



Montreal Canada with Lake Placid Trip Notes September 9-19, 2019

Headlines:

- Extravagant trip in both Lake Placid and Montreal. Guess who chose?
- Glorious yet quite different views in both Lake Placid and Montreal. Lakes and Mountains. City and Lights.
- Autumn colors already lovely with peak said to come in two weeks.
- Leisurely and restful. It's nice to have already seen a place and not be pushed to see the main sites.
- Food and more food. Pounds and more pounds.
- Construction like you can't imagine in Montreal. Some call of the Game of Cones. Someone said they have two seasons: winter and construction.
- Said to be extremely safe, so we don't know why all the sirens.



Left over to do on my upcoming March trip:

- Notre Dame cathedral inside tour
- Underground walking tour

Notes sent around during trip:

To Lake Placid Inn next going to Montreal

Where in the world is Carmen Sandiego? Not too far from home. Middletown to Lake Placid to Montreal.

We are in Lake Placid now. Home of two Olympics, but they could never do it again. They don't have the space, they don't even have the space for any more than the press corps. 5000 people attended an early Olympics and now the press corps exceed that number.

It isn't exactly Lake Como and the lovely little place we stayed in Varena, nor is it Bellagio with a view of lake Como, but Tom is delighted with the Ambience and View of Lake Placid.

When you see the pictures of our room at Mirror Lake Lodge right on the lake, you will agree. When you see the view out our room you will want to visit too.

It was a long drive. I know when Google tells me it is going to be five hours to expect seven and that was about it. Lord save me (and my numb butt) when we come back from Montreal all in one day. I was here in 2009 for a marathon and it was in conjunction with the pre-Iron Man so we had a lot of eye candy running the marathon as part of their training. Then last January my sister and I came here for ice-skating competition. Talk about extreme vacations! 26.2 miles vs days of sitting! I don't think Tom has been to Lake Placid but we were in the area of Lake George and Lake Lucerne some years ago. Marie and I were in a nearby region a few years ago.

From - Adirondack Mountains: Where to Stay, Eat, and Things To Do -

<https://www.departures.com/travel/things-to-do-adirondacks> -

For luxury accommodations in the Adirondacks—close enough to White Face, Lake Placid, and High Falls Gorge—you can stay at [Mirror Lake Inn](#). Mirror Lake Inn, the resort that's home to The View restaurant, has stunning lake views and the property is known for their hospitality as well as their dining options.

Located in the rustic-chic Mirror Lake Inn, [The View](#) is fine dining in an exceptional setting. As the name implies, the restaurant is in a room with a view—the patio overlooks the lake, making this the perfect place to spend golden hour. The bulk of The View's ingredients are sourced from the region's farmers—and the menu incorporates wares from their very own vegetable and herb garden. An award-winning menu for 20 years running, the wine list is also not to be overlooked.

.....you'll want to start your day at [the breakfast club etc.](#) before embarking on your mountain-high adventures. The BC is known for the best Bloody Mary in the area and their röstis, a traditional Swiss breakfast dish of iron-skillet fried potatoes served with eggs and various toppings. They also have six benedicts that get rave reviews, including their sausage biscuit benedict and their decadent filet mignon benedict. End.

Above is all from the website. We did it all. And readily would do it all again.

From website www.mirrorlakeinn.com - A luxury hotel in scenic Lake Placid. Family owned since the 1930's, the family have been the caretakers of the "Mirror Lake Inn" tradition since 1976. Their passion for hospitality, along with that of our incredible staff is evident throughout every aspect of the property. We take great pride in providing our guests with an authentic Adirondack experience and are extremely proud to have earned the prestigious AAA Four-Diamond, "Exceptional" award for over 30 years.

Located in our Main House, our Cascade Suite has a living room with a gas fireplace. A custom-made oak spiral staircase leads to an open king-size bedded loft and oversized whirlpool. There are two full bathrooms, one on each level. The private balcony has beautiful views of Mirror Lake and the Adirondack High Peaks. End.

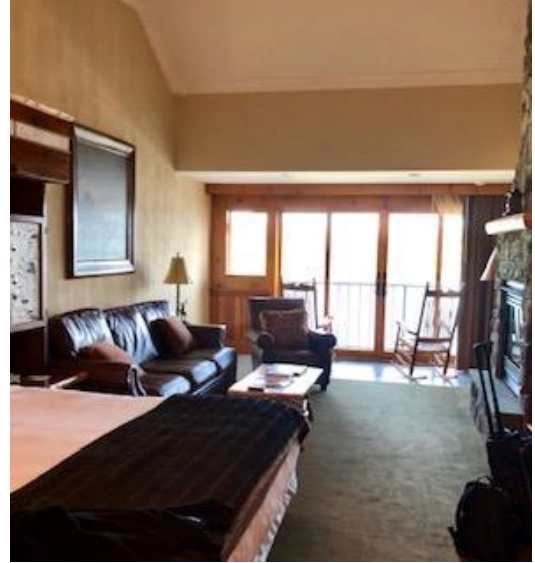
Imagine— we asked to see other suites and ended up with one we liked better. A full view of the lake, a couple of rocking chairs, gas fireplace, cathedral ceiling, and a big long wide room. Skipping the spiral stairs to a second level.



On the drive into Lake Placid going through Keene. It was a long drive and this gave us hope that we will soon be on our feet instead of our butt. We drove along the creek bed that I had so enjoyed during the marathon but then it was June and now it is September and it was pretty dry.

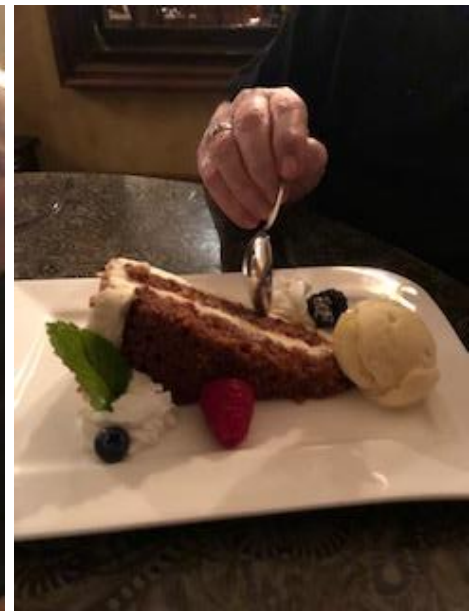
Entering the mirror Lake Lodge, Lakeside. Old, rich, and impressive. Run by the same family forever. But a little bit like the Gestapo. I must tell you some day about all the rules and regulations for being in the living room and or in the restaurant.

This clock is still running and the gong was like the yogic singing bowls in that it's vibrations went on and on. Through and through.



How handy, we had our own car. Most unusual. The room had a view, big high cathedral ceilings, a fireplace, lovely music and was comfortably fitted. Except a silly exception – no plug in on one side of the bed.





At the hotel's restaurant little called Le Bistro. Soon we will experience their famous restaurant called the view. Tom couldn't resist their pot roast. Nor the carrot cake, part of which became breakfast the next morning.



The next morning was totally fogged in until suddenly it became clear and only took a couple of minutes to do go.





A southern boy with his biscuit and sausage gravy.

Ha ha ha. That's only a couple of poached eggs on top of a Swiss Rosti with a lot of vegetables. I practically ate every bit of it. Sad.

Later we would eat at the Hotel's cottage which looked like a boat house and I'm even embarrassed to say what and how much we ate. Coming up.

