

Southwest & Outer Montréal

SOUTHWEST MONTRÉAL | CÔTE-DES-NEIGES & NOTRE-DAME-DE-GRÂCE | OLYMPIC PARK & AROUND | OUTER DISTRICTS

Neighborhood Top Five

- 1 Witnessing the soaring architecture of the **Oratoire St-Joseph** (p131), one of North America's grandest churches.
- 2 Working off those calories from munching poutine on the **Canal de Lachine** (p132) and its 14km of bike paths.
- 3 Bringing out your green side at one of the world's largest gardens, the **Jardin Botanique** (p133) and its Insectarium.
- 4 Chilling out with the penguins and many other fish and fowl at the **Bio-dôme** (p134), which takes you through four ecosystems.
- 5 Learning about the history of Canadian railroads at the excellent, kid-friendly **Musée Ferroviaire Canadien** (p136).



Best Places to Eat

- ➔ Tuck Shop (p140)
- ➔ Su (p140)
- ➔ La Louisiane (p140)

For reviews, see p137. ➔

Best Activities

- ➔ Strøm Nordic Spa (p141)
- ➔ Skyventure (p141)
- ➔ H2O Adventures (p142)
- ➔ Rafting Montréal (p142)
- ➔ Parc de La Rivière-des-Mille-Îles (p141)

For reviews, see p141. ➔

Best Panoramic Views

- ➔ Oratoire St-Joseph (p131)
- ➔ Olympic Stadium (p135)
- ➔ Parc Nature du Cap-St-Jacques (p137)

For reviews, see p131. ➔

Explore Southwest & Outer Montréal

Exploring the outlying residential neighborhoods of Montréal allows you to get a deeper experience of life on the island. A good chunk of them lie to the south and west of downtown (remember that Montréal's 'east-west' streets actually run northeast-southwest). Since they're far-flung, it's best to explore them over several days, though it's possible to combine contiguous areas such as Côte-des-Neiges and Notre-Dame-de-Grâce.

A must-experience is the Canal de Lachine (p132), Montréal's best biking course. In downtown or Old Montréal, find your way to a Bixi stand or bike-rental outfit and roll down to the Old Port. From there, get on the bike path that winds along the canal and out to Lachine, where several museums and a breezy riverside park await.

It will take at least an hour, but if you don't want to go that far, stop at the Marché Atwater, walk to Lionel-Groulx metro station and go to Côte-des-Neiges, which lies off the western slope of Parc du Mont-Royal. The magnificent Oratoire St-Joseph and the buzzing campus of the prestigious Université de Montréal are the main draws here. Notre-Dame-de-Grâce (or simply NDG) is a sleepy residential district, livened up by the cafes and restaurants along Ave Monkland.

Also accessible by metro is Olympic Park, nestled in the heart of the blue-collar Hochelaga-Maisonneuve district. The big draw here is the massive Olympic Stadium (p135), built for the 1976 Olympic Games, the kid-friendly Biodôme (p134), a brand new planetarium (p134) and the verdant Jardin Botanique (p133).

Local Life

➔ **Sunning** Rent a bike, scoot along the Canal de Lachine (p132) and pause along its banks to soak up some rays.

➔ **Ahoy there!** Montréal is surrounded by rivers, so why not rent a canoe or kayak and go with the flow?

➔ **Over the hill** For a good workout, hike from downtown over Mont-Royal to Côte-des-Neiges, following the street of the same name.

Getting There & Away

➔ **Metro** Metro access to the area is via Villa-Maria station for NDG, while the Côte-des-Neiges station is for the neighborhood of the same name. To get to the east side of town, take the green metro line to either Pie-IX or Viau.

➔ **Bike** You can rent a Bixi bike to reach NDG, Petite-Bourgogne, St-Henri and Pointe-St-Charles, and to roll along the Canal de Lachine. Bikes are best avoided in hilly Côte-des-Neiges.