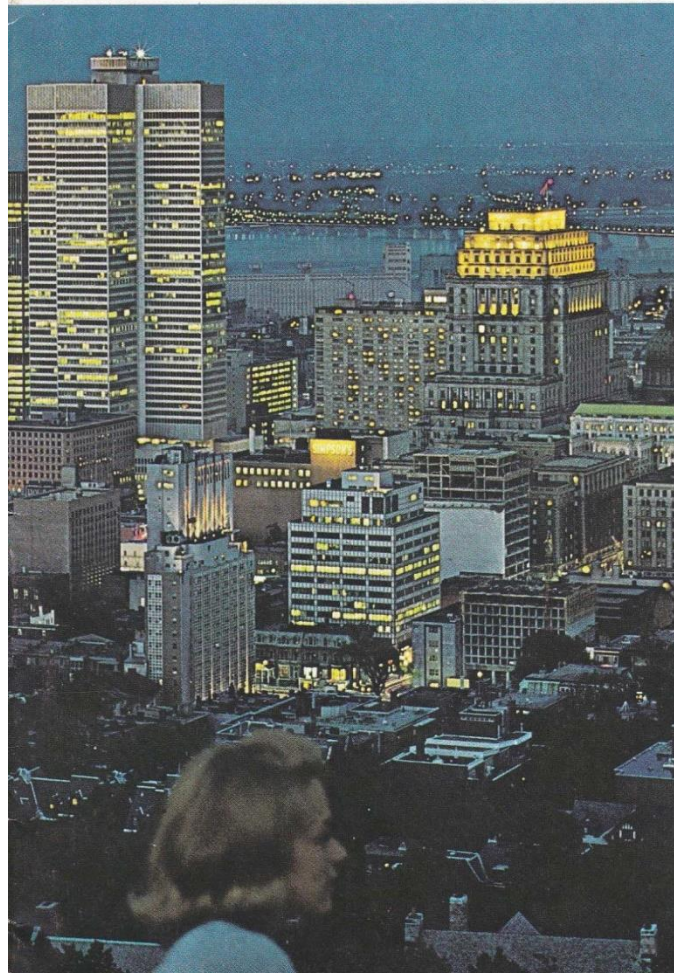


SAS CITY PORTRAIT

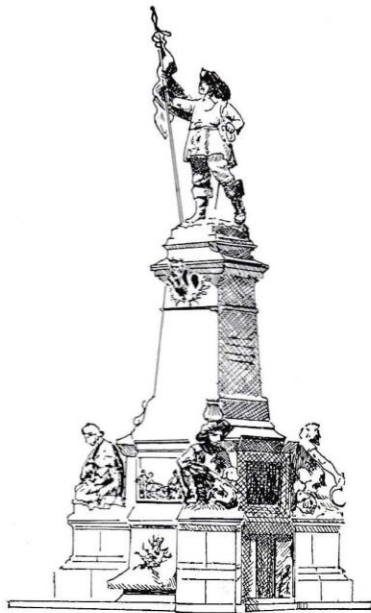
Montréal

SAS SCANDINAVIAN AIRLINES



Introduction	3	Tipping	20
Your arrival in Montréal	4	Shopping	20
Hotels	5	Business hours	21
Restaurants and cuisine	7	Transportation	21
Sights and excursions	9	Sports	21
City map and useful addresses	12	Climate and clothing	22
"One hour's walk" suggestions	14	Religious edifices	23
Entertainment and night life	18	Public holidays	23

This is the 6th edition of Montréal City Portrait printed in 40,000 copies – with information based on facts available in June 1978. Main changes from 5th edition: details re baggage carts Mirabel Airport, new rates for motels, one hotel deleted, 8 restaurants removed and four added, general increase in all prices.



Front cover: View of downtown Montréal from Mount Royal with Place Ville Marie to the left.

Introduction

In 1535, on the southern shore of a 30-mile-long island of the St. Lawrence River, Jacques Cartier discovered the tiny Iroquois village of Hochelaga – the first, primitive forerunner, in fact, of modern-day Montréal. It was at the top of the island's 760-foot mountain, that Cartier, awed by the breathtaking views he saw, uttered the now-famous words, "What a Royal Mount!" ... words that were to give name not only to the mountain on which he stood – Mount Royal – but also to today's metropolis that sprawls around its foot: the City of Montréal.

Following Cartier's discovery, there flourished here in turn Samuel de Champlain's raw, pioneering trading-post, Place Royale, in 1610 – and, in 1642, Ville Marie, the tiny Christian settlement founded by Paul de Chomedey, Sieur de Maisonneuve.

Today, Canada's largest city, French- and English-speaking Montréal is a 30,000-acre expanse of churches, lovely parks with picturesque views, skyscraper structures and dockside bustle.

You may find it French – two thirds of greater Montréal's three million population are of French origin. You may find it British, American, and at times Italian. Yet always at heart it is proudly Canadian. And while it has lost nothing of the Gallic gaiety and inspired flair for haute cuisine and culture that long ago won the city the title "Paris of the New World", Montréal has matched, too, its own continent's accelerated March of Progress. You'll witness this newfound self-confidence in many pleasing ways. In Place Ville Marie, Montréal's 105-million-dollar complex of shops, offices and entertainment spots – brother to New York's Rockefeller Center. In Montréal's 28-station subway network, now being expanded to 81 stations. And in Place des Arts, the city's new performing arts center.

Montréal is, too, the industrial, commercial and transportation center of Canada. Situated midway between the mouth of the St. Lawrence River and the head of the Great Lakes, it is the world's largest inland port, hub of an extensive flow of ocean and lake traffic that passes through the St. Lawrence Seaway, entered at Montréal Harbor. Its International Airport – one of the foremost centers of air communications – is a key point on the network of over 20 major airline companies.

Excellent expressways and boulevards provide quick access to any part of the city or surroundings. There is

an excellent train service, too, from Montréal to the four corners of North America. Two great Canadian trans-continental systems, the Canadian National and Canadian Pacific Railways, have their headquarters here. So, too, do five of the eight Canadian chartered banks. Its industrial strength lies not only in big-money investments, but also upon an abundance of raw material, skilled labor and an unlimited supply of energy such as electricity, coal, petroleum and natural gas.

