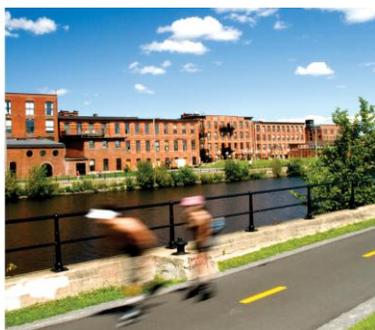


## DISCOVER ECOTOURISM IN MONTRÉAL ITINERARY

ECOTOURISM IS ABOUT CONSERVING THE ENVIRONMENT AND IMPROVING THE WELL-BEING OF LOCALS WHILE YOU TRAVEL. MONTRÉAL OFFERS A PLETHORA OF OPPORTUNITIES TO DO BOTH AND MORE, FROM CYCLING THROUGH THE METROPOLIS TO VISITING THE CITY'S NATURE MUSEUMS TO SHOPPING AT THE LARGEST OUTDOOR PUBLIC MARKET IN NORTH AMERICA.



THE **BIXI** BIKING SYSTEM IS ONE OF THE BEST WAYS TO VISIT MONTRÉAL LANDMARKS AT A LOW COST. THE SERVICE ALLOWS YOU TO BORROW A BIKE FROM ONE STATION, TRAVEL TO YOUR DESTINATION, AND RETURN THE BIKE TO ANY OTHER STATION ACROSS AN EXTENSIVE NETWORK, 24 HOURS A DAY, 7 DAYS A WEEK, FROM MAY TO NOVEMBER.

AS FOR PUBLIC TRANSPORTATION, THE SOCIÉTÉ DE TRANSPORT DE MONTRÉAL (**STM**) OFFERS A THREE-DAY PASS FOR \$16 CAD, WHICH INCLUDES ACCESS TO THE 747 EXPRESS BUS TO AND FROM MONTRÉAL-TRUDEAU AIRPORT.

MONTRÉAL IS ALSO HOME TO GREEN-FRIENDLY, CYCLIST-FRIENDLY **ACCOMMODATIONS**, INCLUDING ESTABLISHMENTS THAT HAVE BEEN RECOGNIZED BY THE GREEN KEY ECO-RATING PROGRAM OR HAVE OBTAINED THE **RÉSERVERT** STATUS BY THE ASSOCIATION DES HÔTELIERS DU QUÉBEC.

### DAY 1 – CYCLING FROM OLD MONTRÉAL

Old Montréal offers a variety of activities and is home to **Montréal On Wheels**, which rents out a vast array of bicycles and accessories, including tandems, road bikes, cruisers, child trailers, and rollerblades. The centre's accredited guided bike tours offer an amazing introduction to the city's attractions.

After the tour, pick up a gourmet lunch box at **Europea Espace Boutique** or grab a take-out meal from the **Marché du Vieux**. You can reenergize by picnicking at the **Quays of the Old Port**.

Since you still have access to the bike you rented, why not benefit from a nice ride along the **Lachine Canal National Historic Site of Canada**. As you travel westward, you will arrive at the Promenade

Père-Marquette and the Parc René-Lévesque, where cyclists, hikers, skaters, and pedestrians unite to be inspired by works from the **Lachine Outdoor Sculpture Museum**. You can even lock up your bike and kayak down the St. Lawrence River with **Kayak sans frontières**, a unique water sports club, school, and rental centre offering a one-of-a-kind aquatic experience.

When you are ready to head back to Old Montréal, take the **Les Berges Cycle Path** and make one final stop at the **Fleming Mill Historical Interpretation Centre**, a five storey renovated windmill that is the only one of Anglo-Saxon influence in Québec.

Once you have returned your bike to Montréal On Wheels and freshened up for the evening, have supper at **Gandhi**, a South Asian restaurant offering a menu with numerous vegetarian dishes served in a refined and gentle ambiance.

To top off the night, reward yourself for a day well-travelled with a relaxing spa treatment, either at **Scandinave Les Bains Vieux-**

**Montréal**, a veritable Eden offering a multi-sensorial experience of hydrotherapeutic renewal, or at **Bota Bota**, a contemporary spa magnificently fashioned in an old ferryboat and hosting some of the most sublime views of the St. Lawrence River and the city. Both offer comfort, joy, and a soothing way to end your first day in Montréal.

Sweet dreams!

---

## DAY 2 – PARC JEAN-DRAPEAU / HOCHELAGA MAISONNEUVE

**Parc Jean-Drapeau** has two islands to offer: **Île Sainte-Hélène** and **Île Notre-Dame**. Accessible by a variety of means, including bike, rollerblades, and Métro (Jean-Drapeau Station), the area offers you the chance to relax on the beach, enjoy nature trails, have a picnic, and even attend an outdoor concert. At the **Biosphère, Environment Museum**, you will learn about some of the major environmental issues related to water, air, climatic changes, sustainable development, and responsible consumption for future generations, and obtain information on activities around the Parc, like self-guided walking tours in which you navigate using a GPS (Global Positioning System) device that is pre-programmed with photographs, audio clips, and diverse information relating to 25 points of interest on the two islands.

Now, hop on the Métro and disembark at the Viau Station, where Montréal's nature museums await your discovery. The **Montréal Biodôme** offers a close encounter with its four Ecosystems of the Americas (Tropical Rainforest, Laurentian Maple Forest, Gulf of St. Lawrence, and Sub-Polar Regions). If you are feeling peckish, you can have lunch at *La Brise*, the Biodôme's self-serve cafeteria.

Next, head to the **Montréal Insectarium**, the leading museum devoted to insects in North America, which opens a window to the often misunderstood universe of creepy crawlies!

