



MONTRÉALAIS

Volume 1 . Issue 1 . Summer 2019



\$18.99 CND





01

Editor's Letter

Written by Cassandra Luponio

03

Meet Our Team

Written by Cassandra Luponio

05

McGill University

Written by Arnaud Saludo

11

Grocery Stores

Written by Marcello Ruggeri

13

Shops in Montreal

Written by Marcello Ruggeri

15

St. Joseph's Oratory

Written by Arnaud Saludo





17

Getting Around Montreal

Written by Cassandra Luponio

21

La Rue St-Denis

Written by Brittany Horvath

23

Exploring Chinatown

Written by Brittany Horvath

26

Montreal Bike Festival

Written by Asma Abusheikha

27

Montreal Summer Festivals

Written by Asma Abusheikha

Table of Contents





Editor's Letter

Cassandra Luponio
Editor in Chief
Montrealais Magazine

Welcome to the Montréalais magazine! Everyone here at the Montréalais are so glad to have you as a part of our new family. We as a team pride ourselves on giving an authentic and real experience for those who live in the city, and for those who don't. We have a Fall, Winter, Spring, Summer issue that we are hoping to send out rly. It can be difficult for anyone to navigate around the streets of Montreal, it's also hard to find fun and new things to see and do.

The Montréalais is sent out as a useful guide for the more interesting and fun experiences of Montreal, whether it be hot or cold. We found that sometimes it can be hard to find new things to do around the city and felt like we could create something helpful for others. As an international magazine, this is meant for any and every one who might need it. Learn about the cool museums, clubs, restaurants, stores and events that our city offers.

Our team has also taken the time to make the travel easier for you by showing you the best ways to get around. As the people local to Montreal we completely understand that trying to navigate the city can be difficult. There is a lot of construction and detours, and we want

to create a stress free plan for all of our readers. We give you all the best ways to get around the city, the different bus/train routes and which highways to take when driving/ubering.

You'll know all the hot spots to go and eat and have a good night with friends. The best places to shop around downtown to get anything you need. We will tell you when Montreal has it's amazing events like the Jazz Festival. You also get the rundown of all the best scenes, like the Montreal Museum of Fine Arts and the beauty of Saint Joseph's Oratory. We are here to give you the most incredible experience of montreal you can get by showing you this amazing city from our point of view.

01



Sea to Sea

Travel Agency

For a **FREE** booking visit our website!

www.seatosea.co

163 rue Evergreen, Montreal Qc



Caroline Selfors



Meet Our Team



Brittany Horvath

Production Director

Brittany has always loved to express herself in artistic ways ever since she was very young. She has always had a love for fashion, painting, design and music, as she studied visual arts and design all throughout high school, which contributed to her creative interest and skills. Once she entered college, she decided to study graphic design, a field that combined both her love for technology, and more importantly, for creativity.



Arnaud Saludo

Photographer

Arnaud Saludo has been through a lot of tough times in his life and come out on top. He takes this art form that is graphic and web design very seriously and practices in a regular basis. Arnaud never lost hope that one day that he would find his place in this wonderful country full different cultures and people. Eventually, he found the right friends that showed him the ropes of how to live and survive in this big wonderful multi-cultural country of Canada.





Marcello Ruggerim

Copy Editor

My name is Marcello Ruggeri and I'm 26 years old. I was born and raised in Montreal, Canada. I am now attending John Abbott College in Graphic and Web Design. My favorite courses are; Graphic Design, Web Design and Photoshop. I am really enjoying using the InDesign, Dreamweaver and Photoshop programs. I have learned quite a lot through my first two years in Graphic and Web Design.



Asma Abusheikha

Art Director

My Name is Asma, I am 28 years old, a photographer and Graphic designer. The photography approach to the work I create is very much simplistic but also cinematically inspired. I love what I do, I adore the creative process, it is addictive and can give never ending possibilities. be thrilled to hear from you reading a photography project.

Cassandra Luponio

Editor in Chief

Cassandra Luponio is a writer who likes history and politics. She enjoys writing about how history tends to repeat itself and why the world should be more careful. When writing stories, Cassandra likes to entice the reader by bringing a harsh reality into the light. She enjoys traveling around the world, learning new things and meeting new people.





McGill University

A Montreal Landmark

Written by Arnaud Saludo

Founded in 1821 thanks to a donation by a fur merchant named James McGill, McGill University is the oldest university among the four universities in the city of Montreal. The main campus of the university is covered in green landscape at the foot of Mount Royal.

On the north of McGill College Avenue, we will find two huge building which are for Chemistry and Physics. The chemistry building was founded in 1896 and the physics building in 1893. A little way down the road we will find the MacDonald Engineering Building which is a great example of the Neo Baroque English style.

