



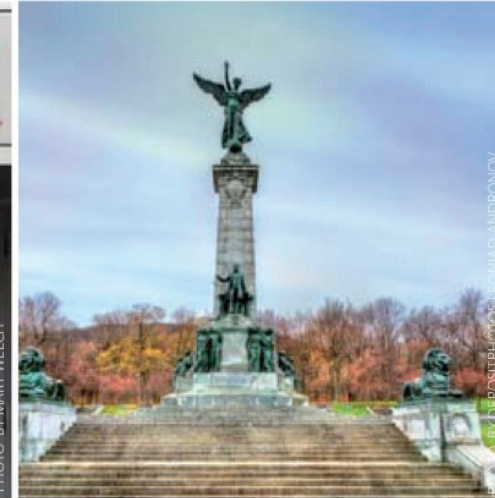
PHOTO BY GRADY MCGILL

Notre Dame Basilica

>travel now: **montreal**



Photographer Grady McGill finds a university where everyone knows his name.



St. George - Étienne Mount Royal Park, Cartier Monument.



The 1976 Montreal Olympic Stadium.

creates an atmosphere of classic European opulence and glamour. Neon colors and hearty textures are juxtaposed so that guests are on a visual journey throughout the hotel.

While Montreal has an excellent metro system, half the fun is walking and discovering French pastry shops next to Tim Horton's coffee, and the Hotel St. Paul is perfectly located in the heart of Old Montreal; a few blocks up a hill is the city's modern center. We had the best of both Montreals within a few blocks — so it was time to explore!

Montreal is a city of neighborhoods so advisedly the best way to get one's bearings is to take a guided tour and then return for further discovery. But we opted to begin with a bird's-eye view from Mount Royal. This small volcanic mountain west of downtown is a city jewel. Going up the mountain you'll see two cemeteries, the Notre-Dame-des-Neiges Cemetery, which is Catholic, and Mount Royal Cemetery, which although mostly Protestant includes several small Jewish cemeteries. You'll also see some of the richer neighborhoods, McGill University and Saint Joseph's Oratory, Canada's largest church.

Much like New York's Central Park, Mount Royal Park is the epicenter for outdoor living in Montreal (Frederick Law Olmsted designed both parks). In the winter, you can go snow tubing, tobogganing, skiing and ice skating. During warmer weather, it's

perfect for picnics, swimming, playing tennis and just relaxing. Sunday afternoon is the time to join in the Tam-Tam Jam. The Tam-Tam Jam attracts those who want to play hand drums or simply clap their hands and dance. What fun!

Continuing our preference to start at the top and work our way down, we also went up to Au Sommet, which boast a 360-degree observation deck 46 stories above the city in the I.M. Pei designed Place Ville Marie. Signs point out the Saint Lawrence River, the Olympic stadium and the Quartier des spectacles (Montreal's cultural hub). What makes this trip particularly memorable, and different from other observation decks in other cities, is #MTLGO, a permanent exhibit that showcases Montreal. With an electronic bracelet, you can peruse 55 interactive videos and more than 500 images from the city's archives and social media.

You get personal stories of Montrealers such as choreographers, comedians, restaurateurs, and, of course, hockey players, as well as personal tips on what to do in the city. At the end, you'll receive a ticket to access the activities mentioned in the exhibits. It's as if a Who's Who of Montreal is giving you a personal tour of their favorite spots.

From the very top to the very bottom, our next journey was the Place Ville Marie, which is part of Montreal's vast underground city. We walked block after block underground looking at the

## Be a Tourist

THERE IS MUCH TO SEE AND DO IN MONTREAL. BUT THESE ARE THE INITIAL "MUST SEES."

- **The Centre d'exposition La Prison-des Patriotes** is the city's old prison where more than 1,300 prisoners from the rebellions of 1837 and 1838 were held (12 of whom were hung).

- **Pointe-à-Callière** tells the story of Montreal's beginnings from the earliest settlers who founded a mission, converted the Indigenous people to Christianity and built a new society. Among the

numerous artifacts include a sundial etched into a piece of slate, as well as a bronze bell that hung in the Fort Ville-Marie chapel in 1642.

- **Space for Life**, located at Olympic Park, is the largest natural science museum complex in Canada. It includes the Biodome, which showcases the four ecosystems found in the Americas, the Rio Tinto Alcan Planetarium, Montreal Botanical Garden and the Montreal Insectarium.

