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A RANDOM GUIDE TO MONTREAL

Here is a useful guide to Montreal, assembled by a discriminating resident of that city who takes his food and drink as seriously as any other man. Montreal is the second largest French speaking city in the world-next to Paris. It is situated on a large island having the shape of the top of an anvil, and is 32 miles long and over 10 miles wide at one point. It is 201 square miles in area. Mount Royal rises to 770 feet above sea level. The island itself lies in a wide section of the St. Lawrence River and is connected to the Canadian mainland by bridges in all directions. The city of Montreal occupies about one quarter of this area, and shares the island with 29 other autonomouse municipalities. The heart of Montreal lies on the southern side of the island. The Ottawa River flows into the St. Lawrence at the western end of the island.

Bilingual Montreal is Canada's largest city -- a cosmopolitan center more than 320 years old. The metropolitan area has a population of over 2,000,000, about two-thirds of whom are of French origin, and about 20% of Anglo-Saxon descent. Next come about 100,000 Italians who make up five per cent of the population.

Greater Montreal is the seventh largest North American City -- immediately after Greater Boston. According to the Encyclopedia Britannica it has approximately the same population as Rome. Montreal is the greatest inland port in the world and on this continent is second only to New York as a seaport.

Montreal is located 100 miles from the Atlantic at the eastern extremity of the St. Lawrence Seaway -- a dredging and power development valued at one billion dollars, which was jointly financed by Canada and the United States. The Seaway extends 1200 miles into the continent from Montreal.

The first white man to visit Montreal was Jacques Cartier, an intrepid French explorer who arrived here in 1535. He found an Indian village known as Hochelaga, which most historians say was at the foot of the mountain below the present site of McGill University.

The commercial heart of the city is considered to be Peel and St. Catherine Streets.

Montreal is well-known in world medical circles as a center of research, particularly in neurology.

The International Civil Aviation Organization (I.C.A.O.), an agency of the United Nations, and the International Air Transport Association (I.A.T.A.) have their world headquarters in Montreal.

Weather

Spring and fall are mild (wool sport-jacket weather), and summer is warm and pleasant. The average summer temperature is 70 degrees, but it may get into the 90s; if you are in Montreal during early spring or late fall, make sure you have a light outer-coat with you, in the event that the chilly wind starts whipping down the street.

Transportation

Public transit is readily available in Montreal -- bus, subway and taxi.

Taxis -- there are more than 4,000 cabs in the city, but they are not inexpensive. The rate is 35 cents for the first sixth of a mile, and five cents for each additional sixth of a mile, with waiting time costing five cents a minute. A word of warning: some of the cab drivers in this French city speak little if any English, so if you get out to a bistro in the suburbs late at night, make sure you know how to tell the cab driver where you want to go. You can call a cab from any point in the city.

Buses -- some lines operate 24 hours a day, some only from early morning to 7 p.m. You should get a schedule, available for a small sum from most news dealers. The fare is 20 cents a ride, no matter the distance.

Subways -- there are two basic subway lines in Montreal, a north-south line of 8.63 miles, and an east-west line of 4.33 miles; by April, 1967, the east-west line will be extended 3.17 miles, to go to Expo 67 and across the St. Lawrence River. Ride the subway; it costs just 20 cents, and it's the only rubber-tired subway in North America. It's quite, clean and fast, and there's no long wait for the trains.

Money

In general, foreign currency is not usable in Canada and is exchangeable only at large banks. U.S. currency is accepted, but you are advised to exchange it for Canadian at any bank or at the cashier's wicket in the larger hotels. In Canada banks are open 10 a.m. to 3 p.m., Monday through Friday.

AMERICAN EXPRESS is located at 1200 Peel (tel. 861-9921). It is open Monday to Wednesday from 9 a.m. to 5 p.m. Thursday and Friday the hours are from 9 a.m. to 7 p.m. Saturday it is closed.

Tipping

15% is general. Normally service in restaurants is not added to the bill. One should tip taxi drivers, porters carrying luggage, and in bars and restaurants, and never less than ten cents. No tipping to any airline employee or airport bus drivers.

Cables & Telegrams

Three of the companies that can perform this service are:

Canadian Pacific		861-4211
Canadian National		866-8411
Western Union International	l Inc.	849-4241

In most cases they can be sent from your hotel room or from the lobby, where there are coin machines.