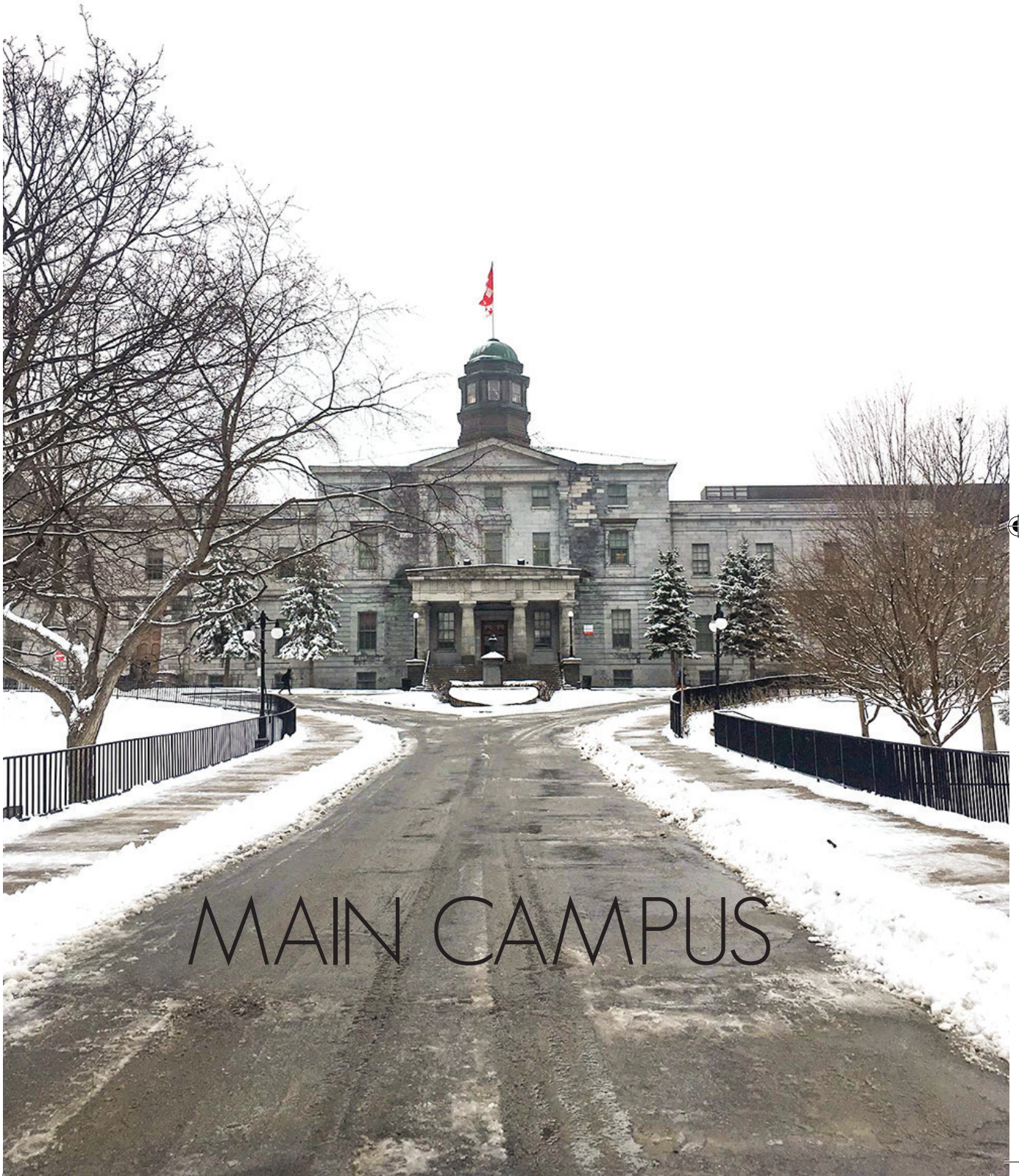
Not far away from there, we can find McGill's oldest building, the Arts Building, which is founded in 1839. McGill also have a theater named Moyse Hall. A beautifully built all the way from 1926. By visiting the campus, we can also see the Redpath Library.

Old gargoyle statues and columns can also be found in this place which is an example of one the most sophisticated Neo Roman style of Canada. To shed light to the most popular university of Canada, I interviewed a McGill student who has been attending the school for three years now. She is studying to become an elementary school teacher and her name is Anna Saludo.



05





MAIN CAMPUS





MAIN ENTRANCE



What made you go to McGill in the first place?

"I had heard that the school has a very good reputation, it is located close to my home and the school had my program of choice (K/Elementary Education French Immersion). In fact, when I was choosing schools for my University application, the distance from my house was a big factor as I would have to use public transportation. Now, it only takes me about 45 minutes to an hour to get to class (including doing the climb up the hill on Peel street)."

Is McGill University worth the visit for student hopefuls?

"Yes, definitely! Not only does the school have a wide range of programs to choose from, it also has beautiful buildings. And with the renovations on McTavish Street, there is now a nice pathway to walk up the hill, where the view of the scenery is quite extraordinary."

Why should other people choose McGill University?

"Located in a bilingual city, McGill University has a great student body. Many students from around the world come to study here. In fact, the tuition fees are reasonable and the accommodations are within walking distance of the school. Thus, creating a diverse community that has positive results such as discovering cultural insights. By choosing McGill, you will also be exposed to the university's many international networks. Depending of your program of choice, this can be very beneficial for the beginning of your career. Moreover, the school has numerous services to provide for all the students' needs, including dental and medical insurance."





Can you please describe the life inside the campus from when you just started and now?

"When I first started, life inside the campus was an exploratory experience. I discovered the various fun activities that they offer each week as well as the shortcuts/secret passages when going from one building into another without going out in the cold during Winter.

Now that I am almost graduating (only one year left), I feel as though I am very comfortable in the school and have made many important friends. I know most of the buildings in the school and I am able to give tourists directions when needed. Moreover, while I still enjoy the activities offered, I am more focused in my studies.

In fact, the library has become my comfort place and usual meet up place with my friends. A recurring joke amongst my friends is having the possibility of booking a room at the library online, as most of them are always taken. Furthermore, the many stages I have experiences have given me a better view of my career and all that it entails. These past years have definitely help mold my personal and professional development."

Describe McGill's buildings and why are they worth the visit?

"McGill University has beautiful architecture and landscaping. While most of the buildings are old, it has history and is still stylish nowadays. All of the buildings are definitely worth the visit as you can learn about each by the plaques around campuses and from the tour guides as well. As a matter of fact, these ancient buildings are the foundation of the school and shows the world the school's culture and history."

Is the school gift shop worth the visit for people that wants to buy McGill merchandise?

"Yes, for sure!" The McGill bookstore features many various items of clothing such as hoodies, jogging pants, t-shirts, varsity jacket and more. All of them also come in various sizes and colors. You can mix and match however you please! More than that, the bookstore also sells backpacks, stationary tools (pencils, agenda, etc.), McGill symbol patch, candies and more. The bookstore always updates its inventory and now they even include graphic t-shirts, socks and pencil cases based on movies. In fact, I have seen their Harry Potter line of t-shirt and socks, and all of them are a must have! Visitors and tourists will definitely find something that will suite their interests."

Would you say McGill is a must visit from in and out of town or both?

"Both, as tourists and locals can appreciate its beauty and community. In fact, I have seen many tourists exploring as I was on my way to class, just like I have seen locals biking/jogging around the school to get a good exercise. If you live in Montreal or just passing through, you do not want to miss walking around the newly renovated areas and taking pictures with the amazing views from the top of McTavish street.