But what of the city's off-time personality? It's refreshing, friendly and gay. If you like strolling a city dotted with parks and verdant squares, like stumbling upon picturesque, venerable little churches at every corner turned, discovering one or a dozen of the city's innumerable eating utopias, nurtured in countless instances by the skilled, culinary hand of Madame La France herself – if you like after-dark amusements of the sophisticated sort, jazz clubs, snug boîtes and cozy bars, if you like your taste in the arts to possess the enthusiasm and energy of the Young New World and the tradition and classic experience of the Old . . . then you'll love Montréal many times over!

Your arrival in Montréal

Your arrival point is Mirabel International Airport, about 23 miles north of the city. In the Terminal Building, you must pass through health inspection (valid certificate of smallpox vaccination is required in some cases but check current entry regulations when you book your SAS ticket), before entering the Customs Hall to claim your luggage from revolving "carousels", each marked with the relative airline and flight number. Free baggage carts are available. In front of the building, you will find CTCUM buses leaving for downtown Montréal. The fare is \$5 per person and the trip takes about 45 minutes. Taxis cost approx. \$23, a tip of 10–15 % is customary.

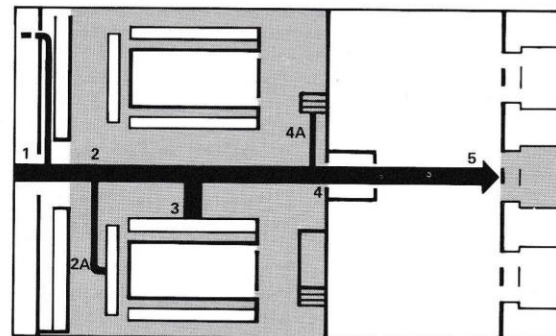
Car Hire: Self-drive or chauffeur-driven cars can be hired through the SAS office (861-0441) or at the airport where several car-hire companies maintain their reservation desks.

Hotel reservation: Should you arrive without hotel reservation, there are telephones just outside the customs hall with direct lines to most downtown hotels.

Currency: The currency unit in Montréal is the Canadian dollar (\$) and cent (c.). One dollar = 100 cents.

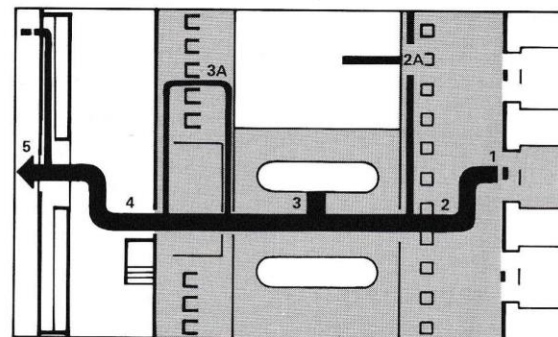
Visitors please note that Montréal street names are frequently referred to and printed (on street signs) in both English and French. For example, de la Montagne = Mountain, St. Jacques = St. James.

MONTREAL INTERNATIONAL AIRPORT – MIRABEL



DEPARTURE SEQUENCE

- | | |
|----------------------------|---|
| 1) Terminal entrances. | 4) Departure lounge. |
| 2) Lobby/Processing area. | 5) Loading door/Transfer vehicle to aircraft. |
| 3) Security Control point. | |



ARRIVAL SEQUENCE

- | | |
|---|-----------------------------|
| 1) Unloading door/Transfer vehicle from aircraft. | 3) Baggage claim carousels. |
| 2) Arrivals processing area. | 4) Lobby. |
| 2A Immigration hall. | 5) Terminal exits. |

Hotels

Almost all the large hotels stand within strolling distance of the city's center, Dominion Square. The accommodation provided in Montréal – an official count totalled 7,000 first class rooms – is of high standard, and the facilities offered usually include good restaurants and cocktail bars. Single rooms range between \$35 and \$75, double rooms between \$40 and \$80, the higher price range securing an air-conditioned suite with bathroom, television and radio.

Conventions, and the perennial appeal of Montréal as a fine winter and summer sports center, deem it wise to book accommodation well in advance. In this respect, you should

contact your travel agent or SAS. Either can offer you, through the SAS Travel Planning Service, detailed information on de luxe, first and tourist class hotels or motels, and speedy confirmation of accommodation in most. Should you arrive in Montréal without reservation, however, the local SAS office, 930 Dorchester Blvd., W., will gladly assist you.

As a further guide, we have listed below various hotels and motels recommended by the Montréal Municipal Tourist Bureau.

Auberge Richelieu (I4)
505 Sherbrooke East.
Tel. 842-8581.

Bonaventure (I9)
1 Place Bonaventure.
Tel. 878-2332.

Château Champlain (I9)
Place du Canada.
Tel. 878-1688.

Constellation (G8)
Sherbrooke & Peel.
Tel. 845-1231.

Holiday Inn Châteaubriand
(off map)
6500 Côte de Liesse Road.
Tel. 739-3391.

Holiday Inn Downtown (H7)
420 Sherbrooke West.
Tel. 842-6111.

Holiday Inn (H9)
Dominion Square,
1155 Dorchester Blvd. West.
Tel. 871-8966.

Holiday Inn Longueuil
(off map)
50 De Sérigny. Tel. 670-3030.

Holiday Inn Place Dupuis (J4)
1415 St. Hubert.
Tel. 842-4881.

Holiday Inn Seigneurie
(off map)
7300 Côte de Liesse Road.
Tel. 731-7751.

Hyatt (J8)
Tel. 879-1370.
Place Victoria.

MOTELS

The vacation prospects around Montréal for motorists are many, embodying excellent highways and a wide choice of First, Tourist and Economy class motels. To list recommended establishments, however, would be pointless for their individual usefulness must depend on the direction you are traveling. Here again, we would recommend you to get in touch with your travel agent or nearest SAS office.

De La Salle (H9)
1240 Drummond.
Tel. 866-6492.

Loew's (G6)
Park Avenue & Prince Arthur.
Tel. 288-6666.

Méridien (I6)
180 St. Catherine St. West.
Tel. 285-1450.

Montréal Aéroport Hilton
(off map)
12505 Côte de Liesse Road.
Tel. 631-2411.

Chateau Renaissance (I9)
700 Peel. Tel. 866-2531.