Departing Lake Placid. Next stop: Montreal

Mr. Burton never saw a body of water that he didn't enjoy. While on the Mediterranean, the joke is that it's all new and different water floating by. Here in Lake Placid, the town is actually on Mirror Lake and it is exactly that and you get the impression that the water never moves. It is true Glass.

Water and food. Water and food. Water and food. Just like location location location, Tom knows what he likes. (Good thing).

Autumn approaches as does the beginning of golden and red trees. With the speed of change just in our three days, another week might be very colorful. Onward to Montreal.



The Church is still in Lake Placid within a walk from our hotel Saranac lake which was pretty mixed. Tom had a big laugh about their little Italy restaurant.



Whiteface Lodge has quite the reputation. It was a little bit too rustic for us so I was glad that Tom chose Mirror Lake Lodge.



Lobster roll sandwich. Under \$30. Ha ha ha.



Would Diana ever resist fish tacos?

That looks like Mike Pence in the background, doesn't it?

Then we had such a nice meal that we went back the next day and here is my brussels sprouts warm salad.



That night was to the famous restaurant called "The View" at our hotel. It had a view and it had luxe food but Tom rated it may be a seven as much because of the ambience. I think French chefs would never be happy with it yet it was plenty enjoyable and probably the very best in the area. Could Mr. Burton eat it all? Nope. But he had room for warm French Apple Tart with ginger ice cream and Yum. He rated that a nine. Me? Dessert was a special bourbon. You might remember the picture of the pricing; I wasn't interested in the two offerings of Hennessy at \$320 or \$500 per drink.

Onward we go to Montreal. Not to get ahead of myself, but since I'm here in Montreal as I write this, I will tell you that we are extremely happy with our accommodations, the view, and being here.

Or as Tom says, life is good. I agree.

Starting our stay in Montreal for seven days.

Tom just loves this apartment! Almost as much as the place with the balcony hanging over the Mediterranean.

As Tom wrote to some of you: The building has 40 floors, we're on 39 (2 BR 2 bath) and 40 is the penthouse (occupied by the US Consul General). Location, location, etc. Lucky us. End

Link to apartment - [VRBO.com](https://www.vrbo.com) - From web: MONTREAL'S QUARTIER des SPECTACLE- LUXURY 2 BDRM, 2 BATH SUITE - Ville-Marie, Montreal - 0.3 mi to Montreal center -Apartment: 1000 sq. ft.; Sleeps: 4; Bedrooms: 2; Bathrooms: 2 - SUITE WITH AN AMAZING VIEW OF CITY AND RIVER; Our two bedroom two bath suite offers bright living spaces with floor to ceiling windows and an outstanding blend of function, comfort and style. you will have the truly relaxing feeling of home. We provide flat screen TV, cable/streaming, private local telephone line and high-speed wireless internet. The bedroom sleeping areas are a comfortable place with Queen sized beds to relax you and give you a great night's sleep. All bed linen and towels are supplied along with hair dryer, iron and ironing board, All you need to bring is your personal belongings and we will take care of the rest. Our kitchens are fully equipped including microwave and dishwasher. We stock each kitchen with a full

set of pots and pans, cooking tools, toaster, coffee machine, electric kettle along with china, glasses, and cutlery service for 8 persons The Washer-dryer is in-suite. Our apartments are fully equipped to meet your every need. We have tried to put everything at your finger-tips but if we have overlooked something we are only a phone call away 24 hours a day. End.

Clearly Tom is thrilled with the view as I hope my sister Beverly will be when we return in March for the world figure ice-skating competition. The apartment isn't perfect but as Tom says, location location location - it's wonderful. While I wish we were closer to the Bell center where the skating competition goes on, it is a super area. Their Fifth Avenue is one street over, and on the other side is old town Montreal at the water.

Beverly, the bedrooms are small and the beds are smaller. Tom will probably not come in March and we will have our own rooms. You will love the facilities as there is a swimming pool with a view, whirlpool and sauna as well as a huge modern gym — all with a view. Locally there are a lot of shops, shopping center, and Restaurants. I don't imagine we will be able to sit on the balcony in March but now days who knows.

What to do? Though location location location is important, equally is food. We like very much to join food tours early in our stays particularly when they include history and local foods.

Food tour of Old Ville Montreal - <https://localfoodtours.com/montreal/> - Meet at Crew Collective Café, 360 Rue Saint-Jacques – café is inside a 1920s bank.

info@localmontreal.com - From website: A unique way to experience Old Montréal's essential sights including Place d'Armes, the Old Port, and St. Paul Street. Enjoy 5+ food stops. Ticket includes wine & craft beer tastings too! Immerse yourself in the city's history, stunning architecture, and most delicious food! Includes: 5+ food stops, including 3 sit-down restaurants and 1 brewpub. Enjoy Montréal's French cuisine at it' best!

Highlights: Enjoy traditional onion soup and the city's favorite French macaroons, and more! Includes rose wine & craft beer, selected to pair perfectly with tastings. A unique way to experience Old Montréal's essential sights including Place d'Armes, the Old Port and St. Paul Street. A classic Montreal bagel with smoked salmon, savored inside a historic, breath-taking building. Why take the Old Montréal Food Tour? Old Montréal is a one-of-a-kind European-style district. Its historic buildings, narrow streets, and flourishing foodie scene make it a mix of exciting elements to taste and discover. Through public squares, landmarks, and eateries, our Old Montréal Food Tour allows you to experience the culinary scene locals love so much, all while learning about the surrounding network of historic sites. Join our passionate and knowledgeable local guides to uncover some of Montréal's most enticing bits of history, visual treats, and tasty bites in a unique and interactive way that's enjoyable for visitors and locals alike. You'll leave with a full heart, mind and of course, a full stomach!

Tasting Locations

1. Crew Collective & Café - We begin the tour at one of Montréal's historic banks, and enjoy a delicious smoked salmon bagel at the spectacular converted cafe and co-working space.
2. Cookie Stéfanie - This local gluten-free bakery offers us their personal favourite treat: gluten-free carrot cake.
3. Modavie - Next, join your group at one of the best tables in Old Montréal and partake in a classic French onion soup at this elegant restaurant. Rosé Wine pairing.
4. Maison Christian Faure - This local institution offers us the chance to taste one of the best macarons in the world.

5. Bistro-Brasserie Les Soeurs Grises - This brewpub was named after Montréal's historic Grey Nuns, giving us a chance to dive into Québécois culture with local beer and home made poutine. Craft beer pairing. End.

That turned out to be plenty enough for the day and probably more mileage than Tom is used to. We taxied home, I went grocery shopping again, and we ate in all the while over the moon with the view.

Speaking of moons, it was Friday the 13th and a moon that will not be seen again quite the same for 30 years.



Amazing views. Lovely city. We have not been to Montreal since we moved back from Europe and that was probably the end of 1978. We had missed the French language and thought we would recover some of that in Montreal but we found their French to be quite different.