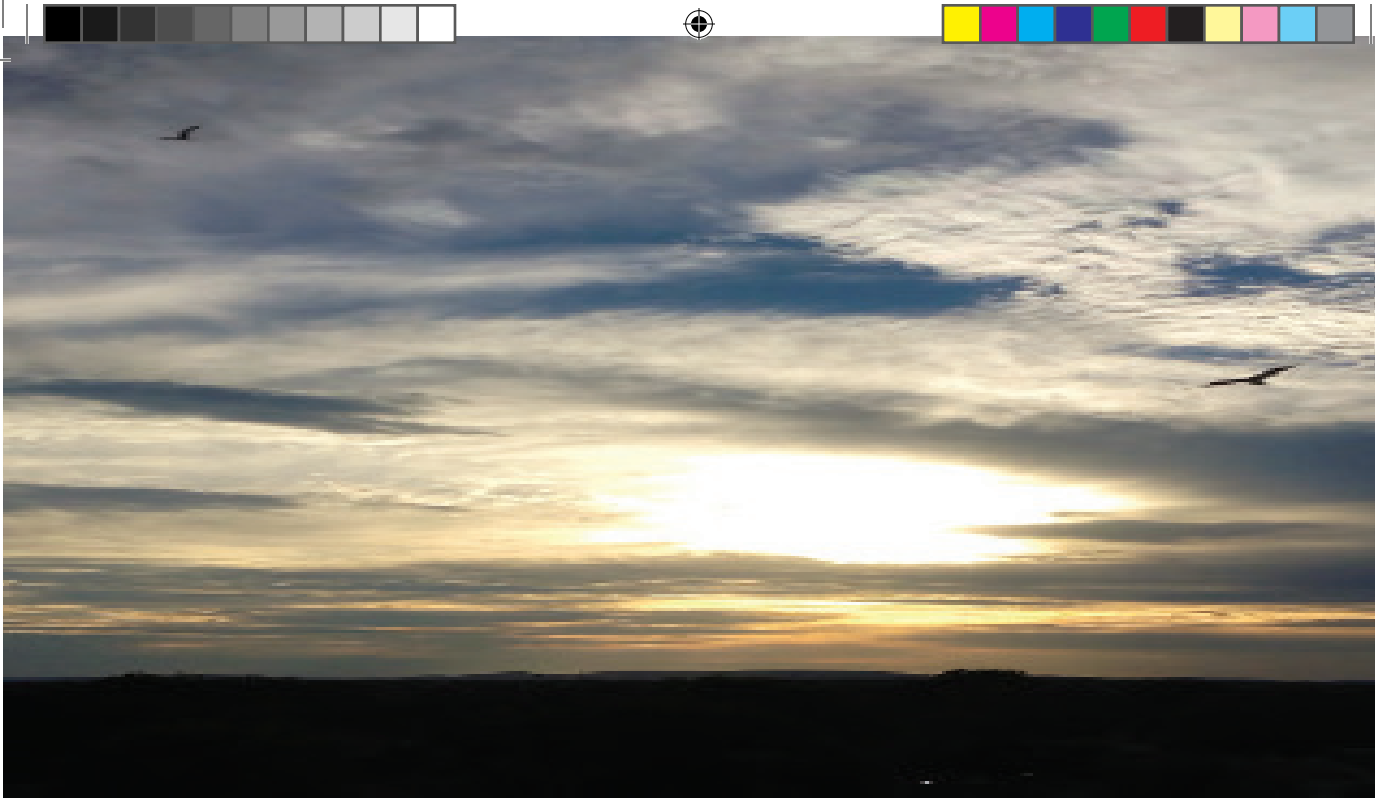
Finally, McGill University has a lot more to offer than a great education. It has a great reputation from all around the world and for this a lot of people would love to study here. McGill has very extensive history within the city and country. Just the buildings itself are totally worth the visit and are prime examples of great architecture. So, come on and visit McGill University whenever you are in the city of Montreal."





MUSEUM





Montreal Resident on “Why Grocery Stores in Montreal Have the Best Variety of Products for Everyone”

Written by Marcello Ruggeri

When you're shopping at grocery stores you usually search for the product that you desire or need but sometimes you have trouble finding that particular product. However, whether you're a tourist, someone just moving into the city or a local resident, most of the grocery stores in Montreal are very good for helping you find the product that you're looking for. We have conducted an interview with a grocery shopper named Raffi who is 37 years old. He was born in Lebanon, but because of the genocide he moved to Canada in Montreal with his family in the 1980's.

Raffi, why did your family choose Montreal?

Raffi: “We chose Montreal, because it was a city full of history and wonderful people. It's a city full of people with different nationalities and culture.”

Do you think Montreal is the best city in Canada for tourists?

Raffi: “Absolutely! When we first moved here, my mother and I felt kind of lost after leaving our country, but to be honest it took about one week to really feel at home in Montreal. Everything is easy to find and to get around the city. Also, the people that live in Montreal are amazing to be around with and really helped us out when we got



here. Even today, for my cousins who are travelling from Lebanon to here really have an easy time getting around the city and enjoy discovering the great activities Montreal has to offer.”

How's your grocery shopping in this city?

Raffi: “It’s delightful, my mom and I always enjoyed doing grocery shopping together when I was younger. We always found a variety of food products that were from Lebanon and today is even better for me when I do grocery shopping with my wife and two sons.”

Which grocery stores would you recommend for someone who just moved here from another country or for a tourist visiting Montreal for the first time?

Raffi: “There are three that really stand out, but for me and especially my mother it would be the grocery store called Adonis. Adonis offers a lot of unique products from different countries and especially from

Lebanon. I usually shop there every week with my wife and kids and we always find the right food products for us. Maxi would be the other great grocery store, that is very easy to find the product that you’re looking for and especially for tourists and people just moving into the city for the first time. Lastly, for me the best value and the most diverse products would be Euro-Marche. This grocery store offers a lot of products for different nationalities and cultures. They have a variety of food products from Italy, Greece and other different countries around the world.”

Thank you, for this interview.

Raffi: “It’s my pleasure. It’s always a pleasure to talk about this wonderful city.”

Raffi explained a lot on why Montreal is the best city to do grocery shopping for either the person just moving here, tourists, or for someone already living in this great city.