Quatre Saisons (G8)
1050 Sherbrooke West.
Tel. 284-1110.

Queen Elizabeth (I8)
900 Dorchester Blvd., West.
Tel. 861-3511.

Ritz Carlton (G9)
1228 Sherbrooke West.
Tel. 842-4212.

Seaway Motor Inn (H10)
1155 Guy Street.
Tel. 932-1411.

Sheraton Mt. Royal (H8)
1455 Peel.
Tel. 842-7777.

Skyline (off map)
6600 Côte de Liesse Road.
Tel. 342-2262.

Windsor (I9)
1160 Peel.
Tel. 866-9611.

In order to assist in your costing of motoring vacation, we list the average prices:

Accommodation rates (no meals included)	Single room per night	Double room per night
Tourist class average	\$26	\$35
Economy class average	\$20	\$25

Children are normally accommodated free if they occupy the same room as the adults.

Electricity: Electrical current, 110 volts, A.C. 60 cycles.

Restaurants and cuisine

5,000 recognized eating-places and an international menu, pronouncedly French in flavor, await visitors to Montréal. In restaurants varying diversively from the de luxe to the snack-style, you can alternate the haute cuisine of France with the culinary specialities of 15 different lands. Indeed, no greater compliment can be paid the many excellent kitchens of Montréal, than to state that French Canada, the pupil, is fast causing France, the teacher, to look closely to its laurels. Evidence of this is to be seen in the Salon Culinaire contest, staged here each year. For luncheon, prices range from \$3 upwards, and for dinners \$7 upwards. On the following pages you'll find our suggestions.

Armenian

Archie's Omar Khayyam (C2)
387 Bernard W.

Chinese

Ruby Foo's (off map)
7815 Décarie.

Nanking (J7)
50 LaGauchetière W.

French

Auberge de la Belle Poule
(K6)
406 St-Sulpice.

Café Martin (G9)
2175 de la Montagne.

Chez Bardet (off map)
591 Henri Bourassa East.

Chez Son Père (J7)
5316 Ave. du Parc.

La Saulaie (on Rte. 3
between Boucherville
and Varennes)
1161 Marie Victorin.

La Tour Eiffel (H9)
1422 Stanley.

Le Fadeau (L6)
423 St-Claude Street.

Le Paris (G10)
1812 St. Catherine West.

Les Remparts (K7)
200 St. Laurent Blvd.

Le Petit Havre (K6)
443 St. Vincent.

Guinguette les Trois (K6)
273 St. Paul East.

Les Halles (H10)
1450 Crescent.

Le Saint-Amable (K6)
188 St-Amable.

Le Vert Galant (H10)
1421 Crescent.

Chez la Mère Michel (G10)
1209 Guy.

French-Canadian

Les Filles du Roy (K6)
415 St. Paul East.

Le Vieux St-Gabriel (K6)
442 St. Gabriel.

A la Catalogne (K6)
311 St. Paul East.

German

Das Platzl (I6)
1459 St. Alexandre.

Greek

Hellenic (J6)
1426 St. Lawrence.

Indian

Le Maharajah (H9)
2124 Drummond.

Italian

Chez Vito (off map)
5412 Cote des Neiges.

La Popina (I8)
I.B.M. Building.

Piazza Tomasso's (off map)
8205 Décarie.

Restaurant Paesano (off map)
5192 Cote des Neiges.

Japanese

Katsura (G9)
2170 Mountain Street.

Tokyo Sukiyaki (off map)
7363 Mountain Sights.

Kosher

Moishe's Steak House (F4)
3961 St. Laurent.

Polynesian

Kon-Tiki (H8)
1455 Peel.

There are, in addition, an abundance of American-Canadian style restaurants situated throughout the city. The inexpensive, ubiquitous Murray's, for example. Or the de luxe Stage Coach on Décarie. If you want a barbecued meal, then try the medium-priced St. Hubert Bar-B-Q on Plaza St. Hubert. And for the smoked-beef connoisseur, there is Ben's, Canada's largest delicatessen on Burnside (open until 5 a.m.) or Dunn's on St. Catherine Street W.

One final note: should your explorations take you across to picturesque sylvan St. Helen's Island, be sure to try the fine fare at the Hélène de Champlain Restaurant.

LOCAL SPECIALITIES

A not-to-be-missed part of Montréal's fine culinary offering, is the number of tasty local specialities. Gaspé salmon is one appetizing example. Others include the world-famous arctic char, a cross between salmon and trout, found only in the Canadian and Scandinavian arctic regions, French-Canadian pea soup and onion soup, Québec Tourtière – a kind of pork-and-beef pie – and Malpeque oysters, reputedly the best in the world. For breakfast, try Canadian buckwheat waffles or pancakes with Canadian maple syrup.

Russian

La Troika (G9)
2171 Crescent.

Spanish

Chateau Madrid (F2)
368 Mont Royal E.

Seafood

Au Pavillon de l'Atlantique (H8)
1454 Peel.

Desjardins Sea Food (H10)
1175 Mackay.

Chez Pauzé (G10)
1657 St. Catherine W.

Steak Restaurants

Joe's Steak House (H8)
1459 Metcalfe.

The Barnsider (G10)
2250 Guy Street.

Swiss-Guillaume Tell (G9)
2055 Stanley Street.
Tel. 288-0139.

Vegetarian

Le Saint Malo (J5)
1605 St. Denis.

Drink specialties embrace the traditional Loup Garou, a warm, spiced, red wine-based drink dating back to the fur trappers era, and – for the more adventurous – the Caribou cocktail. The Beaver Club at the Queen Elizabeth Hotel is renowned for its concoctions of the former, while the Auberge Le Vieux St. Gabriel and Les Filles du Roy in Old Montréal are famous for the latter.

Sights and excursions

Whether you choose to sightsee independently or explore the city and surroundings through a string of conducted tours, you are sure of pleasure. A typical 2-hour tour might include such city highlights as Notre Dame Church, Chateau de Ramezay, St. Joseph's Oratory, McGill University, and the Mount Royal Lookout. Alternatively, devote a day or longer to sightseeing and you can visit the Laurentian Mountains, see something of the 2,300-mile-long St. Lawrence Seaway, a brilliant feat of engineering, join a bus and boat tour of the Thousands Islands, or visit Ottawa and Upper Canada Village or Québec City, the capital of Québec Province.