Close by is the **Montréal Botanical Garden**. Visitors from across the globe come to marvel at its extensive collection of plant species, cultivars, greenhouses, and thematic and cultural gardens devoted to, among others, Chinese, Japanese, and First Nations cultivating practices. The Tree House, in particular, offers fun activities related to making humans aware of the roles that trees play in different aspects of our lives.

You have just been exposed to a lot of information, so why not pair your thoughts with a **4 to 8 Cocktail Time** at the Garden's terrace, where you can enjoy botanical cocktails, tapas, and local flavours.

For supper, head to the **Latin Quarter** for some healthy food choices, as well as an atmosphere of unique examples of mid-19th-century Victorian architecture. **Le Commensal**, on Saint-Denis Street, is a vegetarian restaurant extending over three floors in an inviting and relaxing ambiance. Among its specialties are the apple and beet salad, avocados in vinaigrette with capers, seitan bourguignon, lasagna, grilled ginger tofu, and maple syrup pie.

The restaurant **ZÉRO8**, just up the street, offers allergen-free, gluten-free dishes for all palates with signature meals, including duck breast with risotto, and vegetarian lasagna, served in a contemporary, jazzy locale. The wine list contains over 40 international selections, enough to send you back to your accommodations on a happy note!

---

## DAY 3 – LITTLE ITALY, MILE END, PLATEAU MONT-ROYAL, MOUNT ROYAL PARK

Begin your day with a trip to the **Jean-Talon Market**, the largest open-air market in North America, where tasty samplings are part of the visitor experience. Here you can have breakfast and admire the multicultural flavours and sights attracting crowds to the area since 1933.

From this point, you can either take the Métro at Jean-Talon Station or grab a bike at a BIXI stand and head to the trendy Mile End district around **Bernard Avenue** and Saint-Urbain Street, where you will find a lovely mix of vintage boutiques, bookstores, and cafés.

Next, make your way a few blocks south to **St-Viateur Bagel**, a family-run Montréal establishment that has prepared delicious oven-baked bagels since 1957. As soon as you enter, you are treated to the scent of coffee and warm bagels, which you can order to go or devour at its bistro-style tables.

Go further south and capture the charming spirit of the **Plateau-Mont-Royal** neighbourhood, where you will find **La Maison des cyclistes**, the nerve centre of Québec's cycling culture comprising a café and a boutique with a wide selection of cycling books, guides, maps, and accessories.

Now, let's shift gears and head back up to Mont-Royal Avenue, where you can hop on the 11 Montagne Bus to head towards the majestic **Mount Royal Park**, the jewel of the city. Affectionately referred to by locals as "The Mountain", it was designed by Frederick Law Olmsted, the landscape architect behind New York City's famed Central Park.

Notable landmarks in Mount Royal Park include Smith house, which is a heritage building constructed in 1858 that has become an education, exchange, and cooperation centre devoted to the conservation of Mount Royal, and the **Belvedere Kondiaronk** lookout, where vistas of the downtown area will take your breath away.

Exploring Mount Royal Park can create a healthy appetite, so return to the Plateau-Mont-Royal and proceed to Saint-Laurent Boulevard and the restaurant **Robin des bois** (Robin Hood), a hit with anyone looking to eat well for a good cause. Chef Sébastien Courville prepares meals using only the finest, freshest and most eco-friendly local ingredients, with all profits donated to local charities.

---

## DAY 4 – NORTH OF THE ISLAND

Start today by heading to [La TOHU](#), one of the world's largest campuses for everything related to the circus arts. Of particular interest to ecotourism is the La TOHU Pavilion, where environmental concerns permeate every space. With its green roofs, ecological heating, natural/hybrid ventilation, natural basin, and much more, La TOHU was awarded the gold level in the international LEED (Leadership in Energy and Environmental Design) certificate program, which imposes the strictest standards of environmental respect before and after a building is constructed. La TOHU's varied activities include circus shows, exhibitions, events with an environmental theme, and guided tours.

Starting to feel a bit hungry? The TribuTerre Bistro, a cooperative located in close proximity to La TOHU, offers an eco-gastronomic and vegetarian menu.

In the afternoon, make your way to the nearby [Parc-nature de l'Île-de-la-Visitation](#), a 34-hectare area providing opportunities to discover a wide variety of birds and aquatic wildlife. While there, you can visit the historic Maison du Pressoir and the Des Moulins bistro-terrace, and see the remains of old mills. Depending on the season, other activities include walking, cycling, cross-country skiing, and

tobogganing. You can also partake in one of three self-guided audio tours of the designated heritage venue, [Sault-au-Récollet Historic Site](#), a treasure trove of more than 300 years of history.

If you want to do some shopping for the benefit of youth involvement and the world of outdoor sports, then make a pit stop at La Cordée, a store providing equipment and gear that has, for a long time, financially supported the Boy Scouts of Canada. Thousands of young Scouts from Montréal have been able to try new outdoor activities, thanks to La Cordée!

As suppertime approaches, proceed to [Carte Blanche](#), a restaurant offering fine cuisine made with the freshest local products. The elegant ambiance, courteous service, and a wine list of private imports are much appreciated by Montrealers as well as visitors to the city.

For evening entertainment, check out an event at one of the city's recycled venues, like Usine C or the [SAT](#). Tickets can be purchased on site or at [La Vitrine Culturelle de Montréal](#).

---

## DAY 5 - OPTIONS AROUND MONTRÉAL

Consider taking a short train ride or renting a car for [an off-island excursion](#) to the Eastern Townships or the Laurentians. You will discover that the regions outside Montréal also offer an abundance of

outdoor activity and natural beauty that just might lure you back for another stay. And, remember, when you do return, you will be welcomed with a green thumbs-up and lots of smiles à la Montréal!