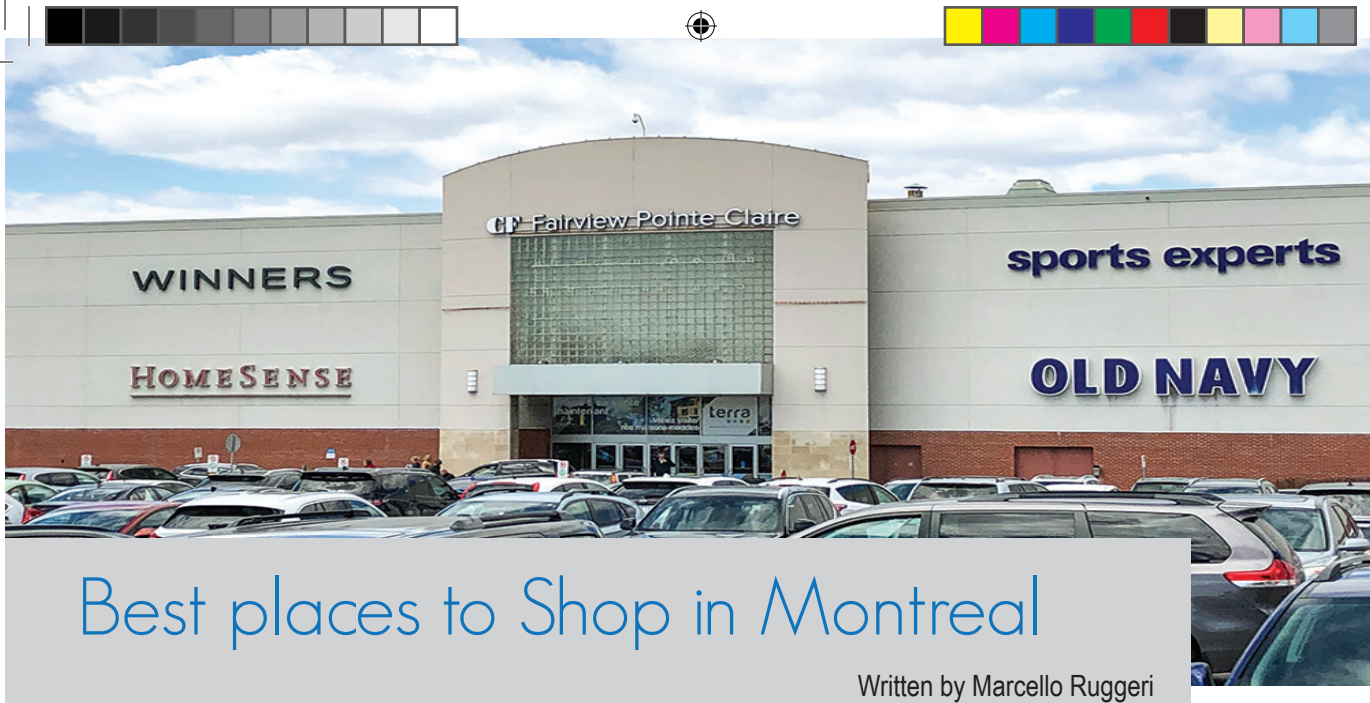


NOW OPEN

This is a new burger restaurant that has now opened. We offer many burger options and we also make them professionally. Here at X-Burgers we make burgers to your liking and you can choose from a variety of them. We even offer a new service of delivering burgers to you. X-Burgers offer burgers new and original flavors compared to other restaurants in Montreal.

514-710-1192
3839 Boul Saint-Jean
Dollard-des-Ormeaux, QC
H9G 1X2





Best places to Shop in Montreal

Written by Marcello Ruggeri

Montreal has some of the best shopping malls in Canada, because the city attracts top designers to display their latest fashions and trends. Cadillac Fairview in Pointe-Claire, has always been the go-to shopping mall for West Island residents but it's now becoming the shopping mall for the city of Montreal. Fairview has a variety of stores for all ethnicities and genders, from clothing, appliances, home furniture, restaurants, etc.

Fairview Pointe-Claire shopping centre is the biggest attraction in the city of Point-Claire. Fairview is the ultimate shopping destination in the West Island with well over 200 stores, boutiques and restaurants. The shopping mall does have competition from Montreal's Carrefour Laval shopping mall. Carrefour Laval is the best shopping centre on the North Shore of Montreal. It's well known for its trendy retailers, fashion brands, and its beautiful garden. Carrefour Laval offers stores for everyone.

Fairview Pointe-Claire and Carrefour Laval have well known and successful stores for clothing and fashion, such as; Michael Kors, H & M and Zara. Michael Kors is an award-winning designer of luxury accessories and clothing fashions. The company produces products such as; accessories, foot wear, men and women clothing, watches, jewellery and fragrance products. Michael Kors is the premiere fashion store for anyone visiting Fairview. The store offers handbags for women such as; Satchel, Tote, Crossbody, Backpack and Shoulder Bags. Also, women looking for dresses, they offer dresses such as; Little White Dresses, Party Dresses and Printed & Embellished

Dresses. H & M offers the best clothing products in Montreal. You can find the latest seasonal fashions for the lowest prices for men, women, and children. Zara is the place for the latest fashion trends for women, men, and children clothing and accessories. La Baie is the premiere department store focusing on high fashion merchandise in accessories, apparel and soft home products. You can find the best seasonal products in fashion, footwear, jewellery, fragrance and accessories for everyone when you shop at La Baie at Fairview and Carrefour Laval. The most popular brands for men at La Baie are; Calvin Klein, Adidas, and Hudson's Bay clothing items. Best Buy is the go-to store for shoppers looking for the best in electronics.

The lowest price guarantee on computers, TVs, laptops, video games and appliances. If you are shopping for sporting goods and athletic wear then Sports Experts is for you. Sports Experts offers a variety of sports clothing, shoes, and equipment for all four seasons during the year. Whether you're looking for fall/winter sports sweaters and equipment or spring/summer running shoes and t-shirts, Sports Experts is the place to shop. Fairview Pointe-Claire is getting a huge expansion. Cadillac Fairview and Ivanhoe Cambridge, co-owners of Fairview are planning to open a big Simon's store on the second and third floor where Sears used to be located. The food court will also be expanded on the first floor. The plan to renovate should be completed by the year 2020 without disruption to shoppers. The renovations will also come with new lighting, flooring and a new shopping experience for everyone that shops to the already terrific shopping centre. Also, the REM light-rail metro is coming which will be passing through the



West Island with two stops in Pointe-Claire, as well as the one on the site of the shopping mall. The Special Planning Program is aiming to increase the residential population in the area of the Pointe-Claire city centre. Cadillac Fairview also partnered with Ivanhoe Cambridge on a project on the empty land around Fairview. The project will be a mix of condos and town homes. The Fairview shopping mall and its surrounding area will soon be known as the “downtown” of the West Island. With over 200 stores and the addition of Simons will guarantee to shoppers and tourists that Fairview Pointe-Claire will be the best shopping centre in Montreal. With the inclusion of the best-



in-class retailers such as; Zara, La Baie, Michael Kors, H & M and Sports Experts. Carrefour Laval is Quebec’s largest mall for a single floor shopping centre. The mall has three stores that anchor such as; La Baie, Simons and Rona. A variety of other stores, boutiques and restaurants are situated in the mall.

