



# bienvenue

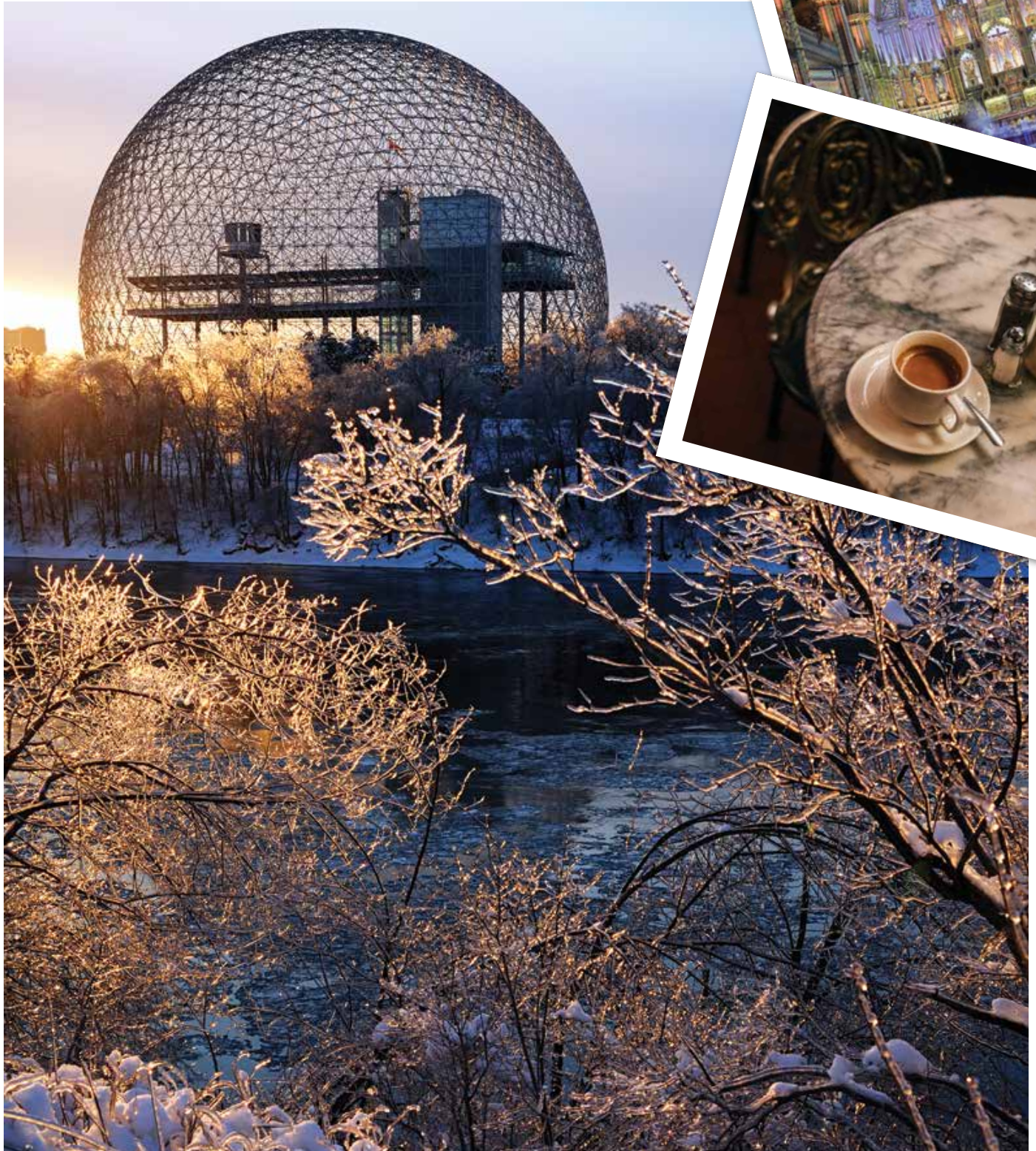
MONTREAL, QUEBEC

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HBD DESTINATION



Montreal, Quebec boasts a true hybrid culture. Canada's second-largest city is a historical blend of French and English. From appearances such as "bonjour" at stores and restaurants to directions on street signs and more, you'll want to brush up on your basic French before visiting (see travel tips). A don't-miss travel tip? Pack your appetite. The area's history transfers into the kitchen with its rich, world-class cuisine and after-dinner scene. Let this be your teaser (or appetizer) to your Montreal experience.