To facilitate your selection – whether independent or escorted – we have listed the highlights of Montréal with relative references (see map on center spread) and the places of prime interest that dot the surrounding country.

CITY INTEREST-POINTS

Botanical Gardens (off map). Situated in Maisonneuve Park, largest of Montréal's parks, the 192-acre Botanical Gardens owes its existence to the foresight of its founder, the eminent Canadian botanist, Frère Marie-Victorin. It offers the visitor a lush display of flora from many lands, set in peaceful surroundings. Open all year round from 9 a.m. to sunset. Admission free.

Canadian Imperial Bank of Commerce (H9). The bank building stands over 600 feet high, a sky-scraper of 43 storeys. At the very top, there is an observation tower, where, for 75 cents (children 25 cents) you can enjoy a splendid view of the area. The monument in front of the building is the "Reclining Figure in Three Pieces" by Henry Moore.

Chateau de Ramezay (L5). Built in 1705 as the home of Claude de Ramezay, the 11th Governor of Montréal, this castle-like structure has been in turn the residence of the English Governors, headquarters of General Montgomery, Benjamin Franklin's residence, a court house, school and, under its present owners, the Antiquarian and Numismatic Society of Montréal, a fine historic museum. Here you can view an impressive display of historic documents, pictures, furniture, tools, cooking utensils, and Indian craft, etc. Open

Tuesdays to Saturdays, 10 a.m. to 5 p.m., Sundays 2 to 5 p.m. Admission fee.

Dow Planetarium (I10). The first major planetarium in Canada with its 2½-ton complex of 152 Zeiss projectors revealing celestial mysteries to a capacity house of 400, several times daily, all week. Admission fee. Tel. 872-4530.

Lafontaine Park (H/I2). A beautiful 100-acre park set in the heart of the city, Lafontaine Park is a pleasure paradise for both young and old. Prominent sports and cultural center, it contains, among its many attractions, music pavilions, snack bar, spacious playgrounds, baseball fields, tennis courts, and two lovely artificial lagoons, on which the visitor can enjoy a hired rowboat or join one of the organized boat tours. Illuminated fountains and splendid monuments also add to the visitor's enjoyment.

From May through October, you can visit, too, the popular "Garden of Wonders" or "Children's Zoo" where 250-300 animals dwell in fairy-tale and nursery-rhyme settings. Entrance fee. Tours of the Park are possible by miniature train. Starting point, the Restaurant-pavilion between the two lagoons.

Mary Queen of the World Basilica (I9). The Basilica is a halfscale replica of St. Peter's Basilica in Rome. Its cornerstone was laid in 1870 and the church opened in 1894. Rising above the Cathedral's portico are thirteen statues made of repoussé copper laid over wood. The work of sculptor Gratton, of St. Thérèse, the statues represent the Patron Saints of various Parishes of the Diocese of Montréal.

McGill University (G7). The city's oldest university stands on the former site of the home of James McGill who left his country estate and a legacy of 10,000 pounds to found it when he died in 1813. Today, 10,000 full-time students from some 75 lands attend the University. It was here more than a century ago that McGill offered the first university engineering course in Canada, and some 50 years later that Lord Rutherford demonstrated the Atomic Theory of Matter. Among the buildings open to visitors is the Redpath Museum. Dating back to 1882, the museum contains many interesting geological and zoological exhibits as well as a number of Indian relics.

Montréal Aquarium. Located on St. Helen's Island (off map). In the Alcan Dolphin Pool you will see the proof of the high degree of intelligence of marine mammals and in the Pavilion, hundreds of different species of aquatic life from all continents. Call 872-4656 for show schedule.

St. Lawrence Seaway (off map). Facing the harbor, is the start of the St. Lawrence Seaway opened in 1959 – the billion-dollar canal and power project that affords ocean-going vessels a further passage of 1,300 miles inland to the head of the Great Lakes, Erie, Huron, Michigan, Ontario and Superior.

Montréal Museum of Fine Arts (G9). One of North America's oldest and finest art centers, the Museum of Fine Arts is the engaging result of a group of 19th century Montréalers' donations to art and the participant of the Cultural Affairs Department of the Québec Government. Recently renovated

and enlarged, the museum's splendid collection of Canadian paintings, sculptures and decorative arts is complemented by treasures from Africa and the Middle and Far East, dating back to pre-Columbus cultures. Highlights include paintings by the Old Masters, 19th century French artists and early New France furniture, silverware, sculptures and paintings.

Mount Royal (E5-8). 764 feet (243 meters) summit of the beautiful 500-acre mountain park, Mount Royal acquired its name from Jacques Cartier, first white man to visit these parts (see Introduction, page 3). The 100-foot (30 meters)-high steel cross that stands here, illuminated by night and visible then from points 50 miles away, was erected in 1924 close to the site where the original wooden cross was planted on January 6, 1643, by Chomedey de Maisonneuve, the city's founder. Horse-drawn vehicles and miniature trains operating on rubber wheels, enhance sightseeing of this lovely park. A restaurant, a special lookout platform affording magnificent views ranging from the city to the distant Laurentian Plateau, Beaver Lake (winter mecca for all skaters, summer scene of model boat enthusiasts) and a permanent art center.

Notre Dame Church (K7). Pseudo-Gothic in style, Roman Catholic in denomination, beautiful Notre Dame was opened in 1829. Inside are an imposing monumental altar, exquisite wood carvings, and a 5,772-pipe organ that was, for many years, the most powerful in North America. A conception of New York architect James O'Donnell, the church can accommodate a congregation of up to 7,000, and its twin towers stretch to heights of 227 feet (69 meters) above street level. Do not miss the Notre Dame Museum with its venerable paintings.