Carrefour Laval is well known for being represented for international retail chains looking to expand in Montreal. It’s one of the best performing shopping centres in the province of Quebec in sales per square foot. The most recommended stores for all shoppers at Carrefour Laval are; Aldo, Browns, Forever 21 and Jack and Jones. Aldo creates desirable footwear, having commitment to giving back to society and believes that a great company can have a positive

impact. Browns offers the latest designer shoes, boots, sandals for men, women and children. Whether you are shopping for running shoes for the spring time, boots for the winter or looking for sandals for the summer, Browns provides the best shoes for you. Browns has great and well-known brands such as;

The Wishbone Collection, Mimosa, B2, Browns Couture, etc. Also, well know designer brands such as; Michael Kors, Lacoste, Converse, Stuart Weitzman, Marc Jacobs, Jeffery Campbell and more. Forever 21 sells the hottest and latest trends and best deals in clothing. Shop the latest in accessories, tops, tees, outerwear, dresses, leggings and more. Find Jack & Jones for the latest and seasonal clothing trends, summer styles and the best brands all at the great prices you can’t find anywhere else today.

Fairview Pointe-Claire and Carrefour Laval offer the most diverse and varied stores than any other shopping mall in all of Montreal. Most of the stores sell products for either tourists or local residents in Montreal and offers a variety of products from the seasonal trends either in fashion or clothing. If you are you are touring in the beautiful city of Montreal, you can’t go wrong with either Fairview Point-Claire or Carrefour Laval.






ST. JOSEPH ORATORY

MORE THAN A CHURCH

Written by Arnaud Saludo



“I am nothing. Only a tool in the hands of providence; a lowly instrument at the service of St. Joseph”

-St. Andre Bessette

One of Montreal's most iconic landmarks is Saint Joseph Oratory. Located on Queen-Mary Road near Côte-des-Neiges, you can see the distinctive dome of the oratory from far away if you are around the city. The oratory being located in a small mountain, it is very accessible for people. There is a bus stop near it for the people that are coming by public transportation. If you do not feel like taking the lengthy stairs up to the oratory, you can take the shuttle that takes you all the way to the top. Saint-Joseph Oratory is also very accessible even for disabled people and there are wheel chair ramps everywhere for people that may need it. The church is always open for people visit but the basilica on top is only open on certain hours. Three different gift shops are also available for its visitors. There is the main gift shop which is open Monday to Saturday 8:30a.m. to 6p.m. and 8a.m. to 7p.m. on Sundays. The mezzanine gift shop

is open every day from 9a.m. to 5p.m. And the Oratory gift shop is open every day 10am to 4:30p.m. All of these gift shops have unique items to offer from rosaries, small religious models, post cards to key chains that can only be found in these gift shops. If you get hungry while visiting this huge place of worship and tourist site, there is a coffee shop available. The coffee shop offers different kinds of foods, from breakfast, sandwich, paninis, salads, snacks and even desserts for your sweet tooth. Daily specials are also available. Different drinks such as soda, juice, water, tea and of course coffee are also available at the coffee shop..

15



A Statue of St. Joseph with the baby Jesus



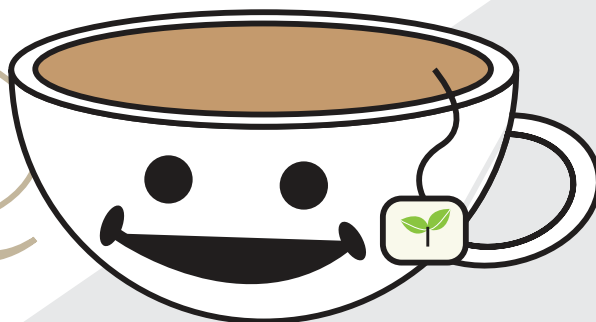
Stairs leading up to the top of the Oratory



A view from the top of the Oratory



THÉHOUSE



NOW IN POINTE CLAIRE





Getting Around Montreal

Written by Cassandra Luponio

There are so many places to go see and visit when in Montreal. With this fact, you also need to know how to get around the area. Multiple forms of transportation can be useful to navigate our busy city. The transportation that is most commonly used to get into the downtown area are driving and public transit.

People travel downtown with either their own vehicle/taxi/uber or with public transport, depending on what time of day they are going. If heading to the downtown area outside of any rush hour times, taking your own car can be the most convenient. Cutting down the time it takes to get to your destination, because you don't need to go between buses and the metro.

On the other end if you are heading into the area during any rush hour times, it will take less time with public transit. When the downtown traffic hits, the extra time it takes to get on and off transit becomes minimal. We got a little insight from one of our reader's who has had the experience with both forms of transportation. He is constantly travelling to downtown, whether it be for school or leisure. Here is a quick look into our conversation;

Have you had the experience of taking a car or public transit downtown?

"Both actually. It really differs for me, if I get the chance though I prefer to take my car."

What dictates the use of a car or public transit for you?

"The time. Usually when I am heading to school I will always use public transit. I'm usually heading to class in the early morning rush and taking a car takes way too long. The only times I really take the chance to use my car is when I'm going out with friends. We make sure to set our plans for the odd times in the day because there isn't much traffic and we can get to our destination quickly."

Which form of transport is most convenient for you?

"As a student I would definitely say public transport. It does take a lot of time out of the day and you always have to leave early, but it's so much easier to get to class on time. It also takes the stress of finding parking out of my day. Although outside of being a student, taking a car is less of a hassle all together and definitely less expensive."

Heading downtown is not the only thing that you need to worry about. Getting around in the area is also something of concern for people visiting. This factor has a big dependence on what type of year you are visiting in. Travelling around the downtown area in the colder



months can be rough. Walking is definitely a choice but you will have to bundle up really well to withstand the freezing temperatures.