## travel tips.

### How to Get There:

Fly into Montreal International Airport (YUL)  
Drive from Boston (5 hours) or New York City (6 hours)

### What to Eat:

**Poutine:** Local favorite; a delectable combination of French fries, cheese curds, and gravy.  
**Smoked meat:** Spiced and aged over a week, similar to pastrami.  
**Maple syrup:** Get it fresh. Quebec produces the majority of the world's maple syrup.

### French Vocab:

*Bienvenue:* Welcome  
*Bonjour:* Good day/hello  
*S'il vous plait:* Please  
*Merci beaucoup:* Thank you very much  
*Bon appétit:* Enjoy your meal  
*Bonsoir:* Goodnight  
*Au revoir:* Goodbye  
*Santé:* Cheers

### Seasonal Festivals:

December: Fire on Ice, Merry Montreal  
December-March: Luminotherapy  
January: Fête des Neiges  
January-February: Igloofest

OPENING SPREAD: Montreal's night skyline reflected in the St. Lawrence River. THESE PAGES, CLOCKWISE FROM LEFT: View of the Biosphere, a museum dedicated to the environment, in Parc Jean-Drapeau. Magnificent Gothic design and acoustics at the Notre-Dame Basilica in Old Montreal. The five-story Montreal City Hall is an architectural gem, especially when lit at dusk. Savoring a coffee in one of the city's many sidewalk cafés.

### Highlights.

The best place to start your journey is Mont Royal, the mountain for which Montreal is named. It's a beautiful walk or bus ride and entirely free of charge. The Belvedere Viewpoint provides captivating vistas of downtown, the St. Lawrence River, and the surrounding area. If you are looking for a special photo opportunity, this is the spot. A short, fifteen-minute drive, cab ride, or a twenty-five-minute subway ride, gets you to Old Montreal—the city's cultural hub. You can meander its cobblestone streets or enjoy a different vantage point from a horse-drawn carriage ride. Notable sites are the Notre-Dame Basilica (Gothic style and the city's oldest church), the Old Port, and City Hall. Old Montreal is a pleasant area peppered with sidewalk cafés and street performers. It's a must for strolling, eating, and experiencing the history of Montreal and its world-renowned, UNESCO-worthy architecture.

### Bon Appétit.

After sightseeing, it's time to treat your taste buds. Montreal is bustling with great, local markets including Jean-Talon Market, one of the largest open-air versions in all North America. Centrally located, you can buy your picnic supplies and souvenirs, including Quebec sausages, cheeses, wines, handmade chocolates, and produce. Depending on the season, you may find summertime berries, fall favorites, or end-of-the-year traditional treats.

If you fancy a culinary experience like no other, this is one of the best locales for indulgence. Some may say, Montreal lives for food. That's why it's easy to find the crème de la crème of both local and global cuisines in this foodie mecca. Of course, local mainstays are hearty cured meats, cheeses, and sweet treats made from maple syrup, along with many influences from Europe and the world. Probably the most popular dish to try is traditional poutine—a heaping plate of French fries and cheese curds covered in gravy. Feeling adventurous? Try a “loaded” version, which is topped with frankfurters, bacon, and other accoutrements.

### Nightlife.

From early Prohibition days, Montreal was known as the Paris of the North, and later as Sin City of the North. Its nightlife has been a beacon of mixology, jazz, cigar bars, and more. Today, there are whispers of a speakeasy culture with dozens of secret bars from Downtown to Chinatown and Old Montreal. You won't get bored with the array of options for live entertainment whether music, dancing, or a bit of both. Perhaps the best way to experience the island is to just embrace *c'est la vie* (that's life).

A quick flight from most US and Canadian airports, Montreal is an accessible destination year after year. If you are looking to experience history, scenic sites, culinary delights, and a worldly adventure, you've found the place. Let the capital of Quebec welcome you with open arms and warm plates. ■