Airlines

Air Canada	937-5771	Sabena	861-2631
Air France	861-9001	Swissair	866-7901
BOAC	874-4141	Eastern	849-2201
Canadian Pacific	861-9361	North Eastern	
KLM	861-3411	Airlines	636-3911
Lufthansa	861-4747		

Post Offices

Main Post Office: This post office is open from 8 a.m. to 11 p.m. Monday through Saturday and closed all day Sunday. It is located at 1025 St. James.

Post Office near Place Ville Marie: The post office at 1250 University (between St. Catherine and Cathcart) is open from 8 a.m. to 6 p.m. Monday to Friday. Saturday it is open from 8 a.m. to 1 p.m. It is closed all day Sunday.

Stamps are available at most hotel magazine shops. Also most drugstores (chemists) have stamp machines.

Postal Rates

Letters:

For local delivery 4¢ first ounce, 2¢ each ounce after. For delivery at other offices in Canada 5¢ first ounce, 3¢ each ounce after.

Postal Rates (cont.)

Air Service in Canada:

Letters for delivery in Canada not exceeding eight ounces and prepaid at the rate of 5¢ for the first ounce and 3¢ for each ounce after will be carried by air.

If air service is desired for Domestic letters exceeding eight ounces in weight postage must be prepaid at the rate of 7¢ for the first ounce and 5¢ each ounce after.

Picture Post Cards:
Maximum size 4" x 6" -- 4¢ to all countries.

Surface Letters to the Following Countries:
United States, Mexico, Great Britain, Northern Ireland,
Commonwealth Countries, Republic of Ireland, France, Spain,
Central and South America.
5¢ first ounce, 3¢ each ounce after.

Surface Letters to All Other Countries: 6¢ first ounce, 4¢ each ounce after.

Air Mail Letters to Other Countries:
United States, Territories and Possessions
- 8¢ first ounce, 6¢ each ounce after.
Bermuda, Mexico, Central and South America and the West Indies
- 10¢ each half ounce.
Great Britain and Europe
- 15¢ each half ounce.
Philippines, Africa, Asia, Oceania
- 25¢ each half ounce.

Aerogrammes: 10¢ each to all countries.

Tourist Bureaus

Montreal Municipal Tourist Bureau:

Located in Room 523 of the Dominion Square Building.
Telephone 872-3561. Hours: 9 a.m. to 5 p.m. Monday to Friday.

The information kiosk in Dominion Square is open seven days a week from 9 a.m. to 11 p.m.

Province of Quebec Tourist Bureau:

This tourist bureau is located in the Place Ville Marie complex in the Esso Building (corner of University and Cathcart, entrance on the terrace level, use steps on University below Cathcart). Telephone: 866-7807

Hours: June 15 to Sept. 15 -- 9 a.m. to 9 p.m. seven days a week. Sept. 15 to June 15 -- 9 a.m. to 5 p.m. Monday to Friday.

Newspapers

The best French language dailies are Le Devoir and La Presse. Le Devoir is a morning paper. La Presse is published in the evening. However, there are at least five other French language papers in Montreal.

The English language Montreal dailies are the Gazette (morning) and the Montreal Star (evening). The Globe and Mail (morning), a Toronto newspaper and one of Canada's better English language dailies, is available in Montreal every morning.

New York papers are available at most hotels and at major newsstands on day of publication.

Paris and London daily newspapers and other European weeklies and magazines are available the evening of the day of publication or the day after at major newsstands.

The largest assortment of foreign newspapers and magazines is a newsstand called Metropolitan News Agency (1248 Peel Street, just below St. Catherine Street).

Laundry and Cleaning

Laundry and dry cleaning is done through the Bell Captain's desk at all hotels, usually one-day service. There are places outside hotels where you can obtain quicker service (1 to 5 hours). Ask the Bell Captain where to find quicker service.

There is a shirt and dry-cleaning service in the promenade of the Place Ville Marie.

Shoe Repair

Town and Country Cleaning and Shoe Repair in the shopping promenade of the Place Ville Marie will repair your shoes while you wait.

Pressing while you wait

Bonton Cleaners and Dyers, located at 4161 St. Catherine Street West (between Greene Avenue and Atwater Avenue). Tel. 935-2707.

