

# Tips for people in Montreal

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## Places to stay

- My collective: <https://macroscope.house/>
- Other people in the rationalist community: <https://www.facebook.com/groups/MontrealRationalistSharehouses/>
- Other collectives in Montreal: <https://www.facebook.com/groups/CollectifsDeMontreal/>

- Other: [AirBnB](#), [Kijiji](#), [Craiglist](#)
- Price history of apartments: <https://monloyer.quebec/>

## Local groups

Here's a list of local groups I participate to: <https://mاتيroy.com/communities.html>. If you're interested in giving a presentation to one of them please let me know. Let me know if you want to be added to the Facebook Messenger conversation "Rationalists in Montreal".

**Other groups:** There's also many other events on [Meetup](#) and [Facebook](#).

## Transport

Metro closes during the night.

There are buses 24 hours a day.

There are Ubers, taxis, [Teos](#).

There are public bikes, called [Bixis](#).

### **Car rental**

Communauto, for on-demand cars

For rental of at least a few days, worth comparing with Turo

### **Airport connection**

For the airport, you can take the 747 24h / day. You need to buy a day pass to use it (they are 10 CAD, and can be used the whole day for the bus and subway).

During the day, it's faster to catch it at Lionel-Groulx, and during the night, given that the subway is closed, it's easier to catch it near the UQAM (reverse if you're arriving from the airport). To get to the Lionel-Groulx subway station, take the metro from the Sherbrook subway station (vice-versa if you're arriving from the Macroscop). The bus stops near UQAM is a 18 minutes walk from the Macroscop (it's also possible to take the bus number 30), and the Sherbrooke subway station is a 10 minutes walk from the Macroscop.

When exiting the airport, the bus is on your right, and the machine for tickets is inside just before the last door.

You can google "Montreal taxi" and put phone numbers in your phone in case you can't catch the bus, or use the airport WI-FI to get a Uber.

# Things I like to do

Let me know if you would like suggestions for things to do in Quebec outside of Montreal.

You might want to check if there are festivals or special events during your stay as those happen frequently. Example:

- [Francofolies](#) (July 11 to July 15)

I also really enjoy the intentional communities around Montreal, check out events on this [group](#) and [page](#), as well as [St Dom Jamhouse](#), [Collectif Masson](#), and [Studio 13](#).

Here are other things you can do. I would recommend prioritizing things you can't do in other city, like walking around Montreal :)

## Things I liked to do in Montreal, and might want to do again:

- Go see the [sunrise](#) on [Mont Royal](#) (or just go on Mont Royal) (you can walk there from the Macroscopie)
- Biking on [Circuit Gilles Villeneuve](#) (check if it's open first), and surrounding areas, such as the [Biosphere](#) and [Habitat 67](#)
- Check out [huge painting on some buildings](#)
- [Sports de Combats](#) (ie. archery range, axe/knife throwing, combat archery, NERF battle, rage cage)
- [Paintball and more](#)

## Things I liked to do (in order):

- Walk around the [Old Montreal](#)
- Walk at [Place des Arts](#)
- Walk around the [stadium](#) (you can also go up the stadium if you want; and there a botanical garden nearby)
- [Montreal Science Centre](#)
- [Amaze](#) (there's also [Impasse](#) and [Ezkapaz](#))

## Things I've never done, but would like to:

- Visit the [Saint-Léonard cave](#)
- [Biggest Ferris wheel in Canada](#)
- [Rage Montreal](#) (ie. axe throwing)
- [Canadian Centre for Architecture](#) (??)
- [Decalade](#) (seems dangerous; [ex](#))

## Other:

- [Mont VR](#)
- [Quartier des Spectacles Montréal](#)

# Training

## Gym

- [Econofitness](#) (I'm a member)
- [Paragym](#)

## Pool

(source: [Google Doc — Swimming Montréal](#))