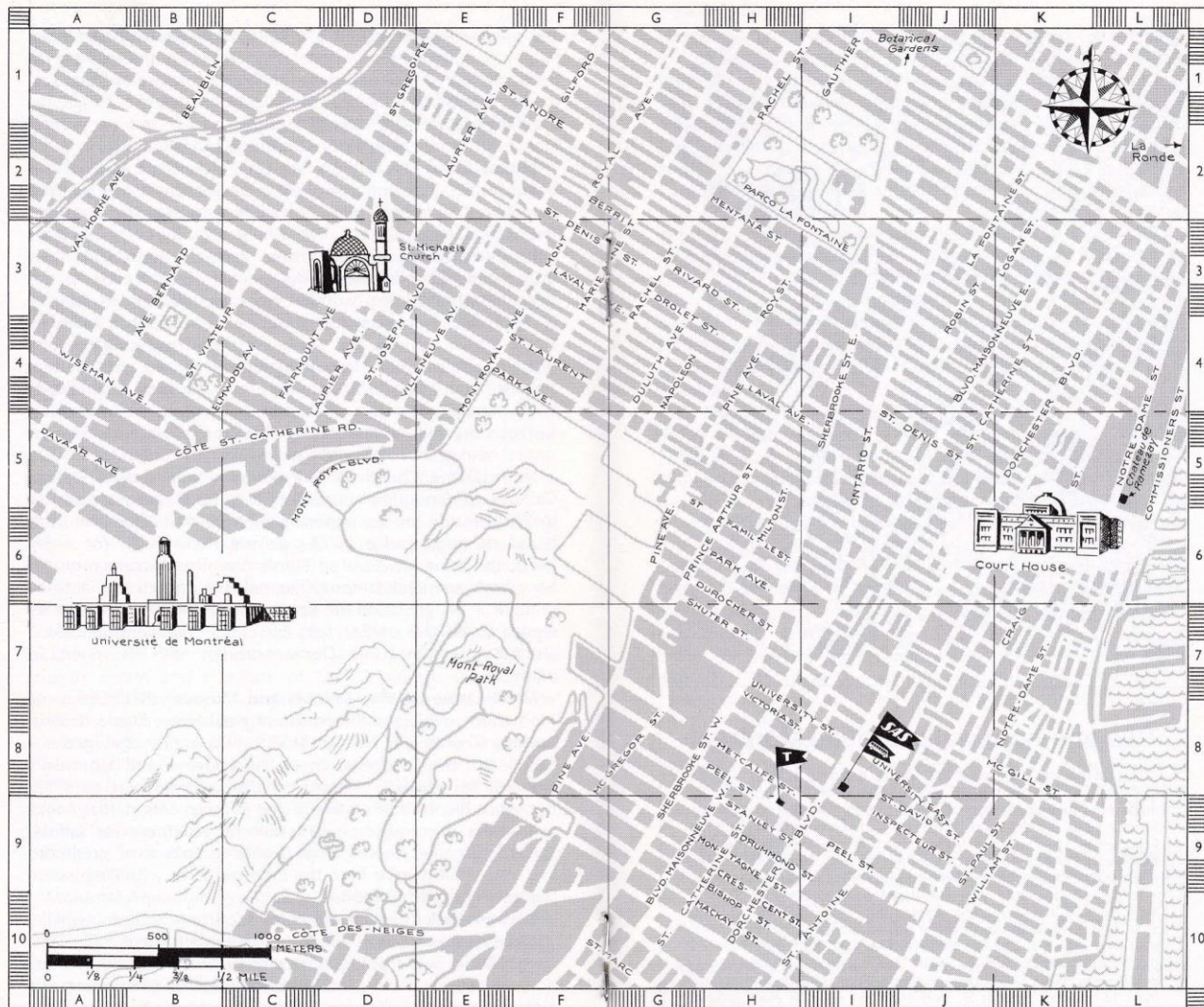
Notre Dame de Bon Secours and Museum (K7). Oldest of Montréal's religious edifices, the original Notre Dame de Bon Secours Church was built in 1657 by Marguerite Bourgeoys – founder of the Congregation of Notre Dame, and Montréal's first teacher. Today's structure dates back in part to 1772. Recognizable by the statue of the Blessed Virgin that looks out across the harbor, it is a favorite sanctuary for sailors, some having left carved boats inside as tokens of gratitude. See also while you're here the little museum with its historic puppets and wax exhibits.

Olympic Park (off map). Stadium, velodrome, swimming hall.

Place des Arts (I6). Opened in September, 1963, Salle Wilfred-Pelletier was the first structure of Montréal's 30-million-dollar Place des Arts, a multi-unit center for performing arts occupying approx. 7 acres of the city's heart. With its near-perfect acoustics, Salle Wilfred-Pelletier stands high among the world's great concert halls. It has 3,000 seats and is the home of the Montréal Symphonic Orchestra, Les Grands Ballets Canadiens. The Salle Maisonneuve (1,800 seats) and Salle Port-Royal (700 seats) are also part of the complex.

Place Ville Marie (I8). Landmark of the city's exciting \$105,000,000 shopping, business and theater complex, is the cruciform-shaped Royal Bank building, the largest in the Commonwealth. Standing over 600 feet (180 meters) high, this

(cont'd on page 15)





Code numbers in this booklet refer to the above map. Thus (I8) is located where lines drawn from "I" and "8" cross each other.

Interesting sights in Montréal

- | | |
|--|---|
| (H9) Canadian Imperial Bank of Commerce. | (E5-8) Mount Royal. |
| (L5) Chateau de Ramezay. | (K7) Notre Dame Church. |
| (H/12) Lafontaine Park. | (K7) Notre Dame de Bon Secours Church and Museum. |
| (I9) Mary Queen of the World Basilica. | (I6) Place des Arts. |
| (G7) McGill University. | (I8) Place Ville Marie. |
| (C9) Montréal Museum of Fine Arts. | (K7) Sulpician Seminary. |

Useful addresses

-  **SAS Ticket Office and Air Terminal:** 930 Dorchester Blvd. W. (Queen Elizabeth Hotel - I8), tel. 861-0441.
Office hours: 9 a.m. to 5 p.m., Monday through Friday.
-  **Visitors Information Center:** Municipal Tourist Bureau, 85 Notre Dame Street East (K6), tel. 872-3561.
Office hours: 8.30 a.m. to 5 p.m., Monday through Friday.
In summer: Dominion Square Information Booth - in the park.

Distance from city center to airport: 23 miles (36 km).

To simplify your explorations we have compiled a map of the surrounding country and thumbnail portraits of many of the more popular excursion goals.