Invisible Weaving

Harvey's Cleaners and Tailoring, located on St. Matthew Street, one street west of Guy Street, just north of St. Catherine Street. Tel. WE 7-0112.

Busses to Airport

Leave every 15 minutes from the Queen Elizabeth, Sheraton Mount Royal and Laurentian Hotels from 5:45 a.m. to 11:20 p.m.

Taxis to the airport are \$5.50 for the car (not per person).

Shopping

In general all stores are open Monday through Saturday from 9:30 a.m. to 5:30 p.m., with the exception of Thursday and Friday when most stores remain open until 9 p.m.

There are large department stores on St. Catherine Street (Eaton's, Simpson's, Morgan's and Ogilvy's) and on Sherbrooke Street (Holt Renfrew).

Also on Sherbrooke Street are many art galleries and boutiques.

There are two or three interesting antique shops in the old quarter on the rue St. Paul.

You will also enjoy shopping in the promenade of the Place Ville Marie, where there are two or three dozen shops, all indoors and in an air-conditioned atmosphere.

For a Canadian gift you might visit the "Canadian Handicrafts Guild," 2025 Peel Street, just past the Sheraton Mount Royal Hotel. There are some very interesting items. The work is done by skilled artisans, not amateurs, and this is their outlet.

You might also visit the Centrale d'Artisanat du Quebec at 1450 St. Denis Street. Tel. 842-6411.

Toys

There is a shop in the Place Ville Marie Plaza called The Toy World.

Art Galleries

For Canadian Art there is a goodly selection on Sherbrooke St.

Books

Some Centrally located book stores are:

Flammarion (of Paris) -- 1243 University St. (on the left-hand side below St. Catherine) -- Telephone 866-6381. For French language books. Large.

Books (Cont.)

Burton's (W.H. Smith) on St. Catherine Street east of Peel. English language books and English Canadiana.

Queen's Printer: 1182 St. Catherine W. Telephone 861-6072. The title should not deter you from visiting their shop. This is the official outlet for Canadian Government publications in both French and English. There are some extremely useful books on everything from art, artifacts and the armed forces to birds, finance, igloos and zoology. Open 9:30 to 5:00 p.m. Monday to Friday.

Further west on St. Catherine St. (at McKay):

Everyman's Book Shop: 1475 St. Catherine St. W. Tel. 933-5675.

New and second hand books. English and some French. Specialize in rare and out of print books. Great variety in fine arts and related subjects.

In the Place Ville Marie on the ground floor (opposite the information desk):

The Classics Book Shop: Hard cover and paperback. Mostly English. Very large. Good place to browse.

And in the shopping promenade:

Bertrand: French language books and French discs. Here
and elsewhere you will find a wide selection of records
by French-Canadian artists. One French-Canadian artist you
must hear is Monique Leyrac.

Drugs

Berke's Pharmacy, 1512 St. Catherine W. (Corner of Guy Street and St. Catherine). Tel. 935-2421. Hours: 9 a.m. to 11:30 p.m.

How to buy a bottle of something

In Canada the purchase of scotch, rye, wines, aperitifs etc. by the bottle is only possible through shops run by provincial governments. In Quebec they are run by the Quebec Liquor Commission. Two of their shops in the center of Montreal are located:

in the Place Ville Marie (shopping promenade): Tel. 861-6616.

Hours: Monday to Friday 10 a.m. to 10 p.m. Saturday 9 a.m. to 6 p.m.

How to buy a bottle of something (Cont.)

and at 1450 Mountain Street: Telephone 849-1036.

The hours are the same as above. (Most of the other stores of the Quebec Liquor Commission close earlier).

Delivery:

The only order office in the downtown area is in the Place Ville Marie. Payment must be cash or by certified check. No telephone orders. Delivery may take two days. Order office hours are 9 a.m. to 5 p.m. Monday to Friday.

N.B. They are very crowded on Saturday afternoons and on days prior to public holidays.

Beer

Beer in the bottle for drinking elsewhere is obtainable at small grocery stores throughout the city, as well as "pubs" and stores run by the Quebec Liquor Commission.