2019 Jan 3 to June 21

| name +<br>hyperlink<br>to<br>schedule<br>(mention<br>if outside<br>pool) | Link<br>to<br>Googl<br>e<br>Map | Pool<br>length | price | #<br>corridors | time from<br>Macroscop<br>(2113 rue<br>Favard,<br>Montreal, Qc) | schedule                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------|---------------------------------|----------------|-------|----------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Piscine Saint-Charles</a>                                    | <a href="#">map</a>             |                | free  |                | 11 min                                                          | <b>Horaire estival (25 juin au 24 août 2018)</b><br><br><b>Dimanche : fermé</b><br><br><b>Lundi au vendredi</b><br>14 h à 17 h (tous) (camps de jour)<br>18 h à 19 h 30 (tous) (des fois couloirs)<br>19 h 30 à 21 h (adultes*)<br><br><b>Samedi</b><br>10 h 30 à 15 h (tous)<br><br><i>*Veuillez noter que la pose des câbles peut retarder le début du bain libre de 5 minutes et/ou l'écourter de 5 minutes.</i><br><br><b>Jours fériés</b> : Du 14 au 17 avril, 22 mai, 24 juin, 1er juillet, 4 septembre, 9 octobre, 24 au 26 décembre, 31 décembre 2017 au 5 janvier 2018 |

|                                                                                       |                     |     |      |      |          |                                                                   |
|---------------------------------------------------------------------------------------|---------------------|-----|------|------|----------|-------------------------------------------------------------------|
| <a href="#">Centre Sportif de la Petite-Bourgogne / Little Burgundy Sports Centre</a> | <a href="#">map</a> | 25m | FREE |      | 26 mins  | Mon. - Fri. 6:30 AM - 9:30 PM<br>Sat. - Sun. 7:30 AM - 5:00 PM    |
| <a href="#">Piscine Saint-Henri</a>                                                   | <a href="#">map</a> | 25m |      |      | 39 mins  | Mon. - Fri. 11:30 AM - 9:30 PM<br>Sat. - Sun. 10:30 AM - 6:30 PM  |
| <a href="#">YMCA Centre-ville</a>                                                     | <a href="#">map</a> | 25m |      |      | 46 mins. | Mon. - Fri. 6:00 AM - 10:45 PM<br>Sat. - Sun. 10:30 AM - 6:30 PM" |
| <a href="#">Montreal Amateur Athletic Association / Club Sportif MAA</a>              | <a href="#">map</a> | 20m |      | FREE | 49 mins  | 6:00 AM - 8:00 PM                                                 |
| <a href="#">YMCA Guy-Favreau</a>                                                      | <a href="#">map</a> | 19m |      |      | 52 mins  | 6:15 AM - 10:00 PM                                                |
| <a href="#">Piscine Émard</a>                                                         | <a href="#">map</a> | 25m |      |      | 53 mins  | 12:00 PM - 9:30 PM                                                |

| name + schedule                    | addresses           | length   | price                                       | # corridors | time from 810 Av. Duluth E |
|------------------------------------|---------------------|----------|---------------------------------------------|-------------|----------------------------|
| <a href="#">Lévesque</a>           | <a href="#">map</a> | ??       | Free                                        |             | 8 min walk                 |
| <a href="#">Schubert</a>           | <a href="#">map</a> | 20 m     | Free                                        | 2           | 7 min walk                 |
| <a href="#">Centre du Plateau</a>  | <a href="#">map</a> | ??       | Free                                        | 3           | 9 min Uber                 |
| <a href="#">Centre Père Sablon</a> | <a href="#">map</a> | 25 m (?) | Free                                        |             | 15 min walk                |
| <a href="#">ASCSS</a>              | <a href="#">map</a> | 25 m     | 15\$/year                                   |             |                            |
| YMCA Parc                          | <a href="#">map</a> | ??       | req. proof of residence for free membership |             | 11 min Uber                |