Eastern Townships. The pretty southeast corner of Québec segregated from the northern part of the Province by the St. Lawrence River, is clustered with attractive picturesque spots. Jacques de Chambly with its quaint village buildings dating back to the 18th and 19th centuries. The Thetford Asbestos Mines. Nicolet with its beautiful 140-year-old seminary. Rougemont's Cistercian Abbey and beautiful orchards. The Zoological Gardens and antique fountain of Granby. Caughnawaga, near Montréal, center of a 3,000-populated Iroquois Reserve. And Sherbrooke, Queen of this verdant country.

Gaspé Peninsula. Excursions into this 9,000 square-mile promontory of sea-tempered beauty have been facilitated today by a modern highway circuit. Magnificent and rugged still, la Gaspésie is at its best in summer, an unspoiled region of sandy beaches, Gallic fishing villages and farmsteads, and beautiful cliff-sculptures, climaxed for most by the great Percé Rock. Ideal for camper and motorist. Try here the peninsula's famous salmon. Visit, too, if you have time, the Bonaventure Island bird sanctuary.

Island of Orleans. Set in the midst of the St. Lawrence River, this lovely isle lies only a few miles east of the City of Québec. It is typical in character of the early "French Canadian" and the indomitable spirit of this continent's pioneers. 21 miles (34 kms.) long, 5½ miles (9 kms.) wide, it offers an inviting roundtrip tour of 40 or so miles, enhanced throughout by picturesque villages and churches.

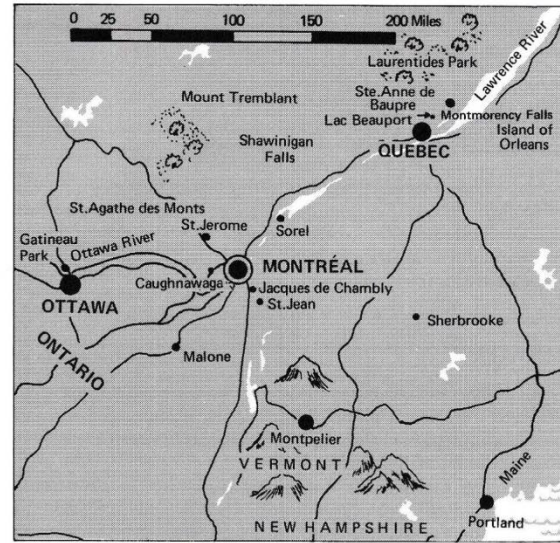
Laurentian mountains. A lofty eyebrow above the eye of Montréal, the Laurentians rate among the great ski-playgrounds of the world. 2,000 square miles (5,000 sq.kms.) in area, and at its uppermost point 3,000 feet (1,000 meters) high, the whole is a summer paradise of romantic scenery and sporting terrain, and a snowtime mecca for winter sporters.

Outstanding among the many sports resorts are Mont Tremblant, Val Morin, Val David, St. Agathe des Monts, St. Marguerite, Mont Gabriel, St. Adele, and St. Jovite. All are easily reached by train, bus or car – take the magnificent modern toll highway, the Laurentian Autoroute.

Laurentides Park, north of Québec City, is a popular paradise of mountains, glittering lakes and wild forests. Fishing, camping, sailing and water-skiing are just samples of the many outdoor sports that abound here.

Ottawa. Capital of Canada, and beautifully situated on the Ottawa River in the Province of Ontario. Ottawa is a rare merger of old-world French and English. Among the many interest-points are the Parliament Buildings, the neighboring town of Hull with its fascinating Lafleche Caves, and nearby wild and rugged Gatineau Park with its beautiful lakes and impressive scenery.

Québec City. Almost entirely French in character, Québec is a pleasing city dating back to the 17th century. See, while



here, the old walled town most enchantingly entered by the picturesque St. Louis Gate, the seminary of Laval, founded 1663, and the modern Laval University. Also the ceremony of the Changing of the Guard at the old Citadel, the old Church of Notre-Dame des Victoires, the towered, stony Chateau Frontenac, and the historically interesting Plains of Abraham where Wolfe's British Army vanquished the French – today it is a National Park. Stroll quarter-mile-long Dufferin Terrace with its St. Lawrence-scapes. Explore the Lower Town (Basse Ville) reached by the Breakneck Steps. Visit also the nearby St. Anne de Beaupré Basilica and the cascading Montmorency Falls with its waterfall of 274 feet (89 meters), Lac Beauport – an ideal skiing center by winter – and Sillery, built as a Jesuit Indian Mission in 1637, oldest habitation in Canada. Québec City is easily reached from Montréal in 50 minutes by plane, or in 3 hours by train or car.

Upper Canada Village. A reminder of Canada's pioneering past, Upper Canada Village is a venerable monument to the early settlers of Ontario Province. Here you can explore a settlement of some 40 buildings, most of which were removed from communities now inundated by the opening of the St. Lawrence Seaway. Farms, schools, churches, taverns, homes – you will also find here the tools, crafts and clothing of another century.

NIGHT OWLS NOTE: Metropolitan Provincial, operators of the well-known Gray Line Tours, also offer an evening excursion for groups of 25 or more to an interesting 200-year-old 'auberge' on the Richelieu River with dinner and floor-show in Montréal in the Chateau Champlain.

Departures: 6.30 p.m., operated all year round. Duration: approx. 5½ hours. Children are not permitted to join the nightclub portion of the tour, beginning at 11 p.m.

Entertainment and night life

Entertainment in all its guises thrives in Montréal. Few cities as young – in fact, few cities older – provide a more exciting and energetic program in the performing arts. A dozen theater companies – a grand modern concert hall – names such as Les Grands Ballets Canadiens, Le Théâtre du Nouveau Monde . . . all tell of the city's dedication.

THEATER

A dozen or so top theater groups provide Montréal's dramatic fare: Le Théâtre du Nouveau Monde, Rideau Vert (performing mostly at the Stella), the Montréal International Theater and La Nouvelle Compagnie Théâtrale. For most groups, the season stretches from September to June, some performing in full-size playhouses, others in "pocket" theaters. The vibrant, French influence of Montréal's talent has spread, too, to points well outside the city. Le Théâtre des Prairies in Joliette, for example, La Marjolaine at Eastman in the Eastern Townships and even to Percé in the Gaspé Peninsula.

