

# Table of Contents

List of Maps	5	Outremont and Mile-End	129
Map Symbols	6	Little Italy	136
Symbols Used In This Guide	6	Sault-au-Récollet	139
<b>My Montréal!</b>	<b>7</b>	Île Sainte-Hélène and Île Notre-Dame	142
Montréal In Due Time	8	Hochelaga-Maisonneuve	146
Montréal <i>À La Carte</i>	9	Around the Lachine Canal	152
		West Island and Surroundings	162
<b>Where is Montréal?</b>	<b>12</b>	<b>Outdoors</b>	<b>173</b>
<b>Portrait</b>	<b>13</b>	Parks	174
Geography	14	Outdoor Activities	177
History	15	<b>Accommodations</b>	<b>185</b>
The Language Question	26	Vieux-Montréal	188
Economy and Politics	27	Downtown and Golden Square Mile	192
Montréal's Communities	29	Shaughnessy Village	199
Four Seasons and As Many Faces	30	The Milton-Parc District and "The Main"	200
Literature and Theatre	32	Quartier Latin	200
Dance	34	The Village	203
Film	34	Plateau Mont-Royal	204
Music	36	Notre-Dame-de-Grâce	205
Visual Arts	36	Côte-des-Neiges	205
Circus Arts	37	Hochelaga-Maisonneuve	206
Architecture	39	West Island and Surroundings	206
<b>Practical Information</b>	<b>41</b>	<b>Restaurants</b>	<b>209</b>
Entrance Formalities	42	Vieux-Montréal	211
Getting There and Getting Around	42	Downtown and Golden Square Mile	215
Useful Information, from A to Z	48	Shaughnessy Village	220
<b>Exploring</b>	<b>41</b>	The Milton-Parc District and "The Main"	220
Vieux-Montréal	60	Quartier Latin	226
Downtown	74	The Village	228
Montreal Museum of Fine Arts	86	Plateau Mont-Royal	230
The Golden Square Mile	89	Westmount, Notre-Dame-de-Grâce and Côte-des-Neiges	236
Shaughnessy Village	98	Outremont and Mile-End	238
The Milton-Parc District and "The Main"	102	Little Italy	243
Quartier Latin	107	Sault-au-Récollet	247
The Village	112	Île Sainte-Hélène and Île Notre-Dame	248
Plateau Mont-Royal	118	Hochelaga-Maisonneuve	250
Mount Royal	121	Around the Lachine Canal	250
Westmount	126	West Island and Surroundings	252

<b>Entertainment</b>	<b>259</b>	Gifts	285
Bars and Nightclubs	260	Home Decor	286
Cultural Activities	268	Jewellery	288
Gaming and Activities	270	Music	288
Sporting Events	270	Outdoor Equipment	289
Health and Well-Being	271	Pet Stores	289
		Reading	289
<b>Shopping</b>	<b>275</b>	Sex Shops	290
Montréal's Main Shopping Streets	276	Travel Accessories	291
Antiques	277		
Art	277	<b>Appendix</b>	<b>293</b>
Children	278	Index	294
Cigars	279	English-French Glossary	304
Computers	279	Our Guides	312
Curiosities	279	Table of Distances	319
Electronics	279	Weights and Measures	319
Fashion	280	Map Symbols	320
Food	282	Symbols Used In This Guide	320

## List of In-Depth Articles

<b>A Cultural Walk in the Quartier International de Montréal</b>	<b>85</b>	<b>Montréal's Outdoor Museum</b>	<b>69</b>
<b>Children's Favourite Attractions in Montréal</b>	<b>72</b>	<b>Phyllis Lambert and the CCA</b>	<b>40</b>
<b>Cimetière Notre-Dame-des-Neiges</b>	<b>123</b>	<b>The 1701 Great Peace of Montréal</b>	<b>19</b>
<b>Daniel Langlois and Ex-Centris</b>	<b>106</b>	<b>The Colourful Festivals of the Quartier Latin</b>	<b>108</b>
<b>Festivals and Cultural Events</b>	<b>271</b>	<b>The Montreal Jazz Fest</b>	<b>82</b>
<b>Gay Pride</b>	<b>113</b>	<b>The Refus Global</b>	<b>33</b>
<b>Get an Eyeful!</b>	<b>148</b>	<b>The Tam-Tams</b>	<b>122</b>
<b>Growing up English in Montreal</b>	<b>94</b>	<b>The Trials and Tribulations of the Olympic Park</b>	<b>150</b>
<b>Jean-Paul Riopelle</b>	<b>84</b>	<b>Underground City</b>	<b>77</b>
<b>Jewish Communities</b>	<b>132</b>	<b>Urban Atmospheres and Colours</b>	<b>31</b>
<b>Maisonneuve, Founder of Montréal</b>	<b>17</b>		