

Montreal

CANADA

There's more to our northern neighbor than hockey and perpetually sunny dispositions, as you'll discover when you explore the eco-friendly side of this French-settled city.

1 HOW BAZAAR

Jean-Talon Market houses more than 100 vendors hawking Quebecois specialties. Among the best: Le Marché des Saveurs du Québec, where you can buy regional edibles from local producers. (marchespublics-mtl.com)



2 GROWING UP

A combination urban rooftop greenhouse and CSA, **Lufa Farm** uses hydroponic technology to grow 30 types of pesticide-free produce—from flowering Lebanese cucumbers to rainbow chard and tomatoes. It also recirculates 100 percent of its water and composts all its green waste. (montreal.lufa.com)



3 WALK THIS WAY

No matter the season, you'll find plenty of ways to stretch your legs: Pleasant days can be spent among natural flora and fauna preserved in 20 major parks, including the city's namesake **Parc du Mont-Royal** (lemontroyal.qc.ca) designed by celebrated landscape architect Frederick Law Olmsted. In chilly winter months, descend into the **Underground City**, a series of interconnected, temperature-controlled pedestrian tunnels that spans 20-plus miles, and provides access to shops, restaurants and museums.



4 PEACE OUT

Pamper yourself at **Espace Nomad**, an eco-friendly spa that features organic accoutrements, such as bathrobes and products. When you book a signature massage, the owner donates a tree to the province's boreal forest. (espacenomad.ca)



5 IN GOOD TASTE

Volunteers make up half the staff at not-for-profit restaurant **Robin des Bois**, serving global dishes with organic ingredients, such as Indian lentil soup and roasted catfish. All proceeds benefit local charities fighting social isolation and poverty. (robindesbois.ca)



6 EASY RIDERS

From May through October, **Fitz & Follwell Co.** leads bike and walking tours through an eclectic mix of neighborhoods, exploring city landmarks and under-the-radar finds. Beer enthusiasts can opt for a jaunt that combines cycling with stops at the best breweries in the artsy Plateau Mont-Royal district. (fitzandfollwell.co)



7 POWER-SAVING STAY

Close to the lively and picturesque Old Montreal nabe, the **W Montreal** outfits 75 percent of its property with energy efficient lighting and uses 40 percent local and organic food in its menus. (From \$259 per night, wmontrealhotel.com)