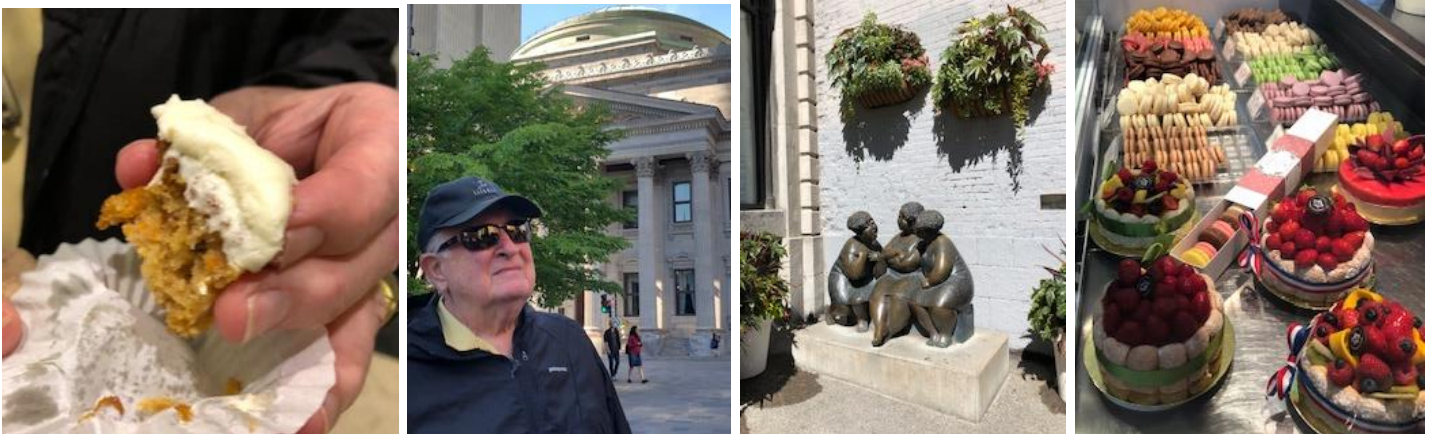
Both bedrooms have expansive floor to high ceiling windows with gorgeous views.





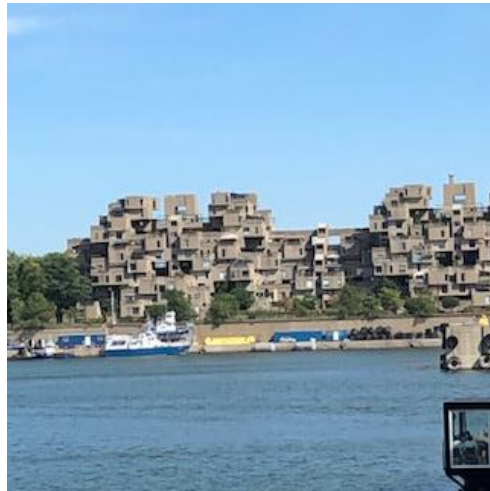
Onto the start of our food tour in a unique historic bank building that has been converted to not only a café but a cooperative workspace where one can rent membership to use meeting rooms for anywhere from \$300-\$600 a month Canadian. The Canadian dollar is quite a bargain for us now. One Canadian dollar cost us \$0.79.

Their bagels are quite different with some flavorings, a larger hole, and often like these piled high with a cream cheese, smoked salmon, and various salads.



That was carrot cake. Fortunately, not so gooey or sickly sweet.

One can't come to French Montreal without having French onion soup and Tom declared that it was quite good. (Damn but I lost the picture.) As were the pastries.



I need to learn more about this architect. The designer was famous for building these concrete units that gave everyone a Terrace and a view. They were quite cheap at first and now sell for a couple million each.



I was amused to see the huge cruise liner, a tour boat, a speedboat, and a canoe.

Poutine. Is that how it is spelled? it always reminds me of the French word for garbage. have always liked this but I'm not too fond of the gravy. We have had it in some countries but I think it started here. It is basically french fries, cheese curds, all kinds of optional toppings, and a bunch of icky brown gravy.

I think my first introduction was, of all places, in the Santa Monica area where friend Ellen took us to a little French Canadian restaurant that served a whole menu full of poutines. Tom and I did a bicycle trip out of Quebec city a few years ago and experienced it then and again about two years ago I was in Quebec city and up into the fjords and ate some more poutine.

Maybe tomorrow I'll look up the correct name and how and where it came about. That is after we are done with the basic mini bus tour of the city to include Olympic stadium and their Chinese and Japanese gardens.

We hope you are enjoying our tour stories and it incentivizes you to want to visit also.

Montreal - continued

I missed the apartment link in my last report: www.vrbo.com/4031025ha. We continue to enjoy the place. No, it is not perfect, but it sure has a lot going for it and Mr. Burton continues to be enchanted with the view.

Montreal overall. It's got a lot of good, a lot of French language, and a lot of glorious buildings and an equal amount of junk. It is surrounded by water, the language of French and English is convenient, and the old town is enchanting. Probably going to Quebec City about 2 1/2 hours north is the better choice if you only had one city to visit. (We visited Quebec City for few days on a bicycle trip up north and I was recently there for a few days for a hiking trip up to the fjords.)

Montreal headlines:

- Celine Dion is from the area.
- Montreal is the second largest Canadian city after Toronto.
- It is the fourth largest French-speaking city in the world. Over 50% of people in Montreal are completely bilingual.
- Only in Montreal do Canadians greet with kisses on both cheeks. Elsewhere in Canada they just shake hands or hug.
- They have an underground system of 20 miles. When we visited in late 1978, we wondered why the streets were so empty. Now we learn that a half million people use the tunnels on a daily basis in the winter.
- The government encourages arts and a percentage of taxes go to street art.
- Their Mile End section is like a Latin quarter and has the highest concentration of artists in Canada.
- Montreal has a festival for almost everything. There are over 60 festivals a year and the number keeps growing.
- They have the highest number of restaurants per capita in Canada and nearly the highest in North America, second only to New York City.

End

On our second full day, after having experienced the day before food tour, we took an overview bus tour. Tom thought it was a very long walk to get to the start of the bus tour but it was barely a mile along their "5th Avenue" which we thought was amusing. Fifth Avenue? Not.

From https://www.grayline.com/tours/montreal/montreal-city-tour-5867_1_12130_821/ - with links. - This guided tour of Montreal will show you the special characteristics that make the city unique, including Old Montreal, Notre Dame Basilica and more.

Highlights include: Old Montreal, Olympic Stadium, Mount Royal Park Lookout, St. Joseph's Oratory, Montreal Harbour, Bonsecours Market Building, Place Jacques Cartier; Notre Dame Basilica, City Hall, Place Ville Marie, Place des Arts, Fine Arts Museum, Habitat 67, Saint Helen's Island, Our Lady Queen of the World Cathedral, Golden Square Mile, McGill University, Chinatown, The Universite de Montreal.

Itinerary: Experience an overview of Montréal and its historical sites where you will discover all of the characteristics this city has to offer. Our charming tour guide will present you with one of the world's largest French speaking cities with numerous museums (McCord Museum, Grévin Museum and Pointe-à-Callière Museum) restaurants, and shops.

Your tour will include stops at the city's most captivating attractions where you can have time to take memorable pictures.

- Old Montréal — Enjoy a journey through time as you visit Old Montréal, nestled between the St. Lawrence seaway and the downtown skyscrapers. Founded in 1642, this old town is a main attraction for visitors and locals alike, with its many boutiques and restaurants. It is in this part of the city where you will find the Notre-Dame-Basilica. Built in 1824, this church is amidst the most

impressive landmarks in the world. Its original stained glass windows paint a story of Montréal's religious history.

- Olympic Stadium — Created for the Summer Olympic Games in 1976, it is truly an architectural masterpiece. Its tower, integrated into the base, is the tallest inclined in the world, at 165m (539ft).
- Mount Royal Park Lookout — This enchanting park offers an impressive view of the city below. It has provided many outdoor activities for over 100 years.
- Saint Joseph's Oratory — An Italian Renaissance style basilica which is the largest in Canada and is dedicated to the country's patron saint. Its founder, Brother André had performed many miracles here in the early 1900's and still today, millions of visitors come to visit. Brother André was canonized in 2010 by Pope Benedict XVI. End.

