



MUSIQUE, SON ET NOUVELLES TECHNOLOGIES
MUSIC, SOUND AND NEW TECHNOLOGIES

IT'S A MUST!

Here is a list of our favourite venues; we recommend them in the hopes that they will add to the enjoyment of your stay. Venues preceded by an arrow and in **bold** are **HIGHLY RECOMMENDED** by the MUTEK team!

BARS & CAFÉS

↘ Laïka	4040 St-Laurent (corner Duluth)	842-8088
Bily Kun	354 Mont-Royal Est (just west of St-Denis)	845-5392
O Patro Vys	356 Mont-Royal Est (just west of St-Denis)	845-3855
Blizzarts	3956A St-Laurent	843-4860
Le Reservoir	9 Duluth Est	849-7779
Salla Rossa	4848 St-Laurent, 2 nd floor, over the Spanish Centre	844-4227
Casa Del Popolo	4873 St-Laurent	284-3804
Plan B	327 Mont-Royal Est	845-6060
Café Esperanza	5490 boul. St-Laurent (corner St-Viateur)	948-3303

RESTAURANTS

↘ M(!)STO	929 Mont-Royal Est (corner of Mentana)	526-5043	MUTEK's official restaurant \$\$
Au Pied de Cochon	536 rue Duluth Est (corner of Christophe-Colomb)	281-1116	\$\$\$
Puca Puca	5400 St-Laurent	272-8029	South American \$
Lele da Cuca	70 Marianne Est	849-6649	From Brazil and Mexico \$
Bagel Etc	4320 St-Laurent	845-9462	\$
Euro Deli	3619 St-Laurent	843-7853	\$
Byblos	1499 Laurier Est	523-9396	"Especially for breakfast and brunch..." \$ morning / \$\$diner
Patati-Patata	4177 St-Laurent	844-0216	burgers & veggy burgers \$
L'Express	3927 Saint-Denis	845-5333	French « bistro », kitchen closes late. \$\$
Le Chic Resto Pop Inc	1500 d'Orléans	521-4089	
Le Club Chasse et Pêche	423 St -Claude	861-1112	\$\$\$
Bu Restaurant	5245 St-Laurent (corner of Fairmount)	276-0249	\$\$



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Pullman	3424 avenue du Parc	288-7779	Very nice wine bar with great tapas. Great terrace and bio cuisine. The best vegan restaurant in Montreal! \$ Very good coffee and amazing croissants, paninis, and cakes in the old Montreal...\$ Real Mexican food (the only one!) Tremendous ice cream and sorbets. \$ You can find delicious salads and great paninis. Generous portions for about \$3. A cozy little restaurant run by the kindest Vietnamese couple in Montreal.
Santropol	3990 St-Urbain (corner of Duluth)	842-3110	
Aux Vivres	4631 St-Laurent	842-3479	
Olive & Gourmando	351 Saint-Paul (Old Montreal)	350-1083	
El Sombrero	500 Bélanger	272-0888	Tremendous ice cream and sorbets. \$ You can find delicious salads and great paninis. Generous portions for about \$3. A cozy little restaurant run by the kindest Vietnamese couple in Montreal.
Bilboquet	1311 Bernard	276-0414	
La Lippée	3981 St-Laurent	280-9663	
Tataki	61 Duluth Est	842-5580	
Prato	3891 St-Laurent	285-1616	The only pizza the truly tastes just like in Italy!

ENTERTAINMENT

Ex-Centris	3536 St-Laurent	847-2206	Parallel Cinema
La Galerie Clark	5455 de Gaspé	288-4972	
Quartier Éphémère	745 Ottawa	392-1554	Visual Art Centre
Cinéma du Parc	3536 St-Laurent	281-1900	
Cabaret Mado	1115 Ste-Catherine Est (corner of Amherst)	525-7566	Bar cabaret in the gay village
Agora de la Danse	840 Cherrier	525-1500	
Place des Arts	260 de Maisonneuve West	285-4200	
L'Academy	4445 St-Laurent		For "les mardis Dizzy" on Tuesdays and "les samedis House" on Saturday.
Old Montreal	Cobblestone, horse-drawn carriages, old greystone buildings... you're there! Very close to Chinatown.		