Canadian Wines

Canadian wines, mostly from the Niagara Peninsula, are obtainable at the Quebec Liquor Commission Stores at low prices. Many are "acceptable" to most palates. Try the roses and the dry white and red wines (comparable to les vins de pays of most European countries).

Concerts, Ballets and Theatres

Place des Arts

This is the Arts Center for Montreal. It will be composed of three theaters. They will be ready for Expo 67.

One is complete; it is the Salle Wilfrid Pelletier. This is a magnificent auditorium. If you have time try to attend a concert in this center.

Box office 10 a.m. - 9 p.m. Tel. 842-2112

There are tours of the Place des Arts.

Theaters

Theatrical activity in Montreal is generally in French. The quality is high.

Some of the theaters that consistently have good to excellent productions are:

La Comedie Canadienne

International popular performers -- singers, musicians, etc.

84 St. Catherine Street West

Box office 10 a.m. - 7 p.m. Tel. 861-3338 (Sunday) 1 p.m. - 7 p.m.

Le Theatre du Rideau Vert

Pocket theater of international repute.

Pieces de boulevard (light comedies).

This company performs at the Theatre Stella (4664 St. Denis St.)

La Poudriere

Situated on Ile Sainte Helene -- delightful on a summer evening.

Open all year, closing for about one month at Christmas time.

International Theatre: English, French, German and some Italian.

Le Theatre du Nouveau Monde

Repertory company of international repute, headed by Jean Gascon.

Classical French theater (they excel themselves in Moliere) as well as modern drama.

As their theater has been torn down, information may be obtained from their atelier. Tel. 861-1290.

Instant Theater

Lunch hour theater in the Place Ville Marie -- an interesting phenomenon. You can bring your lunch or buy sandwiches and coffee in the foyer of the tiny theater.

One act plays only -- 3 performances at 12 noon, 12:40 and 1:20 p.m. approximately, depending on the length of the performance.

Box office 11:30 a.m. - 2 p.m. Tel. 878-2589

Monday through Saturday

No reserved seats

The Barrel Theatre

1191 Mountain Street (just below St. Catherine, east side). Tel. 861-7902.

Diminutive theater presenting evenings of contemporary oneact plays. Two performances at 8:30 and 10 p.m. Admission \$1.50. For reservations call 861-7902.

Refreshments are served during the intervals -- cider, soft drinks and coffee.

Young Experimental Groups

Les Apprentis Sorciers.
Les Saltimbanques (in Le Vieux Montreal).

Consult newspaper for current productions.

Tickets: usually available only at the theater.

Dow Planetarium

1000 St. James Street West (Corner of Windsor Street). For hours of shows, telephone: 872-4210. For reservations, etc. telephone: 872-4530.

The show is 45 minutes long. Admission is 75¢ and 25¢ for children under sixteen. The planetarium opens at 12 noon and at 7:45 p.m. It is closed Monday evening. Tickets are available one hour before the performance.

Some Suggestions for Eating and Dining

This is not a definitive list. There are other places as good or better. These we have tried. Most are located in the downtown area.

In Montreal lunch is generally from 12:30 to 2 p.m. and dinner is from 7 p.m. on.

The 400 Club: In the basement of the CIL Building on Dorchester Blvd. Three restaurants under one title. We recommend Le Coin de la Mer as informal and pleasant for a drink and buffet lunch. Reservations are not possible, so try to be there before 12:30 or after 1:15 p.m. The price is \$1.95 plus drinks.

Taverns: Men only. There are places to eat and drink called taverns. In Canada they are mainly in the Province of Quebec. Some are very good. You may drink only beer, and many serve quite good sandwiches. Very inexpensive. You order two glasses of beer and your choice of sandwiches. Price: 50 cents to \$1.25 including beer.

Cafetaria: The St. Lawrence Cafetaria in the Place Ville Marie (shopping promenade). Fast, clean, reasonable prices. Don't go until after 1:30 p.m. when it will be less crowded.

Creperies: These restaurants serve a Canadian cousin of the "crepe" as well as soups and pastries. They are popular. Price: \$1.00 to \$2.00. Wide variety of alcoholic beverages. "La Crepe Bretonne" at 2080 Mountain Street and a second under the same management at 808 St. Catherine Street East are open for lunch and remain open during the evening and on Sunday. Very popular.

