

# MONTRÉAL & QUÉBEC CITY

ENCOUNTER

REGIS ST LOUIS

Montréal & Québec City Encounter

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**Australia** Head Office, Locked Bag 1, Footscray,  
Vic 3011  
☎ 03 8379 8000 fax 03 8379 8111  
talk2us@lonelyplanet.com.au  
150 Linden St, Oakland, CA 94607  
☎ 510 250 6400  
toll free 800 275 8555  
fax 510 893 8572  
info@lonelyplanet.com

**USA** 2nd fl, 186 City Rd London ECTV 2NT  
☎ 020 7106 2100 fax 020 7106 2101  
go@lonelyplanet.co.uk

**UK**

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## HOW TO USE THIS BOOK

### Color-Coding & Maps

Color-coding is used for symbols on maps and in the text that they relate to (eg all eating venues on the maps and in the text are given a green knife and fork symbol). Each neighborhood also gets its own color, and this is used down the edge of the page and throughout that neighborhood section.

Shaded yellow areas on the maps denote 'areas of interest' – for their historical significance, their attractive architecture or their great bars and restaurants. We encourage you to head to these areas and just start exploring!

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## REGIS ST LOUIS

A longtime admirer of the free-spirited ethos that rules Québec, Regis pays frequent visits to Montréal and Québec City. During research on this book, he mounted his bike and logged hundreds of kilometers along Montréal's (generally) bike-friendly streets, visiting the latest restaurants, galleries and bars around town. He has written over two dozen guides for Lonely Planet, and his articles have appeared in the *Los Angeles Times* and the *Chicago Tribune*, among other publications. He lives in New York City, but often daydreams of pulling up stakes and moving to the Plateau.



## REGIS'T HANKS

Big thanks to Roger, who generously hosted me during my extended sojourn in Montréal. Many thanks to Simona for invaluable contributions to the nightlife, shopping and arts sections. I'd also like to thank Tim Hornyak, Frederic Morin, Dimitri Antonopoulos, Tom Lansky, Eric Khayat, Daniel Weinstock and the Chinatown volleyball team (and their friends and partners) for insight into 'the last great bohemian city in North America.' As always, thanks to Cassandra and Magdalena for continued love and support.

## SIMONA RABINOVITCH

A journalist born and raised in Montréal, Simona has written for the *Globe & Mail* as well as *Nylon*, *Interview* and *Spin*. After living in California, Israel, New York and Toronto, she's back in her hometown writing her first book. Simona contributed to the Shop and Play sections of this book.

## THE PHOTOGRAPHER

Photography and travel quench the same thirst for adventure that led Guylain Doyle to move to Montréal in 1987, where he lived for nearly 20 years. In a way, working on this book was kind of like going back home.

**Cover photograph** Cyclist passing through the Old Town, Québec City, Johanna Huber/4Corners Images.

**Internal photographs** p47, p62, p68, p90 by Regis St Louis; p142 Steve Bly / Alamy; p66 Tibor Bognar / Alamy; p140 ColsMontreal / Alamy; p95 Jeff Greenberg / Alamy; p97 Michael Matthews / Alamy; p22 Francis Vachon / Alamy. All other photographs by Lonely Planet Images, and by Guylain Doyle except p13, p100 Olivier Girendini; p30, p60, p30 Brian Cruickshank; p56, p108, p112 Richard Cummins; p21 Lee Foster; p27 Rick Gerharter; p52, p61, p64, p76, p107, p134 Ryan Laskowitz; p14, p24, Glenn van der Knijff; p42 Wayne Walton

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# THIS IS MONTRÉAL & QUÉBEC CITY

History and culture collide in two of North America's most dynamic destinations. Montréal and Québec City embody the spirit for which their province is famed: its *joie de vivre*, heady French culinary traditions and determination to always follow its own course.

Separatism may no longer be the hot topic it was a decade ago, but no visitor can doubt that these two cities have carved themselves a unique cultural landscape. Gateway to Québec is Montréal, a city whose dual French and English background – plus immigrant communities from across the globe – has created a fascinating blend of cultures. On a typical night in Montréal, music enthusiasts are out listening to French *chanson* (folk singing), big-band jazz and prog rock, while art lovers mix at openings of the latest European, québécois and American exhibitions. Cineasts are lining up for a revival of new-wave cinema, or popping in for the latest indie feature.

The dining scene is no less diverse, with new talented young chefs competing for top honors. You'll find French bistros, Jewish delis, Italian trattorias, steakhouses and Cantonese dining rooms, plus fantastic restaurants serving up Thai, Vietnamese, Lebanese, West African and more.

While lacking the cosmopolitan charms of its big brother, Québec City has obvious appeal. The Old Town is pure eye candy, its laneways sprinkled with 18th-century houses and lovely plazas, while jewel-box churches and the imposing fortress rise above it on the cliffs overlooking the St-Lawrence.

In addition to their urban charms, both cities offer easy access to the outdoors. There are bike lanes crisscrossing Montréal, a lush park on the city's iconic 'mountain', and kayaking along the Canal de Lachine. In Québec City, you can join the great outdoor migration in the historic Battlefields Park.

**Top left** The impressive hand-carved interior of Basilique Notre-Dame (p12), Old Montréal **Top right** Montréal's iconic Biosphère (p106) on Île Ste-Hélène **Bottom** Succulent regional fruits for sale at Marché Atwater (p49)