MUSIC SHOPPING

↘ Atom Heart	364B Sherbrooke Est	843-8484
↘ Moog Audio	3830 St Laurent	284-7434



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<p>↘ INBEAT Archambault Primitive Records</p>	<p>3814 St-Laurent 500 Ste-Catherine Est (corner Berri) 3828 St-Denis</p>	<p>499-2063 849-6201 845-6017</p>	<p>vintage rock, soundtracks, bizarro, funk. soul</p>
<p>Pick-Up L'Oblique</p>	<p>262 Mont-Royal Est 4333 Rivard (corner of Marianne)</p>	<p>849-9484 499-1323</p>	<p>vintage rock, electro, bizarro. indie rock, rock</p>

CLOTHES SHOPPING

<p>↘ Boutique U & I</p>	<p>3650 St-Laurent</p>	<p>844-8788</p>	
<p>↘ American Apparel</p>	<p>3523 St-Laurent 1651 Sainte-Catherine Ouest</p>	<p>286-0091 932-9922</p>	
<p>↘ Aritmetik</p>	<p>3688A St-Laurent (between Prince-Arthur and des Pins)</p>	<p>985-4130</p>	
<p>↘ Space FB</p>	<p>3632 St-Laurent</p>	<p>282-1991</p>	
<p>↘ Platô</p>	<p>1031 Mont-Royal Est</p>		
<p>↘ La Godasse</p>	<p>3686 St-Laurent</p>	<p>286-8900</p>	
<p>Les Cours Mont- Royal Les friperies</p>	<p>1455 Peel Mont-Royal street, West of St-Denis street</p>		<p>You'll find plenty of used clothing stores on this part of Mont-Royal street.</p>
<p>FIDEL</p>	<p>4340 St-Denis</p>	<p>845-6555</p>	
<p>Preloved</p>	<p>4832 St-Laurent</p>	<p>499-9898</p>	
<p>Surplus</p>	<p>5168 St-Laurent</p>	<p>948-5005</p>	
<p>Urban Outfitters</p>	<p>1250 Ste-Catherine West</p>	<p>874-0063</p>	
<p>Lululemon Athletica</p>	<p>1394 Greene</p>	<p>937-5151</p>	
<p>Lola & Emily</p>	<p>3475 St-Laurent</p>	<p>288-7598</p>	
<p>Body-Con</p>	<p>2075 St-Laurent</p>	<p>288-6444</p>	
<p>Le Village des valeurs</p>	<p>4906 Jean-Talon 2033 Pie-IX, corner of Ontario street</p>	<p>739-1962</p>	<p>"Inexpensive second-hand shopping but quite far away..."</p>
<p>Haus</p>	<p>372 Sherbrooke Est</p>	<p>281-1001</p>	<p>Many local brand names available.</p>



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OBJECTS / BOOKS / COMICS

Fichtre	436 de Bienville	844-9550
F 52	4826 Saint-Denis	286-0352
Papier Japonais	24 Fairmount (corner of St-Laurent)	276-6863
Librairie Gallimard	3700 boul. Saint-Laurent	499-2012
Librairie Olivieri (au MACM)	185 Sainte-Catherine West	847-6903

THE FULL POWER OF NATURE

Mount Royal, the Mountain		Spreading view over Montreal from top of the mountain. Ideal to come and relax down the mountain, near the gazebo, on Sunday.
Jean-Talon Market (outside) Parc Lafontaine	Jean-Talon Metro Station	Fresh fruits and vegetables. Huge park with pond.

RELAX / HEALTHY LIVING

📍 Moksha Yoga Montreal	3863 St-Laurent	The people say: "an oasis of calm"	288-3863
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FOOD SHOPPING

Jose Santos Delicatessen - La Vieille Europe	3855 St-Laurent	842-5773
Segal	4001 St-Laurent	845-4716
Tau	4238 St-Denis	843-4420
Fairmount Bagel	74 Fairmount West	272-0667
Milano Fruiterie	6862 St-Laurent	273-8558



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TRENDY HAIRDRESSING

Funky Toque	3688 St-Laurent	985-2999
Coupe Bizarre	3770 St-Laurent	843-3433
O Lab	4104 St-Denis	288-6522

KEY DETAILS

East vs. West. St. Laurent Blvd., also known as “The Main”, which runs North/South through Montreal, is the official dividing line between East and West.

North vs. South. Mount Royal (the mountain) is North of downtown; Old Montreal is South. Street numbers increase from South to North.

Old Montreal. Cobblestone, horse-drawn carriages, old greystone buildings... you’re there! Very close to Chinatown.

Tipping. Don’t forget. In bars and cafés, service is not included (usually 15% of the meal price before taxes). **Taxes.** A 7% Goods and Services Tax (GST) and 7.5% Provincial Sales Tax (PST) are applicable.