Dinner? Our landlord is quite the character. But he did send us to a couple of special local restaurants — one being a small Paris bistro that we were both supremely happy with.

Note that I remind myself all the time how special it is to have extra days to wander the streets and learn the local areas and shop with them and NOT do a flyover. It is my top recommendation for travelers that they really see an area and not just do a quickie.



Mr. Burton couldn't be happier. Unless maybe watching the water of the Mediterranean. He is always happy. His glass is not just half full - it is perpetually overflowing.

Notre Dame Basilica at the Place des Arms gives tours every 30 minutes.

While waiting our tour to begin, there was an art festival on the Place Dorchester. I like the artsy tent, canoe, and life preserver at the art festival.



Back to the place de arms with the horse carriages that will be banned next year, and the justice of peace where marriages begin.

We would later see this wedding party again at the church.

In a neighborhood on the way to the Olympic grounds, there were blocks and blocks of townhouses with these spiral staircases, since banned. They were slippery, people and especially children fell.

They are rather artsy no matter.



Not many Olympic areas fared well after the Olympics were gone. Barcelona created housing from their athletics quarters. And so did Montreal as these athlete quarters became very expensive condominiums.

We hope to go spend time in the botanical gardens. Maybe go up this tower. It was built for the Olympics but not completed until years thereafter due to cost overruns. On the left side, a cable car takes you to the top — like in the St. Louis arch. The view is said to be spectacular.

Up at Mount Royale are many of the rich houses and Estates. Down below people seem to live more in apartments, condominiums, and townhouses.

This Basilica is the largest in Canada and is dedicated to the country's patron saint, and supposedly many miracles were performed here in the early 1900s and still today. visitors not only come to visit but they climb those stairs on their knees. Like in Lourdes or at Fatima.



Hey, look at the bronze park bench. One real person, and one bronze. Keeping company?

Their art museum seems to have a Dale Chihuly outside. It is huge. The art museum is a block or two long and even took over an adjoining church.

Note the extreme of the old brown stones and small businesses that looks something like Boston's Newberry Street with a background of high-rises.



This is the wedding we saw at the place de arms with two long white limousines and an old white Rolls-Royce. We presume they were getting their marriage license at the courthouse. Here they are near to the place Dorchester. Somewhere in there is the bride. And if you zoom in you can see a gorgeous looking gal that is over 7 feet tall who was gutty enough to wear very high heels — and also a gal in a silver sequined gown. Included are two little tiny girls in tutus.

Then off we go to a neighborhood Parisian bistro where Mr. Burton was very happy with his French onion soup. Me? A big healthy braised short rib that was enough for a family. And I wonder why I have extra poundage. I ate it all. Smile.

See NYKS Parisienne Bistro - <http://nyks.ca/index.en.html>

Next up? Our town walk through the disappointing and tiring underground then an early evening in local Chinatown.

More Montreal.

When we visited Montreal in either late 1978 or early 1979, it was winter and cold and windy and we couldn't imagine where all the people were because the streets were so empty. Not until near the end of our trip did we learn of the underground city.

It might be interesting to know that we had just returned from French-speaking Belgium where we had lived for five years and were missing the French influence and thought we would get a dose of it in Montreal. It was not to be because the Canadian French is so very different. Not that it wasn't a good trip but rather a cold one and also one that didn't give us a refresher course on living in France.

As an aside, I had once work for the president of the US hockey league and Tom was a fan of hockey so we hunted down a couple of good seats. They were seats so close that I got struck in the forehead with a hockey puck and had to go to the clinic. Nowadays that might mean a lawsuit. Smile.

This trip we had at least a couple reasons to seek out the underground city. We had missed it before and I am returning in March with my sister Beverly and might need it walking from the apartment to the Bell Center. (For The World's competitive ice-skating.) We had also read of the 1600 or so shops that composed the underground city.

It was not to be and we still don't know exactly why. We started near our apartment at the Congress Hall and followed the corridors on and on and on. Upstairs. Downstairs. Empty Corridors. More empty corridors. We finally gave up at Bonaventure within a stone's throw of the Bell Center and instead of the 15 to 20 minute walk the streets would have given us, we spent about 45 uninteresting minutes.

We think that you probably have to go up to street-level for the big shops. That the underground is simply a connector. When I return in March, when I can do more walking, I will probably take the official underground walking tour.

From https://en.m.wikipedia.org/wiki/Underground_City,_Montreal#Overview - I must read and understand more before I return.

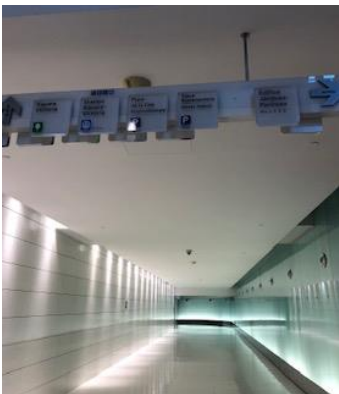
The Underground City ([French](#): La ville souterraine), is the name applied to a series of interconnected office towers, hotels, shopping centres, residential and commercial complexes, convention halls, universities and performing arts venues that form the heart of [Montreal's central business district](#), colloquially referred to as [Downtown Montreal](#). The name refers to the underground connections between the buildings that compose the network, in addition to the network's complete integration with the city's entirely underground [rapid transit](#) system, the [Montreal Metro](#). Moreover, the first iteration of the Underground City was developed out of the open pit at the southern entrance to the [Mount Royal Tunnel](#), where [Place Ville Marie](#) and [Central Station](#) stand today. End.

We were not done walking however and decided to go in the opposite direction but not all that far to the original Chinatown of Montreal.

From https://en.m.wikipedia.org/wiki/Chinatown,_Montreal - located in the area of [De la Gauchetière Street](#) in Montreal. The neighbourhood contains many Asian restaurants, food markets, and convenience stores as well being home to many of Montreal's East Asian community centres, such as the [Montreal Chinese Hospital](#) and the Montreal Chinese Community and Cultural Center. CHUM Hospital is located in Chinatown. End

I think we saw every square foot of it looking for the old time Chinese restaurant that Tom remembered from the old country. We found something perfectly acceptable but nothing really to write home about yet here I am. The street entertainment and the little bits of shopping we did probably was more exciting than the meal. But remember we are a little jaded, no pun intended, having lived in Taiwan, Vietnam, and traveled through parts of China.

Next up? This second largest botanical garden in the world after Kew Gardens in London. It would be a whole day and far too many pictures but I'll soon try.



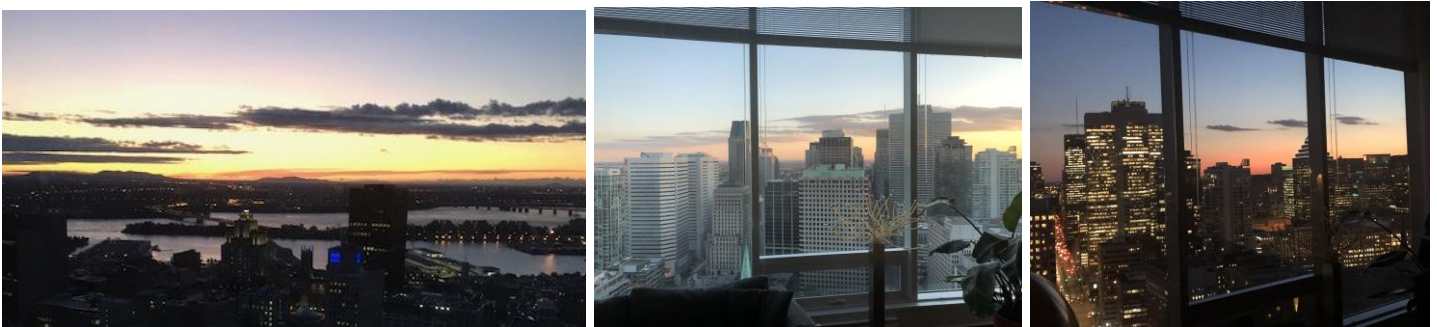
Honest. This is about all we saw of the Underground other than stairways for at least 45 minutes of walking.