The safest and most convenient way to sight-see in the winter is with a car, or any enclosed vehicle. On the other end of the weather spectrum you have many more choices. Once again, you can walk. Exploring the streets of downtown in the beautiful sun with





the nice cool breeze. If you don't feel like doing a lot of walking you can easily rent a bixi bike.

There are places all over downtown with these bike stations where you can easily take out a bike and ride around the area. Doing this makes you feel so carefree. Taking a car can also be useful, but if you want the full experience, we would suggest walking or biking. It is incredible being outside in Montreal's warmer weather, you get a completely different feeling when you are in contact with the space surrounding you.

Being in the open also allows visitors an inside look on how the locals interact with their amazing city. We got in contact with a downtown frequenter who goes around downtown throughout the year. Here's what she had to say about it;

How often do you make a trip downtown?

"I'm in the downtown area on an almost daily basis. I work in the area so I have to be there for my shifts and instead of heading straight home or having my lunch break in the office, I enjoy looking around. It's a good way to clear my head and it's quite relaxing."

When you get a break how do you get around?

"Most of the time I just walk around, it's more convenient and you can easily get through the narrow streets. Walking becomes a little more annoying when it's cold though. I always have to make sure I'm well prepared and wearing my warmest clothes. Even then though it can be really pretty to walk around in the snow with snowflakes falling around you. In the summer I also use the bixi bikes the city provides. There is a station close to my work and when I really just want some fresh air taking the bike is my favourite option."

Would you recommend walking/biking to people visiting?

"Yes absolutely! I find it to be a really amazing and grounding experience. The time I spend walking and biking around the area are some of my most cherished memories. It's also really fun to go around with friends. The whole day feels so free and happy, like there's nothing that could put a damper on my mood. I always prefer being outside to see the beauty of downtown than being in a car, even in the cold winter's we get."

Overall, there are so many ways to get around downtown. No matter what you choose though, you will not regret your decision. The beauty of this city makes up for any form of transportation you use to get to the area and travel through it.



Caffè della Nonna

Make a reservation today
by calling or visiting our website!

(514) 123-5813

www.caffedenonna.ca

location: 7803 Newman Boulevard
Lasalle Qc



CANADIAN C



Fri 7 - SUN 9

Photo: Unsplash.com

GRAND PRIX



JUNE 2019



St-Denis Street is home to some of Montreal's most unique places to visit, including many themed places to eat, drink and socialize. The street is located nearby the Plateau Mont-Royal, and a short walk from Sherbrooke and Mount-Royal metro stations.



Along St-Denis Street, you'll find unique shops, cafes, and bars, including one of the most magical places in Montreal. The Lockhart is a bar themed around the world-wide known books and movies of Harry Potter. Step inside this quaint bar with all its ambiance and food inspired by the beloved wizarding world. Try one of their many unique and tasty mixed drinks, along with some great food and desserts. The Lockhart bar also serves breakfast dishes during the daytime. The bar even

takes reservations, so you won't have any waiting to do if you plan on visiting during a peak time!

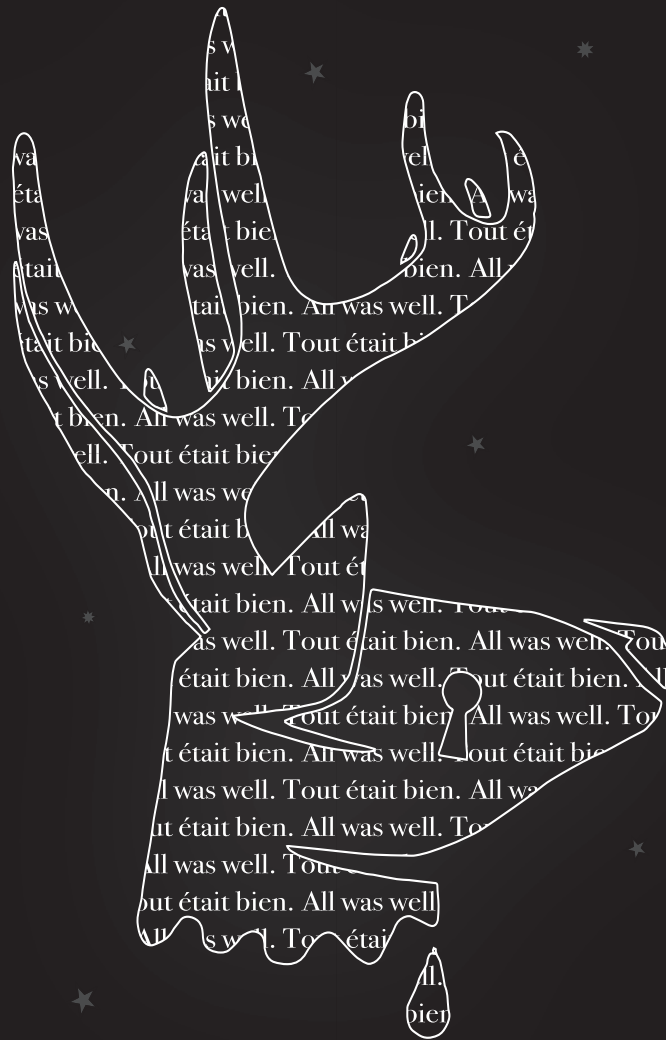
Nearby St-Denis Street there are also has many other themed places, including animal themed cafes such as Le Doggy Café, and Café Chat L'Heureux; where you can play with

animals while enjoying vegetarian/vegan friendly snacks and drinks. At Le Doggy Café, dog owners are welcome to bring along their furry companions into the cafe. Whereas at Café Chat L'Heureux, all the cats are permanent residents of the cafe, and have all come from local rescues. What's more, many of the cats are adoptable, which makes it a great place to relax while getting the opportunity to know all the adorable cats on a better level compared to going to a shelter!

Another bar a short walk away from St-Denis street is Candi Bar, located on Mont-Royal Avenue East. This bar is the perfect place for those who love anything sweet, and especially super sweet cocktails. All drinks at Candi Bar are inspired by popular candies, and are frothy slushy-like consistencies, and are garnished with sweets. The bar's atmosphere is fun, colourful, and all of its walls are full of interesting illustrations and designs.



With so many things to do on and around St-Denis Street, it is the perfect stop for those who are looking for unique and fun experiences while visiting Montreal!