Benn's Delicatessen: Burnside at Metcalfe. Order their smoked meat sandwich on rye bread (with coffee, 65 cents). Popular after midnight. They do not close until 5:30 a.m.

Joe's Steak House: 1459 Metcalfe (just above St. Catherine).

Very much a Canadian restaurant, booth type. Steaks at reasonable prices. (\$2.00 and up.)

Ritz Carlton Hotel: Corner of Sherbrooke and Mountain Streets.

Telephone 842-4212. Continental cuisine. Luxurious. Reservations.

Service and food excellent. Expensive -- don't plan less than

\$8.00 per person plus drinks.

Saint Tropez: 1208 Crescent. Tel. 861-3197. Small, informal restaurant used by many from Radio-Canada. Good food. Lunch possible for \$3-5.

La Bastille: 1174 Mountain Street. Telephone 866-3250. Open from 11 a.m. until 2:30 p.m. for lunch, and, for dinner, from 5 p.m. to 9 p.m. French atmosphere. Inexpensive.

Cafe Martin: 2175 Mountain. Tel. 849-7525. Good restaurant in nineteenth century Montreal house. Reserve. French kitchen. Good food. Service reasonable.

Chez Pierre: 1263 Labelle. Tel. 842-1590. Early 1900's restaurant run by the same family for fifty years. Stark plainness is a change. Food and service good. Reasonable wine list. Not expensive.

Le Petit Havre: 437 St. Vincent. (in Le Vieux Montreal). Open 11 a.m. to 10 p.m. upstairs. Good food. Pleasant atmosphere. \$5.00 per person, plus wines. Reserve.

Queen Elizabeth Hotel: 900 Dorchester West. Tel. 861-3511. (The following are among the restaurants in the hotel).

Salle Bonaventure: Reserve. Rich, luxurious plus floor show. Food good. At least \$15.00 per person.

Beaver Club: Less formal restaurant. Reserve. Good service and good food. \$10.00 per person plus wines.

Panorama Room: Reserve (table near window, if possible).

Lunch recommended, buffet style. \$4.00
plus wines. Good view.

La Tour Eiffel: 1422 Stanley. Tel. 844-9525. Reserve. Intimate. Service excellent. Downstairs in Le Pavillon there is entertainment. The menu, however, is only a la carte.

Altitude 737: This is at the top of the Place Ville Marie. Open noon to midnight. Lunch or dinner, buffet style or a la carte. Reservation required for dinner. \$5.00 for buffet with drinks extra. If you are here for only one day, see the city from this bar. Best view of the city.

Desjardins: 1175 MacKay. Tel. 866-9741. Best seafood in Montreal. Well known for wine cellar. Scampi is their speciality. Good onion soup. Reserve.

Le Caveau: 2063 Victoria. Tel. 844-0934. French atmosphere. Good cuisine.

Bluenose: In the Promenade of the Place Ville Marie -- enter through the Carrefour. Good food, good service. About \$5.00 per person. Reserve.

Auberge Le Vieux St. Gabriel: 442 St. Gabriel St. Tel. 861-2044. Claims to be the oldest on the continent. It is, at least, a very old restaurant. Good food and French Canadian atmosphere.

The Troika: 2171 Crescent. Tel. 849-9333. Russian and French cuisine. \$3.00 minimum.

The Kon Tiki: On Peel St. above St. Catherine in the Mount Royal Hotel. Tel. 842-7777. Polynesian cuisine. Expensive.

Bill Wong's: 7965 Decarie. Tel. 731-8280. Luxurious Chinese supper club. Reserve.

Kwong Chow Cafe: 1095 Clarke Street (off Dorchester Blvd. East). Tel. 861-6663. Prices reasonable. Chinese atmosphere in the heart of Chinatown.

Chateau Madrid: 368 Mt. Royal East. Tel. 845-2843. Spanish cuisine. Entertainment -- Spanish flamenco music and dancers.

Le Fournil: 361 St. Paul Street East. Tel. 861-4314. Open noon to midnight. French-Canadian atmosphere in Le Vieux Montreal. Good food. Reservation advisable.

Chez Bourgetel: 1458 Mountain. Tel. 842-8825. Open noon to one a.m. Pleasant atmosphere. Service excellent. Menu du jour approximately \$3.50 plus drinks.