CONCERTS

Montréal's concert program finds outlet in the city's theater circuit almost the year round, from the Salle Wilfrid-Pelletier of Place des Arts to the Provincial Conservatory of Music.

FOLKLORE

A number of enterprising folk dance-and-song groups have also contributed to the city's cultural character. Perhaps the most widely known of these is the Feux-Follets dancers led by Michel Cartier.

ART ALFRESCO

Open-air art exhibitions are not uncommon during the summer, the leading one being the season-long showing presented by the City's Parks Department in Dominion Square.

DINING WITH ENTERTAINMENT

By night-spot standards Montréal is a gay and lively place. The straight-and-simple cocktail lounge, the cocktail lounge with orchestra and speciality spot, the nightclub with dancing and floorshow, the intimate French-type boîtes and bars – you have only to make your choice.

Those seeking something along the supper-club lines, should visit Salle Bonaventure at the Queen Elizabeth Hotel.

Here is a selection of dining establishments featuring entertainment:

Altitude 737 (I8)
Place Ville Marie.

Caf' Conc (I9)
Chateau Champlain Hotel.

Les Caves de l'Abbaye
(off map)
Holiday Inn.
6500 Côte de Liesse Road.

Chateau Madrid (F2)
368 Mont Royal E.

El Castillo (H7)
Holiday Inn Downtown,
420 Sherbrooke West.

L'Escapade (I9)
Chateau Champlain Hotel,
Place du Canada.

Le Vieux Rafiot (K8)
406 St. Sulpice.

Salle Bonaventure (I8)
Queen Elizabeth Hotel,
900 Dorchester Blvd. W.

Solmar (H5)
3699 St. Laurent Blvd.

Le Trianon (off map)
Skyline Hotel,
Cote de Liesse Road.

La Troika (G9)
2171 Crescent St.

A word about liquor laws: The sale of all alcoholic beverages in Montréal comes under the jurisdiction of the Québec Liquor Board. Canadian brands of beer or ale can be purchased from licensed groceries. Any alcoholic beverages for consumption on the spot may be sold by the glass or bottle in hotels, restaurants and clubs under certain conditions (taverns admit men only, many do not permit standing at the bar but "pubs" and "brasserie" serve men and women) within the prescribed hours. Beer or ale alone is served in taverns, open daily from 8 a.m. to midnight, except Sundays. It is forbidden to sell or serve liquors to persons under 18 years of age. Nightclubs close at 3 a.m. except Sunday when they close at midnight.

AMUSEMENT ALFRESCO

Belmont Park, 6 miles north of downtown Montréal, offers fun of the playland kind. Swings, scenic railway – all the fun of the fair is available with free picnic facilities, too.

La Ronde, located on St. Helen's Island is Montréal's equivalent of California's Disneyland and Copenhagen's Tivoli.

CINEMAS

Several good motion picture theaters offer a good selection in Montréal. Films from all corners of the world are shown here, the greater proportion being American, French and English.

Alexis Nihon Plaza (off map)
1500 Atwater St.
(3 cinemas)

Avenue (off map)
1224 Greene Avenue.

l'Elysee (French) (H5)
35 Milton St. W

Cinema Festival (K4)
1206 St. Catherine St. E.

Complexe Desjardins (I6)
180 St. Catherine W.
(4 cinemas)

Cinema Five (off map)
5560 Sherbrooke West.
(Repertoire)

Cinema Place Ville

Marie (I8)
Place Ville Marie.

Cinema de Paris (H8)
896 St. Catherine O.

Kent (off map)
6100 Sherbrooke St. W.

Le Parisien (French) (J6)
480 St. Catherine St. W
(5 cinemas)

Loew's (H8)

954 St. Catherine St. W.

Outremont (B4)

1248 Bernard West.
(Repertoire)

Palace (I7)

698 St. Catherine St. W.

Seville (off map)

2155 St. Catherine St. W.

Tipping

A service charge is not automatically added by Canadian hotels and restaurants. In hotels, the service standards determine the tip you leave. At restaurants, in addition to the 8% tax which is added to restaurant bills throughout the Province of Québec, it is customary to add 15% of the bill. These tips are normally left on the table.

Tip taxi drivers 25 cents for short rides and 15% of the fare for longer trips, also hotel bellhops and baggage porters 25 cents per bag. Tip barbers 25 cents for a haircut, and hairdressers 15% of the bill, hotel chambermaids \$1–\$2, and washroom attendants and shoeshine boys 25–35 cents. Theater ushers need not be tipped.

Shopping

Where to buy: St. Catherine Street (G10–17), Sherbrooke Street and adjoining Place Ville Marie (I8), form, together, the center of Montréal shopping. The underground part of the city, the largest of its kind in the world, is situated in this area. Miles of corridors lined with shops, boutiques, and banks offer all-weather comfort and a vast choice. Here you'll find many of Canada's larger department stores such as Eaton's (H8), Simpson's (H8), The Bay (I7) and Ogilvy's (H9). There are, in addition, a number of delightful speciality shops. Call in at Québec Handicraft Center (J5), Canadian Handicraft Guild on Peel Street (H8). Shopping or window-shopping is a winsome affair, too, along St. Hubert Street (off map), situated in the northern, more densely populated French quarter of the city.

What to buy: A wide choice of high-quality European goods – primarily English – await the discerning shopper. You'll also find to your liking treasures characteristically Canadian, ranging diversely from charming art handicrafts, unique Eskimo soapstone carvings, and French Canadian wood carvings, through the list to Canada's superb, inexpensive offerings in furs. A word about size and quality. If you're buying apparel, keep a careful eye on sizes, for the Continental and English size numbers differ vastly from the Canadian. And if you're buying Eskimo handicraft, look for goods stamped with the "Igloo" sign – an assurance of authenticity

Business hours

Offices: 8.30 or 9 a.m. to 4.30 or 5 p.m.

Banks: 10 a.m. to 3 p.m., Mondays through Fridays. (A few stay open until 5 or 6 p.m.)

Shops: Most stores are open from 9 or 9.30 a.m. to 5.30 or 6 p.m., Mondays through Saturdays, and until 9 p.m. Thursdays and Fridays. Some drug stores, candy and tobacco stores, and others, stay open much longer.

Transportation

The extensive metro (subway) and bus network connects not only the prime points of the metropolis, but many of the minor areas, too.