Cocktail Bar

Lockhart MTL

3979 St Denis St, Montreal, QC | lockhartmtl.com



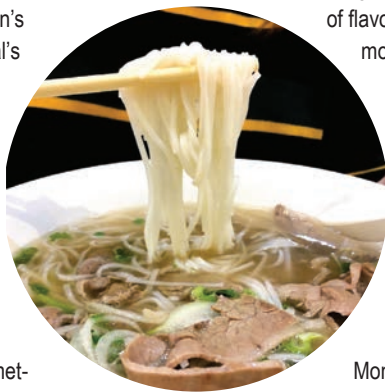


Exploring Chinatown

Written by Brittany Horvath

Montreal is a large and historic city of Canada, abundant in diversity. There are so many places to visit and explore in Montreal, and which many reflect on the city of Montreal's rich history. Chinatown is one of the many interesting places to visit, for both locals and visitors. Montreal's Chinatown is located in the heart of downtown, off De la Gauchetière Street. It is a short walk from Place D'armes, the metro station located in the Palais des Congrès; a building where many conventions are held throughout the year. The neighborhood of Chinatown contains many Asian restaurants, food markets, and convenience stores. It is also where many of Montreal's East Asian community centres are located, such as the Montreal Chinese Hospital and the Montreal Chinese Community and Cultural Center. The neighborhood became officially known as 'Chinatown' back in 1902, which then had consisted of several blocks in the center of De La Gauchetière Street, between Chenneville Street and Clark Street. Presently, Chinatown's sector is slated as a tourist area, by Montreal's city officials.

Nowadays, Chinatown is a hotspot for locals and tourists alike, due to the unique shops, and delicious foods to try. The shops found within the neighborhood offer unique products imported from countries of Asia that are not easy to find elsewhere in the city. These stores sell all kinds of products ranging from clothes, cosmetics, snacks and home goods, and all very affordable in pricing. You can also find many restaurants serving foods such as Cantonese seafood, dim sum restaurants, bubble tea, barbecue, Vietnamese Pho and bakeries.



Vietnamese Pho is one of the many popular foods to eat in Chinatown. There are several restaurants that serve it scattered throughout Chinatown. As soon as you are seated, you are given a hot complimentary pot of Jasmine tea, which goes very well with any of the food you may try. The food itself is a delicious hot bowl of soup, made with rice noodles, meat, and veggies; with several choices for different cuts and types of meat. You are also typically given a plate of mint, bean sprouts and lime, so that you may garnish your bowl to

your taste! There are also several appetizers and drinks you can try, including beers and imperial rolls. Not only is the food delicious, but it is very budget-friendly. One "small" bowl (which is generously sized) will cost less than ten dollars! A bowl of Vietnamese Pho is great for any time of year, but it is especially nice in the winter and spring time when Montreal's weather is at its coldest. Any visitor of Chinatown should definitely stop by a Pho restaurant to try some amazing Vietnamese cuisine.

Another great food that you can find in Chinatown is the bubble tea, a tea-based drink invented in Tainan in the 1980s, which over the years has grown in popularity all over the world. Bubble tea is a refreshing and frothy drink made with iced tea, flavorings (usually fruit flavors), sweetened milk and pearls made from tapioca. Some bubble tea shops are very customizable, where you can pick your base, flavors, and toppings to your taste. Either way, there are so many varieties of flavors of bubble tea, ranging from sweet and fruity, to more tea-like flavors such as Matcha. Bubble tea is something that can fit into any budget, as a regular sized bubble tea will cost less than five dollars, and it can be a both a drink and desert in one due to its filling and sweet qualities. After a long and hot day, grabbing a bubble tea is a perfect way to help you cool off and feel refreshed. A variety of bubble tea shops can be found all over Chinatown, so why not try as many flavors as you can!

Montreal's Chinatown is also home to several bakeries. These bakeries are a great stop for anyone with a sweet tooth or a savory one, as they serve fresh baked goods from pork buns to cakes! Everything is made fresh daily, and are absolutely delicious! Simply walk in, grab a tray and pick out anything you'd like.

Overall, Chinatown in Montreal is home to many different kinds of delicious and interesting foods. You will find foods accommodating to all kinds of tastes, appetites, and budgets. Whether you are a resident of Montreal, or just visiting, Chinatown should always be a first choice when you are craving some Asian cuisine.





Interviewing A Visitor

Q: Why are you visiting Chinatown today?

A: "I came here today just to eat, really. I went to the dumpling restaurant on this block. The food is always so good."

Q: What is your favorite thing about Chinatown?

A: "Well, definitely the food! I love all the choices of Asian cuisine, but most of the time I come for dumplings or some Phở. The bubble tea is also really good, I normally buy one for a dessert."

Q: What sort of thing would you like to see added to Chinatown?

A: "I would say a cafe, that would be nice. I don't think there are any around. I really love trying different teas and the bakeries only serve bubble teas and it would be nice to be able to get a coffee or regular tea with a dessert sometimes."

No waste. No chemicals. No animal testing. Just natural beauty.

Lovely

Be natural. Feel Beautiful.





Enjoy our roaster's craft and the full-bodied espresso blend in every cup of coffee we make.

www.espressocafe.com





Go Bike Montréal Festival

Enjoying the city on two wheels

Written by Asma Abusheikha

Getting together, having fun, creating memories – that’s what it’s all about! The popular events of Go Bike Montréal Festival are a wonderful opportunity to bike stress-free with family and friends along an untimed route, in the company of thousands of other two-wheel enthusiasts. Like riding a bike, this Festival just comes naturally!

Over 25,000 cyclists took over Montreal’s streets and neighbourhoods for the Go Bike Montreal Festival (May 27 – June 3), and it was a thrill to be one of them.

As a weekend leisure biker, whose kids speed by me within minutes of a family ride, I was apprehensive about doing a cycling tour, imagining hard-core-calves-of-steel bikers and myself huffing and puffing way behind. I needn’t have worried. It turned out the festival had everything to do with having fun on two wheels and was more of a celebration than a race.



History of the Montréal Bike Fest

Kickstarting the festival season, the Féria du vélo de Montréal (Montréal Bike Fest) derives its name from the Feria del Toro (Running of the Bulls) held in Spain and Southern France, a popular festival that fills the streets with an atmosphere of music and sun. Launched in 1999, the Montréal Bike Fest annually heralds the arrival of summer, while thousands of cyclists happily invade the city streets.