Cafe de Paris (Ritz Carlton Hotel): Tel. 842-4212. Open noon to 3:30 p.m. and 6 p.m. to 10:30 p.m. Parisian atmosphere. French cuisine and other specialities. A la carte only. Approximately \$8.00 per person plus drinks -- though one would be tempted to spend more!

Ritz Garden Restaurant - Part of Cafe de Paris (see above). Open weather permitting. Very pleasant.

Restaurants with Character

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Le Bistro: 2080 Mountain Street. Tel. VI 2-3484. "Left-bank" type bistro.

Cafe des Artistes: 1473 Dorchester West (next to Radio-Canada Building). Tel. 933-0529. Same vein as Le Bistro, but larger with less illumination. French cuisine and bar. Coffee served only with a meal. Sidewalk cafe open weather permitting.

Cafe Prag: 1433 Bishop (between St. Catherine and Burnside).
Basement cafe with young folksingers and such. Two entrances directly to cafe on either side of main entrance to 1433 Bishop.

The Coc'n Bull: 1946 St. Catherine West. Tel. 933-4556. Old English Pub. Buffet at lunchtime (12 noon to 2 p.m.) -- all you can eat for \$1.50. Kitchen closes at 7:30 p.m. The patrons then sing old favorites, especially those of English, Irish and Scottish origin, with Lady Marion at the piano.

The Blue Lantern: 1432 Stanley. Tel. 842-0314. Tiny coffee house. Folk singers. No bar. Admission \$1.50.

The Black Bottom: 1350 St. Antoine. Tel. 933-0678. Jazz, coffee and southern fried chicken wings from 10:30 p.m. to 5 a.m.

The Limelight: 1451 Pierce Street. Tel. 932-0197. English cuisine, delicious pastries, tea and coffee of every description.

Espresso

The following restaurants serve other varieties of coffee besides espresso. Their food is to be recommended and is generally of middle European origin.

The Pam-Pam: 1425 Stanley. Tel. 288-3090.

The Tokay: 2022 Stanely. Tel. 844-4844.

The Limelight: 1451 Pierce Street. Tel. 932-0197.

The Coffee Mill: 2046 Mountain Street. Tel. 288-3546.

The Carmen: 2063 Stanely. Tel. 288-8424.

Discotheques

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Le Baroque: 1467 Crescent. Tel. 842-7031. Sophisticated.

La Licorne: 1430 MacKay. Tel. 933-1210.

La Rose Rouge: 2042 Mackay: Tel. 932-0388.

Pierre le Grand Club a Go-Go: 1200 St. Catherine West. Tel. 866-2151. Very large.

Les Boites a Chansons

In these boites a chansons you will find singers, many of them French-Canadian, varying widely in style and quality. Many of their songs are also of French-Canadian origin.

Montreal:

Le Patriote: Ste. Catherine St. East near Christophe Colomb St.

Chez Clairette: 1456 de la Montagne Street. Tel. 845-0690. Admission charged on Friday and Saturday only. Reservation essential on weekends.

La Catastrophe: on Guy Street, north-west corner of Ste. Catherine Street.

La Gargotte: 1700 Henri-Bourassa Blvd.

Ville Jacques Cartier:

La Barre 500: 2019 Taschereau Blvd. (on the South Shore). Reserve. Two shows on Saturday night.

Chomedy:

Les Molecules: Two shows on Saturday night.

Lonqueuil:

Le Wigwam: on South Shore

Duvernay:

Yodel: near St. Vincent de Paul

Piedmont:

Le Totem: about 40 miles north of Montreal, in the Laurentians. Two shows on Saturday night, 9:30 and 11:30 p.m.

Val-David:

La Butte a Mathieu: about 60 miles out of Montreal, 10 miles after Ste. Adele, in the Laurentians. Two shows Saturday night, 9:00 and 11 p.m.

Wine Cellars

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La Cave de l'Abbaye: in the Holiday Inn on Cote de Liesse Road.

La Cave des Moines: Hotel Jacques Viger, 1245 St. Denis St.

Laurentians

About 45 miles north of Montreal is the summer and winter holiday resort area called "the Laurentians." If you have a car it makes a pleasant change to have dinner in one of the many hotels and chalets.

Sainte Adele is a well-known village where the Chanteclair Inn provides an excellent menu and wine list.