



Beyond the Conference: A Cultural Journey



Explore more at <https://www.mtl.org/en>

Merci!

Navigate Montreal Like a Local

While Montreal is one of the most bilingual cities in Quebec, with 58% of the population able to speak both French and English, you might want to try your hand at recognizing the local language during your visit. We hope these tips and tricks come in handy!



Meaning

Hello / Hi

Thanks / Thanks a lot

Yes / No

Excuse me / Sorry

It's okay / No problem

A poutine, please

I don't speak French

Do you speak English?

Phrase (French)

Bonjour / Salut

Merci / Merci beaucoup

Oui / Non

Excusez-moi / Pardon

C'est correct

Une poutine, svp

Je ne parle pas français

Parlez-vous anglais?

Quebecois Pronunciation

bohn-zhoor / sah-loo

mehr-see / mehr-see boh-koo

wee / noh

ehk-skew-zay-mwah / par-don

say core-ekt

ewn poo-tseen, see-voo-play

zhuh nuh parl pah frahn-say

par-lay voo ahn-glai?



Old Montreal: Cobblestone Streets, Notre-Dame Basilica

Mile End: Bagels, Indie Shops, Hipster Vibe

Plateau-Mont-Royal: Trendy Cafes, Colourful Houses, Murals

Staying in Montreal beyond the conference? Navigate the city by Metro – purchase an STM Pass for unlimited rides.

MONT REAL



Mile End



Voted Top 5 Coolest
Neighbourhood by
TimeOut

Must See & Do



Old Montreal



Old Port



Atwater Market



St Henri Neighbourhood

Notre-Dame Basilica



Jean Talon Market



Biodome



Mount Royal Park



Saint Joseph's Oratory
of Mount-Royal



Pointe à Callière



Archaeology Museum

Montreal Museum
of Fine Art



MONTREAL Local food Tour

coffeehouses near Le Centre Sheraton



STARBUCKS
Le Centre Sheraton

0 min walk



MELK CAFE
1206 Stanley Street

2 min walk



BAR CAFFETTIERA
2055 Stanley Street

8 min walk



CAFE AUNJA
1448 Rue Sherbrooke Ouest

15 min walk

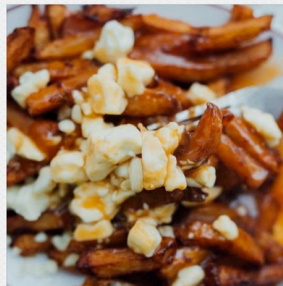
best montreal bagels



ST-VIATEUR OR FAIRMONT BAGEL
263 Saint Viateur St. West/
74 av. Fairmont O

25 min drive / 1 hr walk
(a MUST do)

best poutine



LA BANQUISE OR LESTER'S DELI
994 Rue Rachel E/
1057 Bernard Ave

15-20 min drive / 56 min walk

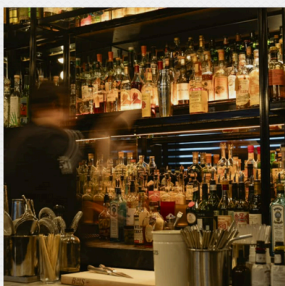
best smoked meat



SCHWARTZ'S DELI
3895 Boul. Saint-Laurent

25 min drive / 40 min walk

unique food & drink experiences



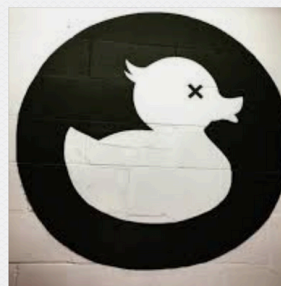
CLOAKROOM BAR - #2 BAR IN CANADA
2175 Rue de la Montagne

10 min walk



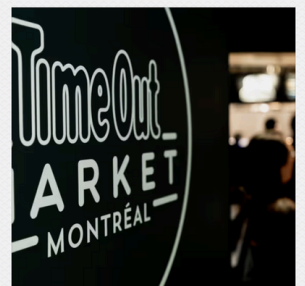
TERRASSE NELLIGAN
106 Saint-Paul Street West

28 min walk



THE COLDROOM #FOLLOWTHEDUCK
Rue Saint-Amable x
Rue Saint-Vincent

30 min walk



TIME OUT MARKET
705 Rue Sainte-Catherine Ouest
(Eaton Centre)

10 min walk

*all travel times from Le Centre Sheraton

You're = MY Favorite

We hope you find time to explore the great city of Montreal as part of your conference experience – maybe you have elected to extend your visit by a few days!

Here's how a few ADRP member favourites!

"My usual haunts include Mount Royal Park – especially for Tam Tam on Sundays, The Plateau and Mile End – a favourite neighbourhood to explore, shop, and eat amazing food. And of course the Contemporary Art Museum."

Jessica Veitch, Independent Consultant

"I have only been to Montreal a few times myself but really enjoy the Mile End area of the city – I love taking in the street activity, boutiques and coffee shops. It definitely gives a more local experience."

Dawn Green, CAMH Foundation



"I love picking up poutine to-go from La Banquise and enjoying it in Parc La Fontaine."

Carrie Flood, Dalhousie University



"September is one of my favourite times of the year in Montreal; the weather is just right to grab a book and a coffee (or takeout lunch) and find a place to sit in one of Downtown's many greenspaces. I highly recommend a visit to Dorchester Square – just a 2-minute walk from the Sheraton Centre – where you'll feel like you're tucked away in nature while still being right in the center of the action."

Nikki Gear, McGill University