The Montréal Bike Fest comprises four main events:

The Tour de l’Île de Montréal was first held in 1985. This famous bike ride has played a major role in the growth of cycling throughout Québec, in addition to positioning Montréal favourably on the international

scene as a North American biking capital — according to several articles over the past few years in prestigious publications like the National Geographic Travel Guide and Time Magazine.

The year 1999 marked the launch of the nocturnal version of the Tour de l’Île de Montréal: the luminous Un Tour la Nuit. At the time, the event could not logistically accommodate more than 3,000 participants. This number rose to 6,000 in 2004 and 17,000 in 2012. And the trend followed by many participants to create a personalized look — decorated helmet, clothing, lighting and bike — makes this event more in keeping than ever with Montréal’s traditional night life and fun.

First known under the name Jour V (2000-2002), Operation Bike-to-Work began extending its activities year-round in 2003. Since then, it has had a significant impact on individuals and companies in terms of choosing the bicycle as a daily mode of transportation that is healthy, ecological and economical.

Inaugurated in 2002, the Metropolitan Challenge has attracted a growing number of avid bikers — they numbered 4,000 in 2012 — keen to pedal extra kilometres — from 75 to 150 km — and enjoy the region’s diverse panoramic landscapes.



26





Montreal Summer Festivals & Events

Written by Asma Abusheikha

Summertime is festival time in Montreal. Each year, the city's summer calendar is crammed with a dizzying array of festivals and events.

Whether you want to cheer with the biggest bands on earth, watch the world's greatest tennis players, or laugh it up at the best comedy festival anywhere, bring your shades and get ready for a party.

Thursday, June 27 and ends on Saturday, July 6

MONTREAL JAZZ FESTIVAL

www.montrealjazzfest.com

Montreal festivals in May

The month of May technically falls in the category of spring, but for Montreal it's a sense-stimulating, digitally-driven summer teaser.

ELEKTRA is a digital arts festival showcasing new creations in electronic music, video, cinema, performance, design, gaming, and interactive installation, and a definite must-see.

Dates: Jun. 11 – Jun. 16, 2019

Chromatic offers eight days of creative arts, ranging from visual to digital and performance to interactive, high atop the iconic Mount Royal.

Dates: May. 10 – May 17, 2019

Don't miss the overlapping multi-sensory MUTEK festival, an ode to the artists and innovators in electronic music, digital creativity, technology, and live performance.

Dates: May 2, 2019 – May 5, 2019

Then, later in the month, the Festival TransAmériques lights up the city with compelling new works in contemporary dance and theater.



Montreal festivals in June

Want to brush up your French? In mid-June, Les FrancoFolies de Montreal celebrates French-language music from around the globe, with 180 free outdoor performances of pop, rock, blues, jazz, and world music.

Not long after, we paint the town red – and plenty of other colours too during MURAL Festival, devoted to showcasing the sublime world of urban art and graffiti in Montreal's happening Plateau neighbourhood.

Dates: June 06, 2019 – June 16, 2019

Proving it's a cosmopolitan city with A-list pull, every June Montreal welcomes the Formula 1 Grand Prix du Canada, the only race of its kind in North America. Superfast cars and star-studded parties power this glitzy weekend.

Date: June 9, 2019

Swinging in at the end of June is the incomparable Montreal International Jazz Festival. Officially crowned the biggest jazz fest in the



world, this granddaddy of festivals is all about musicians playing and people swaying in the Quartier des Spectacles downtown.
 Dates: Jun. 27, 2019 –Jul. 6, 2019

Montreal festivals in July

The sun-kissed vibes of Africa arrive in Montreal in early July, with the Festival International Nuits d'Afrique. The event welcomes traditional and ground-breaking musicians from Africa, the Caribbean, and Latin America as well as local talent.

If you get your kicks from comedy, Montreal's legendary Just for Laughs has been a springboard for some of the craft's biggest names who, come July, fill comedy venues, downtown theatres, and nightclubs.
 Dates: July 10 - July 29 2019

July also marks the start of the colour-popping pyrotechnics of the International des feux Loto-Québec, a fireworks competition that promises sky-high dazzle.
 Dates: Jun. 29 –Jul. 27, 2019

Are you a culture-vulture? The world-famous Fantasia film festival wows with rarities and much-anticipated features in fantasy, horror, science fiction, and more, from mid-July to early August.
 Dates: Jul. 11 - Aug. 1, 2019

ZooFest is relatively new to Montreal's festival scene, but it has proven to be a hit with its line-up of stand-up, sketch comedy, burlesque, and general zaniness.
 Dates: Jul. 12 – Jul. 13, 2019

Circus artists from the Americas and Europe flaunt their creativity and flexibility during Montréal Complètement Cirque.
 Dates: Jul. 04 – 11, 2019

Montreal Festivals in August

ÎleSoniq, which kicks off in mid-August, brings a sizzling line-up of new electronic dance and urban music to the city.
 Date: August 9, 2019

And proving that every weekend is another opportunity to party, Piknic Électronik satisfies electronic music cravings with top DJs and producers every Sunday at Parc Jean-Drapeau all throughout the summer.

The LGBT community shares their spirit during Montreal's much-loved mid-August Pride events, including the exuberant and colourful Pride Parade, which caps off a week of community and cultural events.

Around the same time, fans of symphony music are given a veritable tympanic treat when the Montreal Symphony Orchestra showcases its Classical Spree.

If you're into electronic, hip hop or indie music, Montreal's got you covered with MEG Montreal, which runs from late July to early August.

The epic Osheaga Music and Arts Festival, where big names and emerging artists in indie pop, rock, hip hop, and electronic music share the stage for three days straight on scenic Île Sainte-Hélène. In mid-July, Montreal's Uniprix Stadium welcomes the female superstars of tennis for the Rogers Cup tournament, where blistering serves, searing backhands, and killer smashes leave sports fans blown away and breathless.
 Dates: August. 3 - August. 11, 2019

Finally, the Montreal First Peoples Festival takes us back to the roots of Aboriginal cultures in Montreal, Canada and around the world, with concerts, film screenings, talks, and more from July through to August.
 Dates: August. 06, - August. 14, 2019

28





FIND YOUR INNER BEAST

BARBARIX

EST. GYM 2019



NOW IN DOWNTOWN MONTREAL



Photo By: Hipcravo