- **Notre-Dame Basilica of Montréal** is a Gothic Revival masterpiece with beautiful religious art, stained glass windows and an ornate wood-carved pulpit. For the star-struck, Celine Dion was married here.



Biosphere



Notre Dame de Bon Secours Chapel

PHOTO BY DEPOSITPHOTOS

PHOTO BY DEPOSITPHOTOS RONNIE CHUA



Montreal Museum of Fine Arts

more than 1,000 shops and restaurants and settled on an upscale supermarket. We bought a large crusty French bread and ordered a variety of cheeses, sausages and pâtés, hot soups and followed it up at the bakery section with eclairs and Napoleons. What cost us less than \$30 would have been twice as much — if not more — at any restaurant. We worked off the meal ice skating at the Atrium Le 1000.

But it was time to go above ground to Rue Ste.-Catherine and continue our Montreal experience. We walked a little bit and visited the Museum of Fine Arts and La Balade pour la Paix, which is an open-air museum between MFA and the McCord National Museum. The McCord celebrates its Canadiana heritage with inspiring exhibits of the Aboriginal people as well as costumes, photographs, paintings and decorative arts.

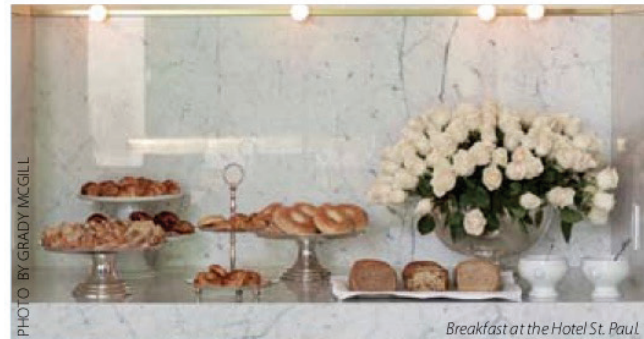
The year 2017 is the 375th anniversary of the founding of Montreal and to pay tribute to this event, the city has created a multimedia exhibition called Cité Memoire that will run for a few more years. It's delightful, especially since the stories are projected on the walls of 18 buildings around Old Montreal.

Walk around the block and suddenly faces are looking down at you— and seemingly coming at you. Rather than streaming, when you download the app, you start the movie's narrative. One story is the 1849 burning of the Parliament while another is the heart-warming tale of the Grey Nuns who cared for Montreal's orphans. They just seem to appear out of nowhere. No matter how late you are for a meeting or reservation, you'll find yourself stopping to watch. It gives street art a whole new meaning!

Get into the spirit of the city and its wonders will unfold organically. You'll find people want to help you and share their city's secrets. In fact, we found that all we had to do was to look slightly lost and people in cars stopped at an intersection would roll down their windows and ask if they can help. It happened several times.

Visit Montreal and you will find a city that will welcome you with a hearty "Bonjour," and one that when you must bid "Au Revoir," you will pledge to return.

For more: [www.mtl.org/en](http://www.mtl.org/en) *tg*



Breakfast at the Hotel St. Paul.

## Bon Appétit

It is no surprise that Montreal is a foodie's paradise. The diversity of its cuisine is amazing, ranging from being the home to one of the best known Jewish delis in North America (Schwartz's) along with Chinese, Italian, Canadian, and, of course, French. It's hard to go wrong, but here are some of our favorites.

Boris Bistro is for adults. Seriously, no one under 18 is allowed inside the restaurant, even with an adult. This bistro offers an exquisite selection of healthy foods with a French twist. Try the foie gras torchon, duck club sandwich, the pâté du moment, and eight-pepper and mustard rabbit. Another benefit is that 90 percent of the menu is gluten free.

One of the hottest new restaurants is Venice, which has a cool California vibe, surfboards on the walls and healthy salads, juices, tacos and poke bowls on the menu. While you're hanging 10, try the tuna poke bowl with spicy mayo, watermelon radish, mango and ginger.

Speaking of healthy eating, Lola Rosa Milton is a vegetarian restaurant that is so delicious that you'll actually rave about the hemp burger made with hemp seeds, lentils, chia and grilled tofu. Other specialities include yellow curry, Tunisian stew and tomato pie.