Montreal has quite the effort of using public money for street art. A lot of it is hard for us to call Art but we remember that Art is in the eye of the beholder. At least this one was all mirrors which distorted the street people and the surrounding high rises.

This is the smaller Chinatown entryway but it is within about a block and a half of our apartment.



In Chinatown? Yes at a dumpling restaurant. The streets were entertaining in many ways -- this older gal didn't seem to fit into the Chinatown mystique, yet was good despite her apparent age. If you are into my iCloud photo sharing drive, you'll see her dance and hear her music.



Sunrise and sunset from the apartment and now good night.

Montreal's Botanical Garden

Two days prior we were driven through Olympic Park and saw the huge botanical gardens. We were told that the gardens are the largest in the world outside of Kew Gardens in London.

In particular we were curious to see the Chinese gardens which cover 6 acres and are noted as being the largest Chinese Gardens outside of China. They were basically built in China with each piece moved and installed here. Around the same time they built a traditional Japanese garden and home which contains an art gallery and bonsai garden and an exhibition hall.

Each of these gardens contain their own noted bonsai collection. Then there are the series of greenhouses that probably rival the famous ones in Longwood Gardens.

Unfortunately, the trolley ceased operation a couple years ago and this was a huge expense for us to traverse. It meant that by dark we were pooped and didn't stay much beyond the lights being turned on for the special exhibit of Chinese lantern illumination. The temporary lanterns were quite colorful

but we thought away from the beauty of a Chinese garden but we're probably quite dramatic and night.

From the web: The Jardin botanique de Montréal, one of the city's jewels, is recognized as one of the world's greatest botanical gardens. It offers a colorful program of events, exhibitions and activities all year long. With its collection of 22,000 plant species and cultivars, 10 exhibition greenhouses, Frédéric Back Tree Pavilion, and more than 20 thematic gardens spread out over 75 hectares, it's also a perfect place to enjoy fresh air and natural beauty. Located just minutes from downtown Montréal, right near the Biodôme and Olympic Park, the Jardin botanique de Montréal is a veritable living museum of plants from the four corners of the globe.

From https://en.wikipedia.org/wiki/Montreal_Botanical_Garden - The Chinese Garden is constructed along the traditional lines for a [Ming Dynasty](#) Chinese garden. Covering 2.5 hectares, it has many winding paths, an artificial mountain, and a building in the Chinese style housing a collection of [bonsai](#) and [penjing](#) that have been donated. The garden is populated with Chinese plants. The garden was constructed from 1990-1991 by 50 artisans from the Shanghai Institute of Landscape Design and Architecture, directed by Le Weizhong. The project required 120 containers of material imported from Shanghai, including 500 tonnes of stone from [Lake Tai](#) in [Jiangsu](#) province.

The Japanese Garden was created in 1988 under the direction of designer Ken Nakajima. Its 2.5 hectares are populated with Japanese plants, and it contains a building in the Japanese style containing an exhibit on tea. The Japanese [tea ceremony](#) is performed there during the summer, and anyone can take classes to learn more about it. Other traditional Japanese arts, such as [laido](#) and [Ikebana](#) are occasionally demonstrated there as well. It also includes a large [koi](#) pond; visitors often feed the koi. The garden hosts an annual [Hiroshima](#) memorial ceremony on the 5th of August, with the hourly ringing of a [Japanese Peace Bell](#) made in Hiroshima. End

It was a long day. We had a nice simple and healthy meal by the side of the garden and fountains so for the evening we consumed cheese and pate in the apartment.

I am having serious problems limiting the number of pictures to send. All day we were excited and taking picture after picture. If you have access to the Apple iCloud, you could go into my shared drive.



Across the street with a funicular to take you to the highest point except Tom reminded me that our apartment was higher.

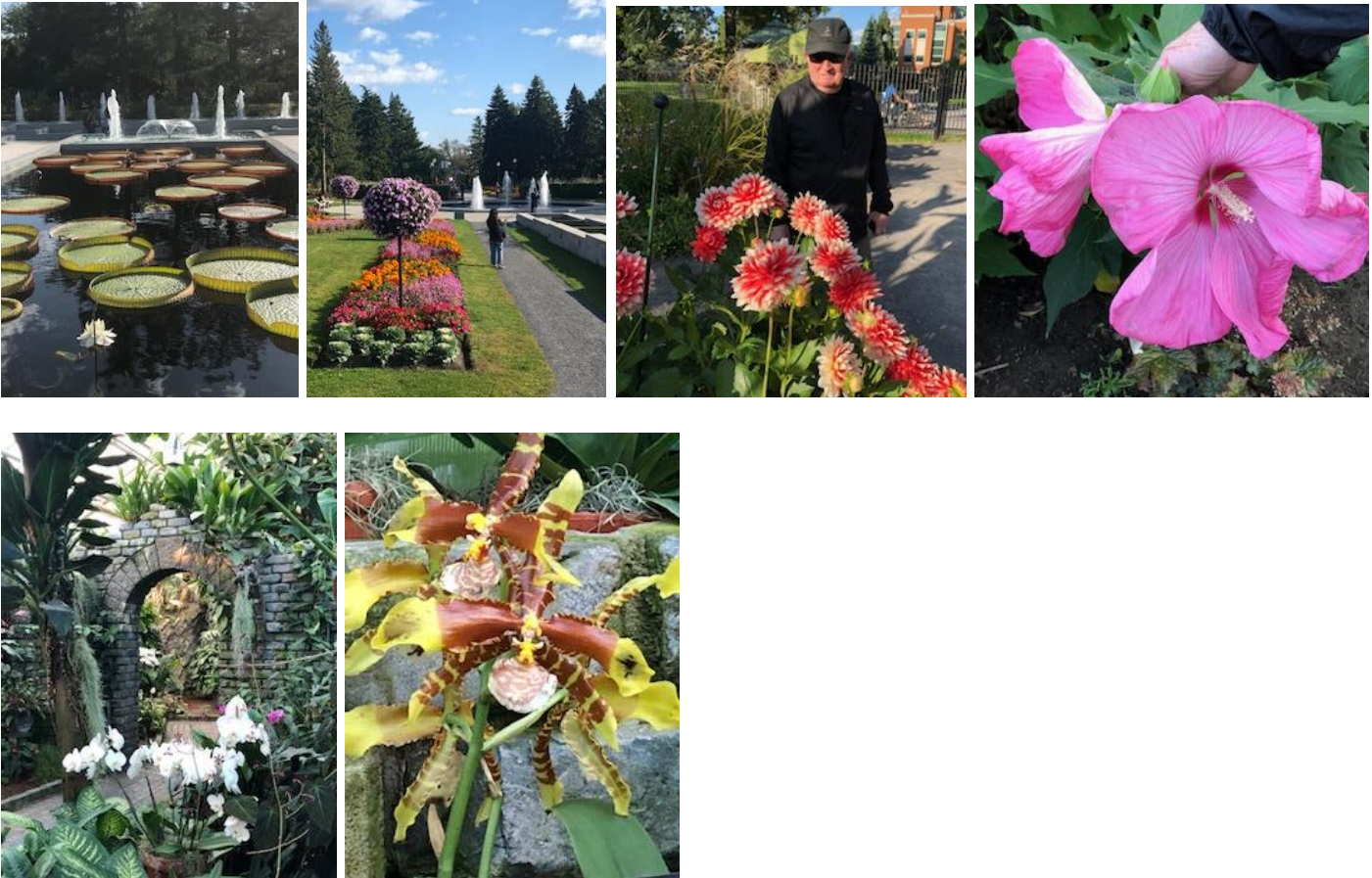
These papier-mâché looking cranes for throughout the garden and I could tell that their red crowns would be lit for the evening illumination.