Taxis here are reasonable to hire. The initial charge, including the first 1/10 mile, is 70 cents. Each additional mile costs 70 cents, with waiting-time calculated at 10 cents a minute or \$7 per hour.

There are also guide-escorted bus tours ranging in duration from a few hours to a full day, while a number of taxi companies hire out cabs with licensed chauffeur-guides for \$10 an hour.

A good domestic air network, excellent long-distance bus services and two main national railroads – the Canadian National and the Canadian Pacific – facilitate explorations of Québec Province and the more distant regions of Canada.

MUCTC, 159 St. Antoine W., Montréal, also operates a rent-a-bus scheme – an ideal arrangement for study and educational groups, group pilgrimages, etc.

Alternatively, if you prefer to hire a car – contact your travel agent or any SAS office. Either can offer you, through the SAS Travel Planning Service, a wide selection of cars – self-drive or chauffeur-driven.

Sports

One of Canada's most active sports centers, Montréal offers a rich and varied program of sporting entertainment the year round. Among the many spectator sports are the attractions of professional ice hockey in winter, horse-racing in the summer, football in the fall and baseball, from spring to fall. For the participator, there are also abundant recreational opportunities – skiing, curling, tennis, golf, yachting, swimming, hunting and fishing, to name but a few. The following provides you with a snap-guide to venues and seasons.

Ice Hockey: National Hockey League matches are played from October through March at the Forum, home of one of the world's top hockey clubs: the celebrated Canadiens.

Football: From September to November every fall, there are matches at the Olympic Stadium.

Baseball: Almost any day during the season, April–October, you can watch baseball at the Olympic Stadium, with the “Expos”.

Horse-racing: Meetings are held at Blue Bonnets Park.

Golf: There are at least half a dozen good courses either in or neighboring Montréal City. Full details can be gleaned from Québec Golf Association, 3300 Cavendish, tel. 481-0471 or from the brochure provided free by the Department of Tourism of Québec.

Swimming: St. Helen’s Island Swimming Pool, Maisonneuve Sports Center, all offer excellent facilities, and there are several other good indoor and outdoor pools.

Tennis: Several open-air courts and a few covered ones are available. From May to October you may also hire a court at the Maisonneuve Sports Center or at Jeanne-Mance Park.

Skiing and Skating: Skaters will enjoy good rinks at the Olympic Stadium, Paul-Sauve Sports Center, Maisonneuve Park, and Beaver Lake in Mount Royal Park.

Mount Royal is also the rendezvous for tens of thousands of skiers from all over the Metropolitan area. In addition, for the get-away-from-the-city-sportsman and for the lover of real Christmas card scenery, there are the Laurentian Mountains (see Sights section under “Surrounding interest-points”). The snow season here fluctuates between mid-December and late March, with occasional extensions into April.

Fishing: For the fisherman, Montréal is the gateway to a vast and veritable sporting Shangri-la. Of the immense Province of Québec alone, more than 300,000,000 acres are still in their natural state and tens of thousands of lakes and rivers have never been fished by rod or reel. Excellent fishing waters provide plentiful large and smallmouth bass, striped bass, northern pike, grass pike, muskellunge, walleye, whitefish, Atlantic and landlocked salmon, sebago, ouananiche, rainbow, brown, grey, Québec red, lake, brook and sea trout and Arctic char.

Amongst the services offered by the SAS office in Montréal is that of an Outdoors Tour Consultant able to guide sportsmen to some of the most outstanding fishing areas.

Climate and clothing

Situated in the North Temperate Zone, Montréal caters climatically to all tastes. Summer in Montréal is usually warm and sunny with the Fahrenheit thermometer hovering around the 70’s. Correspondingly, spring is mild, fall cool, and winter cold, fluctuating between blue skies and falling snow

The average monthly temperatures are:

January	16°F (-9°C)	May	57°F (14°C)	September	60°F (16°C)
February	18°F (-8°C)	June	66°F (19°C)	October	49°F (9°C)
March	28°F (-2°C)	July	72°F (22°C)	November	36°F (2°C)
April	43°F (6°C)	August	69°F (21°C)	December	21°F (-6°C)

Visitors to Montréal should clothe themselves in light overcoats or raincoats in spring and autumn, and heavier clothing and overshoes in the winter. Dry cleaning and laundry facilities are both plentiful and efficient. You can obtain such services through your hotel porter or the local newspaper.

Religious edifices

Anglican: Christ Church Cathedral, 635 St. Catherine St. W.

Baptist: First Baptist Church, 6215 Côte St. Luc Road.

Christian Scientist: First Church of Christ, Scientist, 1601 McGregor Avenue.

Greek Orthodox: Holy Trinity Church, 6 Sherbrooke St. W.

Jewish: Shar Hashomayim, 450 Kensington Ave., Westmount.

Lutheran: St. John’s Church, 3594 Jeanne-Mance St.

Presbyterian: First Presbyterian Church, corner Jeanne-Mance and Prince-Arthur Streets.

Roman Catholic: The Cathedral-Basilica of Mary Queen of the World (French-English), Dorchester Blvd. W.

Russian Orthodox: Cathedral of St. Peter and St. Paul, 1175 Champlain St.

United Church of Canada: Erskine and American United Church, corner of Sherbrooke St. W. and Ontario Avenue.

Public holidays

11 public holidays are celebrated on the Canadian calendar.

New Year’s Day	January 1
Good Friday	
Easter Monday*	
Sovereign’s Birthday	first Monday preceding May 25
St. John the Baptist’s Day	June 24
Dominion Day	July 1
Labor Day	first Monday in September
Thanksgiving Day	second Monday in October
Remembrance Day*	November 11
Christmas Day	December 25
Boxing Day	December 26

* The holidays marked thus are observed in part. On occasions when New Year’s Day, St. John the Baptist’s Day or Dominion Day fall on a Sunday, the following Monday is observed as a national holiday.

Edited by Mike Simon

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Ask SAS for a date!

The SAS International Events Service can supply you with comprehensive details of over 1,000 major events all over the world.

Our close cooperation with hundreds of organizations and fairs enables us to keep a world business, professional and cultural diary. We can even offer information about functions which will take place in five years' time!

Ask your nearest SAS office for more details.

Let SAS help you plan ahead.

