpice is the largest bar in town. In the summer, the main attraction is its terrace – Montreal's largest!

### **CAFÉ CAMPUS**

57, Prince Arthur E. | 514-844-1010 | [www.cafecampus.com](http://www.cafecampus.com)  
Sherbrooke Metro at the corner of Saint-Dominique.

Filled with young, novelty-craving students, the Café Campus is one of Montreal's most popular hangouts. The word on the street is that its ambience and musical selection are really top-notch. Certain weeknights follow fun themes. On top of it all, it's run as a worker co-operative!

### **DIEU DU CIEL !**

29, Laurier O | 514-490-9555

[www.dieuduciel.com/en/](http://www.dieuduciel.com/en/) | Laurier Metro.

To put it bluntly, simply one of the best microbreweries in Montreal!

### **LE DIVAN ORANGE**

4234, Saint-Laurent | 514-840-9090

[www.ledivanorange.org](http://www.ledivanorange.org) | Saint-Laurent Metro.

This friendly concert venue/art gallery/festival venue/storytelling nook beckons you to come chill out or catch some tunes. Every night is different, with gypsy, folk, jazz, rock, and reggae bands alternating on the stage of this easy-going co-op.

# MEMBER DISCOUNTS

(in addition to those previously mentioned)

## FERRARI RESTAURANT

10% discount on food and alcohol (5pm to 6pm Monday to Friday only)

1407, Bishop  
514-843-3086

## NONYA INDONESIAN CUISINE

10% discount  
151, Bernard Ouest  
514-875-9998  
www.nonya.ca

## L'AROMATE D'ASIE

10% discount on regular meals or special menus  
1219, Mackay  
514-871-1668

## POINTE-À-CALLIÈRE MUSEUM

\$1.00 discount on the regular entry fee  
350, Place Royale,  
Vieux-Montreal  
514-872-9150  
www.pacmusee.qc.ca

## AVENTURES H<sub>2</sub>O

15% discount, or second hour at half price  
2985B St-Patrick  
1-877-935-2925  
www.h2oadventures.com

## UNIVERS TOUTOU

10% discount on all purchases at any of our stores  
Many store locations | 514-288-2599  
www.universtoutou.com

## JARDIN BOTANIQUE

15% discount on the regular entry fee  
4101, Sherbrooke Est | 514-872-1823  
www2.ville.montreal.qc.ca/jardin

## INSECTARIUM

15% discount on the regular entry fee  
4581, Sherbrooke Est | 514-872-1400  
www2.ville.montreal.qc.ca/insectarium

## PLANÉTIARIUM

15% discount on the regular entry fee  
1000, Saint-Jacques | 514-872-4530  
www.planetarium.montreal.qc.ca

## OSM

15% off the price of a regular ticket, excluding benefit concerts and student tickets (\$17.22). Maximum 4 tickets per membership number, per concert.  
514-842-9951 | Sans frais : 1-888-842-9951  
www.osm.ca