All these overly colorful papier-mâché looking lanterns are for a short-term illumination spectacular. We thought they were pretty tacky looking.



Going into the Japanese garden was much more aesthetically pleasing. Followed by the gardens and a number of greenhouses.



The area called “mile end“ food tour day

We especially like food tours as they include history and some feel for the locality and not just drive-by or flyover tourist sites. This company served us well but we did like the old Montreal food tour a bit better.

I would have hired Karine, this food tour guide, for my next March trip here, except she was pregnant and I was delighted to learn that she gets a full six months paid maternity leave after the baby is born.

Highlights from the website:

- 6+ tastings, sips and bites – includes a bottle of water, cultural stops, vendor demonstrations and much more!
- Enjoy Montreal and the Mile End’s quintessential foods, including St. Viateur bagels!
- Delight in some treats at Montreal’s most popular ice cream, Italian gnocchis and organic falafel.
- Includes all food tastings, a water bottle, a charming tour guide and our insider’s guidebook.

Why take the Mile End Montreal Food Tour? Mile End is a thriving community of musicians, artists and young entrepreneurs. Our tour allows you to discover exactly what makes this special neighborhood tick! We explore its back alleys, acclaimed shops, and exhilarating culture. Not to mention, you’ll also uncover some of Montreal’s most unique, tasty, and trendy food. Whether you’re from distant lands or a local Montrealer, this tour is the perfect way to dive into the city’s culture, spend time with friends or coworkers, and it makes for a perfect gift, too. End

Tasting Locations

1. La Panthère Verte - We meet at the famous sustainable Green Panther vegan eatery. Our journey starts with what has been voted "Montreal's best falafel".
2. Chocolats Geneviève Grandbois - Together we savour Montreal's most lovingly produced chocolate for an epic dessert!
3. St. Viateur Bagel (Est. 1957) - We enjoy famous Montreal bagels while arguing whether they truly are "the world's best bagels".
4. Drogheria Fine - We savour fresh homemade gnocchi with Montreal's best tomato sauce, served by the owner himself!
5. Boucherie Lawrence - A neighbourhood butcher shop offering specialty charcuterie, as well as meat that has been raised locally and humanely.
6. Kem Coba - Finish off your tour with potentially the best Ice Cream.. in the world! End

The area was a bit like you expect based on the description. There were some old factories turned into hi-tech headquarters and some into artist condominiums. Lots of little shops and as Montreal is famous for, huge numbers of little eateries. Much it was a little bit older and a little bit rough but we are told all of Montreal is extremely safe.

I had thought this was the same as their Italian district or like the Latin quarter but apparently the two are somewhat separate. We enjoyed seeing and hearing of all the openness to immigrants and how that has kept Montreal growing, thriving, and safe.

It was far enough away that I was almost glad that Tom did not want to walk it. Yet taxis seem rather pricey and a 2-3 mile ride might be \$15-\$20. But that is Canadian dollars which only cost US \$0.79 per CDN \$1.00.

On the subject of cost, because of the relationship to the dollar, most things seem quite reasonable. Yet their taxes are extremely high and it is on pretty much everything. I guess New Jersey gets us with property tax but is mostly free of food and clothing tax. I hope Canadian property tax is cheap because everything else is taxed high. As an example, just the tax on the apartment is about CDN \$350 for the stay. I think the federal government is about 5% on most everything but then add to that almost 10% for local government.



While waiting for our food tour to begin along came first a stroller holding four little ones and then a stroller that could have held six. Something is going on good in Montreal.

Next came along at least four groups of little ones who were either tied together or holding a big fabric rope. So sweet. Maybe they are populating and won't have the Social Security funding problem that we have.



The restaurant was pretty special in that it was vegan, all organic, very popular and now branching out into a number of new locations, and had taken over a bank building. Part of that proof of the bank building was the washroom that had been a safe.

This high-tech company took over an old factory when manufacturing productions moved out to China. First just a few and now they have a number of locations.

Isn't she cute? Newly pregnant, not married, very artsy, with a unique hairdo that was partly shaved and partly very long and lush. Bright and articulate with loads of stories and history.

Bagels seem to be a competing hobby. There are many shops and a need to retain the old traditional woodfired stoves. For the environment, all wood-burning fireplaces were banned except those in places like the bagel shop. They are under consideration for closing too which has the bagel lovers up in arms. This shop hand makes the bagels and won the competition of being able to hand form 47 bagels in 60 seconds.

The local bagels are quite different than those in New York for instance. They are more doughy, smaller, less calories, covered in sesame seeds, and have a bigger hole.

The founder of this shop willed his shop to one of his longtime employees. Now the three sons of that employee run three different shops.



Bicycles abound and fortunately so do bicycle lanes. One must be very careful when stepping out. An old theater called the Rialto has been revived and while they didn't serve food, the tour gives us some history too. The second floor and this picture on the third floor shows a glass ceiling created by Tiffany.

We saw spiral staircases in town houses and in duplexes closer to the Olympic stadium. Here we have staircases again and we learn a few amusing reasons why. The interior space was saved by putting the staircases outside. The Catholic Church was instrumental in preferring that people could be seen if they entered into their neighbor's home. Ha ha ha. (Was there really that much neighbor swapping?). It more easily allowed for renting out the upper stories by the first floor owner. It also helped, though it must've been very difficult, for moving in and out of the homes. They have an oddity that July 1st is end of leases and thus moving date.

We were very amused to hear our little small pregnant Tour Guide speak of moving every year which included all of the appliances. Up and down stairs. Moving vans next to impossible to get.

We also learned that she had some thought of maybe one day marrying her boyfriend. In the Rialto theater.

Street art and yard art abounds. There is one particular fellow in this neighborhood who creates art from junk. That is exactly what it looks like to us.



Alleyways used to be used for hiding the garbage. Now trucks can't get down them because they are so narrow. Thus in some cases the city has granted them to the neighborhood who create their own individualized plantings or children's play yards.

Get a load of this traffic cone used as a down spout. Creative and novel engineering.



This butcher shop is in relationship to one of the more famous area restaurants. They grow, raise, and cut their own meat and make their own cheese. Cheese that is not pasteurized is quite the treat. Then the next day after a walk through the neighborhood and trying to find more of the underground shopping, we could not resist returning to a favorite little Parisian type bistro. Were we here longer, we would go there again; I plan to go again in March with my sister Beverly. Tom had been looking forward to that pub type of fish and chips. He expected with the British influence that it might be like he remembered from England, and while I don't think he was terribly disappointed, it was not exactly

what he expected. The proof is in the pudding, so to speak, that he ate it all. As did I with all of my vegetables and halibut. Or was it haddock. It was good.