Brit & Chips is a moderately priced, casual hole-in-the-wall restaurant that offers dine-in and take-out. They offer a variety of fish (cod, haddock, sole, hake and smoked tofu fumé) with different batters. We highly recommend the sole in sour cream 'n onion batter and the haddock in the maple syrup batter. Not in the mood for fish? Then pick the steak and légumes pastry, sausage roll or the chicken & leek pie. Top it off with a Ben Shaws soda.

Located in the Plateau Mont-Royal neighborhood, Chez Victoire is a French-inspired restaurant that is reasonably price but quite elegant. Chef Alexandre Gosselin is an innovative chef who worked in France under several notable chefs and Sindie Goineau takes great pride in discovering new wines. Specialities include the roasted cauliflower and truffle, Scotch egg, roasted Quebec lamb and grilled octopus.



Venice Restaurant

PHOTO BY GRADY MCGILL



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# MONTREAL: 375 YEARS YOUNG

With Montreal's mix of French and British cultures it's easy to be charmed, so enjoy the ambiance

Story by Mary Welch

**M**ONTREAL TANTALIZES A VISITOR. Its Old World French side charms, delights and welcomes you while the English/Canadian side counters with a thoroughly modern city with excellent transportation, fantastic museums and sophistication in spades. Combined, it is a city that brings out the best of both cultures and offers a surprise around each corner; a thoroughly modern city that celebrates — actually basks — in its heritage.

It is a city with immense charm, style and a love of life. Dining al fresco you notice that people walk half a step slower because they are soaking up and loving the moment. Couples walk arm-in-arm, others peruse menus posted on boards or window shop. Fashionistas will be especially drawn to the windows of local shops. Montreal is one of the world's most innovative and acclaimed design and fashion capitals of the world. Montrealers (or Montréalaises) know they have a beautiful city with a unique heritage and they enjoy it. Even on a

quick trip one will easily yield to the charms of Montreal.

We arrived in Montreal from Toronto on VIA, the excellent Canadian rail system, a five-hour-and-change ride that cost less than \$200 round trip. The train was on time, clean and comfortable.

We anchored our stay at the Hotel St. Paul, a 119-room Beaux-Arts building located in Old Montreal that, when it opened in 2001, became the country's first boutique hotel. Every nook and cranny

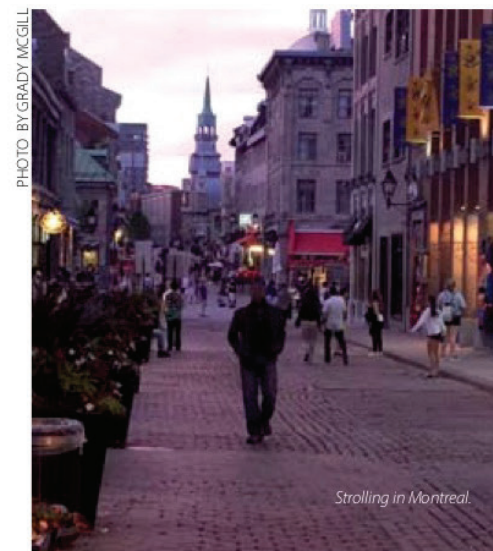


PHOTO BY GRADY MCGILL

Strolling in Montreal.

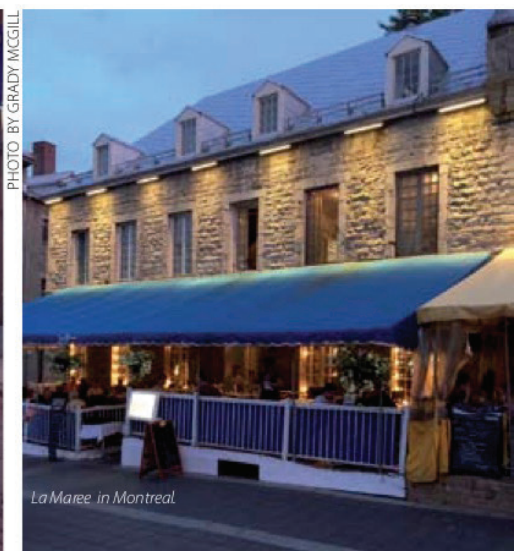


PHOTO BY GRADY MCGILL

La Maree in Montreal.