|                                                    |                            |          |                      |                               |              |
|----------------------------------------------------|----------------------------|----------|----------------------|-------------------------------|--------------|
| YMCA<br>Guy-Favreau                                |                            |          |                      |                               |              |
| <a href="#">Piscine du cégep du Vieux Montréal</a> | <a href="#">map</a>        | 25 m (?) | Free                 |                               | 17 min walk  |
| <a href="#">Père-Marquette</a>                     | <a href="#">map</a>        | ??       | Free                 | “Baignade libre pour adultes” | 26 min bus   |
| <a href="#">Piscine Rosemont</a>                   | <a href="#">directions</a> |          | Free                 | “Bain libre pour adultes”     | 12 min Uber  |
| <a href="#">Centre Jean-Claude-Malépart</a>        | <a href="#">map</a>        | 25 m     | <a href="#">Free</a> | 4                             | 23 min metro |

## Badminton court

|                                         |      |  |                                 |
|-----------------------------------------|------|--|---------------------------------|
| <a href="#">Montreal Badminton Club</a> |      |  | Mon. & Wed<br>6:45 AM - 9:30 PM |
| <a href="#">Club Atwater</a>            | Free |  | 6:00 AM - 11:00 PM              |
| <a href="#">Club Sportif MAA</a>        | Free |  | 6:00 AM - 10:00 PM              |

## Bouldering

- [Shakti](#)

## Food

Let me know if you want the Vegan or Freegan Montreal map.

### Online groceries

- [IGA](#) and [Metro](#) offer online groceries (IGA charges 4\$ handling fees; Metro I don't know). I note the links and name of what I buy on a Google Sheet. If you do that, you can use [Open Multiple URLs](#) to open all links at once for extra efficiency.

### Groceries near the Macroscope:

- [Marché Richelieu](#) (5 minutes)
- [Rachelle-Béry](#) (more healthy / vegan options; 4 minutes)
- [Fruiterie Plateau](#) (5 minutes)
- [Herbivores](#) (completely vegan; 6 minutes)
- [Segal's Market](#) (very cheap, hippy-like; various vegan options)

#### Restaurants:

- [La Banquise](#): they serve poutine 24h a day, and have vegan options

## Other useful locations

### Cheap meals

- Comite Social Centre-Sud, 1710 Rue Beaudry (2-3\$)
- Resto Plateau, 4450 Rue St-Hubert #232 (4\$)

### Coworking / board games

- [Anti Café](#)
- [Le Colonel Moutarde](#)

### Bars / clubs

- [L'Escalier](#) (the entrance is really not obvious; there's just a door facing the street, then stairs, and the bar is upstairs)

### Giving away objects

- <https://goo.gl/maps/V6eFRnTmwdF2>
- <https://goo.gl/maps/MTkgDDgx5gR2>

### Print

- [Papeterie & Photocopie Zoubris Inc](#): Mile End, on Parc, can print for .05CAD a page; you can email your PDFs and name at [copiezoubris@hotmail.com](mailto:copiezoubris@hotmail.com) and then show up later and pay there
- [Copie2000](#)

### Recycling

- [Various locations](#)

# Health

## Radon

- "radon is the number one cause of lung cancer in non-smokers"

- "radon gas can be found in almost all homes in Canada"

- "There are two options for testing a house for radon"

See: <https://www.canada.ca/en/health-canada/services/radon.html>

## Water quality

**Update:** I haven't looked much into it yet, but I've heard there was a recent study show lead in Montreal was a worse problem than we thought.

There might be too much lead in your tap water.<sup>1</sup>

This is caused by lead pipes in some section of the city. Information on which sectors are affected / at risk is also available in the document.

I haven't research this a lot. But at my place, we're therefore going to buy the [Brita UltraMax Water Filter Dispenser with 1 Long Last Filter, Black, 18 Cup](#) which claims to filter 99% of lead (among other things). (There are also some that can be attached directly to the sink, like the [Brita Basic On Tap Faucet Water Filter System](#), although this one doesn't say what fraction of lead it filters out. Not all filters are equal.)

Montreal also regularly emits boil-water advisory. Be noticed when it happens by subscribing to the [Notices and Alerts](#).