Our apartment is within a block of the place des arts. Contemporary art museum, and a big performance center. Apparently, the person that night was more than I could ever imagine. I had to look him up and I still don't get it.

To each his own. I don't have to get it but apparently a lot of folks do. And on that I say good night. We leave to return to New Jersey in the morning.

Itinerary

Mon Sep 9

Am Depart Middletown via car to Lake Placid NY

5 h 6 min (321.2 mi) via I-87 N

5 h 59 min (335.1 mi) via Taconic State Parkway and I-87 N

Walk little pleasant village of Lake Placid. Grocery shop?

Hotel Mirror Lake Inn and Resort – 3 nights
77 Mirror Lake Drive, Lake Placid NY 12946 Tele: 518 523 2544
www.mirrorlakeinn.com reservations@mirrorlakeinn.com

From website www.mirrorlakeinn.com - A luxury hotel in scenic Lake Placid. Family owned since the 1930's, the family have been the caretakers of the "Mirror Lake Inn" tradition since 1976. Their passion for hospitality, along with that of our incredible staff is evident throughout every aspect of the property. We take great pride in providing our guests with an authentic Adirondack experience and are extremely proud to have earned the prestigious AAA Four-Diamond, "Exceptional" award for over 30 years.

Located in our Main House, our Cascade Suite has a living room with a gas fireplace. A custom-made oak spiral staircase leads to an open king-size bedded loft and oversized whirlpool. There are two full bathrooms, one on each level. The private balcony has beautiful views of Mirror Lake and the Adirondack High Peaks.

Tue Sep 10

Ideas: Drive along river that had so impressed me in 2009. Drive around the lake, checking The Boat House restaurant and where is Whiteface Lodge which has a special restaurant?

High Falls Gorge is one of Adirondacks most breathtaking walks. Nearer to Whiteface Mountain, is fed by the Ausable River that follows the road from Lake Placid to Wilmington before it spills over ancient granite cliffs, said to be formed over a billion years ago by the forces of ice, water and wind. It's privately owned and built with bridges, walkways and groomed paths so visitors can walk above and to the side of 700 feet of huge and beautiful waterfalls, dark pools and one of New York's largest pot holes. There are at least four major waterfalls. In 2009 I tried twice to see it because storms had shooed us away. My second try to visit turned out to be spectacular in part due to the very blue skies but as much because of the past heavy rainfall feeding the waterfalls.

Veterans Memorial Highway, is up at the top of 5,000' high Whiteface Mountain. Last time the clouds and rains came in and they closed down just after I arrived. This is the only AAA listed GEM in the area so I was insistent on going no matter the weather and I only just made it. Is a 6-mile road leading to the summit of Whiteface Mountain where visitors can elevator or climb the rest of the way to this 5,000' peak. Last time with the rains I became spooked and took the elevator down thinking there was no way one could negotiate the wet rocks. I'd been there with other marathoners who climbed to the top too but who were doing the same thing – elevator down.

It's said that on a clear day the summit house affords a view across more than 100 miles including the St Lawrence River and lakes Champlain and Placid. I thought of it as a mini-Mt. Washington climb. Up at the top it's quite a surprise with a stone castle built from native stone, and then a steep ascent to another stone tower. It was built starting in 1931 and finished in 1935 as a tribute to veterans and clearly looks like a WPA or CCC project because of the stone workmanship.

Wed Sep 11

Drive to Saranac Lake.

Visit Olympic Village and museum where there is a 26-story elevator ride to the top of the ski jump, a museum and tour of the Olympic Center. See John Brown's farm and burial site from the top and close up.

Olympic Stadium. Everywhere are reminders of the 1932 and 1980 games so one wonders if the Olympics might return to Lake Placid? One also wonders how they ever managed housing and feeding all those that are required to host the Olympics. In 1980 they flooded areas on two sides of Lake Placid and formed parking lots from which people were bused in. No cars were allowed. People stayed outside of town. In those days, handling 5,000 folks was a challenge but they did it. Now days just to house the press corps would require handling 5,000. So no, the Olympics are just a memory for this little village though they do host a number of events and use their Olympic headquarters well and their memories even better.

7:00pm Dinner reservations at hotel's The View – 1 night only (closed Tuesday night)
<https://www.mirrorlakeinn.com/dining/the-view/> - to see menu

20-time Winner of Wine Spectator's Dining Guide Award - A truly exceptional dining experience, The View is Lake Placid's only AAA Four-Diamond "Exceptional" rated restaurant. We have also received the Wine Spectator's Dining Guide Award for Excellence for the past 20 years. And as of 2019, Wine Spectator has elevated The View to "Best Of" Award of Excellence, thus granting us the two-glass designation.

Fine Lake Placid Style Dining in a Relaxed Atmosphere - Join us for an elegant, romantic and relaxed dining experience with incredible views across Mirror Lake. It's the perfect place in Lake Placid, for a romantic candlelight dinner for two or an enjoyable dinner with the family. With foods to suit all tastes, The View Restaurant is guaranteed to deliver a wonderfully memorable dinner in a relaxed Adirondack style atmosphere.

Thu Sep 12

Noon? Depart hotel. Apartment not available for check in until 4pm.

Drive time from Lake Placid to Montreal -- add border crossing

Switch iPhone to Airplane mode. Before entering Canada, call owner Steve with ETA.

2 h 8 min (111.6 mi) via I-87 N and Autoroute 15 N

2 h 20 min (119.6 mi) via NY-3 E and Autoroute 15 N

Apartment 2 Bedroom, 2 Bath – 7 nights

<https://www.vrbo.com/4031025ha> - same apartment rented for March 2020 for 9 nights

360 Boulevard Rene Levesque West, Montreal QC H2Z0A7 - 39th Floor

Apt Tele: 514 875 2283 Mgr Tele: 514 990 2000

info@MontreatExecutiveApartments.com

WiFi: Use MEA network, SM171900 password

Reservation HA 6QMLHY for Sept.

Steve, landlord, tele 514 990 2000

Made final payment on 8/25/19 through VRBO.

From web: MONTREAL'S QUARTIER des SPECTACLE- LUXURY 2 BDRM, 2 BATH SUITE
Ville-Marie, Montreal, QC, Canada - 0.3 mi to Montreal center
Apartment: 1000 sq. ft.; Sleeps: 4; Bedrooms: 2; Bathrooms: 2

SUITE WITH AN AMAZING VIEW OF CITY AND RIVER; Our two bedroom two bath suites offer bright living spaces with floor to ceiling windows and an outstanding blend of function, comfort and style. you will have the truly relaxing feeling of home. We provide flat screen TV, cable/streaming, private local telephone line and high-speed wireless internet The bedroom sleeping areas are a comfortable place with Queen sized beds to relax you and give you a great night's sleep. All bed linen and towels are supplied along with hair dryer, iron and ironing board, All you need to bring is your personal belongings and we will take care of the rest. Our kitchens are fully equipped including microwave and dishwasher. We stock each kitchen with a full set of pots and pans, cooking tools, toaster, coffee machine, electric kettle along with china, glasses, and cutlery service for 8 persons The Washer-dryer is in-suite. Our apartments are fully equipped to meet your every need. We have tried to put everything at your finger-tips but if we have overlooked something we are only a phone call away 24 hours a day.

From Steve, landlord: The suite is considered to be in the heart of downtown Montreal.
5 minute walk to Place des Arts metro /Complex des Jardin.
10 minute walk to Sherbrooke W and rue Bleury.
One block off St Catherine on Renee le Vevesque, a new high-rise in 2016.