"Afin de tenir compte également de l'exposition au plomb à l'école, la DRSP a effectué, en juin 2017, un échantillonnage de l'eau d'une fontaine dédiée aux enfants des classes du préscolaire dans 51 écoles de l'île de Montréal. Les concentrations de plomb ainsi mesurées

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<sup>1</sup> The city of Montreal writes in [Drinking Water](#) that: << In some homes on the Island of Montreal the concentration of lead in tap water may be higher than the Quebec standard of 10 µg/L (micrograms per litre). >>

It also writes in [Does your tap water meet the standards?](#): << To reduce this very low risk even further, the DRSP recommends that pregnant women and parents of children under six:

1. Use a NSF-certified filtration device
2. (filtering pitcher, a filter under the sink or a filter attached to the faucet) to reduce lead in compliance with NSF/ ANSI standard 53.
3. Drink bottled water. This precaution is especially important for newborns drinking formula made of concentrated or powdered milk. >>

ne sont pas très élevées et diminuent beaucoup après 1 minute d'écoulement. Le tiers des échantillons d'eau au premier jet excèdent toutefois la valeur de 5 µg/L proposée par Santé Canada."

([https://santemontreal.qc.ca/fileadmin/fichiers/professionnels/DRSP/sujets-a-z/eau\\_potable/Plomb-eau\\_potable\\_ecoles\\_RAP\\_092017.pdf](https://santemontreal.qc.ca/fileadmin/fichiers/professionnels/DRSP/sujets-a-z/eau_potable/Plomb-eau_potable_ecoles_RAP_092017.pdf))

## STI tests

You can ask your family doctor.

### **Prelib**

<https://prelib.ca/fr/comment-ca-marche>

Near Berri-UQAM

Convenient private clinic. Online booking and questionnaire. Clinic visit lasts about 20 minutes. Results are received by email in about a week. Cost about 60\$ total.

### **Infectious disease clinic**

Walk-in clinic at the JGH

Time: 8:30 to 13:00 every weekday; lineup starts at 7:30 (usually full after 10:00)

Covered by Medicare. You can get results within 2-3 days. They test for syphilis, gonorrhea, chlamydia, HIV and hepatitis.

### **Sidep**

<https://santemontreal.qc.ca/sidep/>

For males having had sexual relationships with other males.

### **L'actuel**

<https://cliniquelactuel.com/>

### **Médecins du Monde (camion de)**

<https://www.medecinsdumonde.ca/fr/action-mdm/clinique-mobile/>

Part of their target audience seems to be sex workers without RAMQ insurance, and I presume they don't check for Canadian residency. It's free.

### **Stella**

Link: <http://www.chezstella.org>

Email address: [info@chezstella.org](mailto:info@chezstella.org)

Phone number: 514-285-1599 (administration)

2nd phone number: 514-285-8889 (ligne d'aide)

Someone on the Internet: "jeudi au pavillon rosemont c'est réservé à ça si je ne me trompe [...] C'est une infirmière du secteur au clsc qui se déplace dans les bureaux de stella et fait passer les testes !"

### **Clinique médicale La Licorne**

<https://www.cliniquemedicalelalicorne.com>

Address: 808 rue Ontario Est, Montréal (Québec) H2L 1N9

### **Autre**

Clinique jeunesse du CLSC (30 ans et moins)

L'Alternative (en train de fermer)

Le Quorum (rdv et résultats en ligne via Carnet Santé Québec)

la Clinique du Quartier Latin (15\$; fast appointments, 1-2 weeks for results; poly-friendly)

CLSC La petite-patrie

## Other

If you want to meet people (or places) with specific interests, you can let me know as I might have more recommendations.

## Archive

Now close :(

- [Obsidem Games](#) ("If you were kidnapped in real life, would you have puzzles to solve in order to escape? No, you'd use your wits, ingenuity and objects around you. If you were in a Space Station, would you have to solve a Sudoku to open a locked door? Of course not.")