It is in the Courtyard by Marriott building. For March visit, verify distance to Bell Center at 1909 Avenue des St Antoine Street West or 1225 Canadiens de Montreal. www.centrebelle.ca

Local hotels:

Marriott Chateau .1 mile

Novotel .2 mile

BW Plus Europa and Fairmont .3

Renaissance, Ritz and Residence Inn .5

Fri Sep 13

12:00 noon Food tour of Old Ville Montreal - <https://localfoodtours.com/montreal/> to 3pm
Tickets in file

Meet at Crew Collective Café, 360 Rue Saint-Jacques – café is inside a 1920s bank
Closest to Sq Victoria Metro
info@localmontreal.com Tele: 514 613 1259

*From website: A unique way to experience Old Montréal's essential sights including Place d'Armes, the Old Port, and St. Paul Street. Enjoy 5+ food stops. Ticket includes wine & craft beer tastings too!
Immerse yourself in the city's history, stunning architecture, and most delicious food! Includes: 5+ food stops, including 3 sit-down restaurants and 1 brewpub. Enjoy Montréal's French cuisine at it's best!*

*Highlights: Enjoy traditional onion soup and the city's favorite French macarons, and more!
Includes rose wine & craft beer, selected to pair perfectly with tastings. A unique way to experience Old Montréal's essential sights including Place d'Armes, the Old Port and St. Paul Street
A classic Montreal bagel with smoked salmon, savored inside a historic, breath-taking building.
Includes all food tastings, a water bottle, a local guide and our insider's booklet of information and recommendations!*

Why take the Old Montréal Food Tour? Old Montréal is a one-of-a-kind European-style district. Its historic buildings, narrow streets, and flourishing foodie scene make it a mix of exciting elements to taste and discover. Through public squares, landmarks, and eateries, our Old Montréal Food Tour allows you to experience the culinary scene locals love so much, all while learning about the surrounding network of historic sites. Join our passionate and knowledgeable local guides to uncover some of Montréal's most enticing bits of history, visual treats, and tasty bites in a unique and interactive way that's enjoyable for visitors and locals alike. We conduct our tours with a sustainable tourism ethos, aiming to disrupt daily life in the community as little as possible while ensuring equitable wages for all of our tour guides. You'll leave with a full heart, mind and of course, a full stomach!

Tasting Locations

1. Crew Collective & Café - We begin the tour at one of Montréal's historic banks, and enjoy a delicious smoked salmon bagel at the spectacular converted cafe and co-working space.

2. *Cookie Stéfanie* - This local gluten-free bakery offers us their personal favourite treat: gluten-free carrot cake.
3. *Modavie* - Next, join your group at one of the best tables in Old Montréal and partake in a classic French onion soup at this elegant restaurant. Rosé Wine pairing (2 oz).
4. *Maison Christian Faure* - This local institution offers us the chance to taste one of the best macarons in the world.
5. *Bistro-Brasserie Les Soeurs Grises* - This brewpub was named after Montréal's historic Grey Nuns, giving us a chance to dive into Québécois culture with local beer and home made poutine. Craft beer pairing (4 oz).

Ask about signing up for Tuesday's Mile End Food Tour. How far? Too much pub crawl?

Sat Nov 14

1:00pm Start of bus tour for 3 ½ hours

For those not using the hotel pick up service, the departure point is 1001 Dorchester Square - please arrive at least 15 minutes prior to the tour departure. For those who are using the hotel pick up service, please contact Gray Line Montreal to confirm at least 24 hours prior by calling 514-398-9769 or by emailing montrealsightseeing@coachcanada.com

Note: walk is 1 km on our street to square

From https://www.grayline.com/tours/montreal/montreal-city-tour-5867_1_12130_821/ - with links.

This guided tour of Montreal will show you the special characteristics that make the city unique, including Old Montreal, Notre Dame Basilica and more. Highlights include:

Old Montreal, Olympic Stadium, Mount Royal Park Lookout, St. Joseph's Oratory, Montreal Harbour, Bonsecours Market Building, Place Jacques Cartier; Notre Dame Basilica, City Hall, Place Ville Marie, Place des Arts, Fine Arts Museum, Habitat 67, Saint Helen's Island, Our Lady Queen of the World Cathedral, Golden Square Mile, McGill University, Chinatown, The Université de Montreal.

Itinerary: Experience an overview of Montréal and its historical sites where you will discover all of the characteristics this city has to offer. Our charming tour guide will present you with one of the world's largest French speaking cities with numerous museums (McCord Museum, Grévin Museum and Pointe-à-Callière Museum) restaurants, and shops.

Your tour will include stops at the city's most captivating attractions where you can have time to take memorable pictures.

Old Montréal — Enjoy a journey through time as you visit Old Montréal, nestled between the St. Lawrence seaway and the downtown skyscrapers. Founded in 1642, this old town is a main attraction for visitors and locals alike, with its many boutiques and restaurants. It is in this part of the city where you will find the Notre-Dame-Basilica. Built in 1824, this church is amidst the most impressive landmarks in the world. Its original stained glass windows paint a story of Montréal's religious history.

Olympic Stadium — Created for the Summer Olympic Games in 1976, it is truly an architectural masterpiece. Its tower, integrated into the base, is the tallest inclined in the world, at 165m (539ft).

Mount Royal Park Lookout — This enchanting park offers an impressive view of the city below. It has provided many outdoor activities for over 100 years.

Saint Joseph's Oratory — An Italian Renaissance style basilica which is the largest in Canada and is dedicated to the country's patron saint. Its founder, Brother André had performed many miracles here in the early 1900's and still today, millions of visitors come to visit. Brother André was canonized in 2010 by Pope Benedict XVI.

Sun Nov 15

Park Olympic with Botanic Garden including both a Chinese and a Japanese Garden.
Also see market on Olympic site.

Mon Nov 16

Open?

Tue Nov 17

Sign up for "Mile End" neighborhood Food Tour?

Wed Nov 18

Open?

Thu Sep 19

Check out of apartment pre 11am

Drive time from Montreal to home – add border crossing.

6 h 17 min (645.4 km) via I-87 S

IF too long or delay at border, might stay in a hotel and return home Fri Sep 20

Emergency Info:

Registered Canada portion with STEP at travel.state.gov

Carl Greeson, brother in law, 573 999 2119

Sue Ann Martinez 732 236 7651

Has Pandora

Randy Fritts 732 671 5510

Neighbor to the west – has key

Adam Basile 732 673 2582

Helper – knows house and pond

Kathy/Gary Kestler 732 671 5311

Neighbor to the east – has key

More numbers on kitchen counter.

Emergency Assistance Plus Program – 24/7 – card in file and in Diana's wallet

United Mileage Plus member #0186014

Tele: 866 816 2073 or 60 328 1752 collect

United States Consulate General Montréal

155 St Alexander St, Montreal, QC H2Z 1Z2 Tele: 619) 675-7317

Links for Montreal tourist:

<https://www.tripsavvy.com/montreal-september-weather-and-event-guide-1481885>

Montreal public transport - <https://ville.montreal.qc.ca/nouveaudepart/en/getting-around>

17+ Very Unique Things to Do in Montreal [Exclusive list 2019]

<https://localfoodtours.com/montreal/top-13-things-to-do-in-montreal-summer/>

Montreal things to do and travel tips for Americans

<https://www.usatoday.com/story/travel/destinations/2019/08/21/montreal-canada-visit-here-five-travel-tips-americans-quebec/2056798001/>

Take AAA for Lake Placid and tour book for Montreal.

Packing: passport, washcloth and bar soap, laundry detergent