



*Rewild
yourself*



NATURE GUIDE MONTREAL





WHAT YOU'LL FIND

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ReWild Yourself in Montreal...

Montreal is a thriving city with green leafy lungs, freshwater arteries and a vibrant cultural heart. It sits in the St Lawrence lowland, part of the traditional lands of the Kanien'kéha Nation, members of the Haudenosaunee Confederacy. Seasons in Montreal are pronounced, with hot humid summers and icy cold winters, casting the city in shades of green, blue and autumn ochre.

Even in a city replete with green spaces, it is all too easy to feel disconnected from Nature, which can affect your physical and mental health. This guide is a tool for Nature connection, designed to help you find and access Nature in the city — then get lost in it! It's time to ReWild Yourself in Montreal.



NATURE IN MONTREAL

Nature finds a home amidst the city buzz.
Take a moment to peek into the trees.

Black Giant

Ichneumon Wasp 🔍

Where: Near trees and log piles. Try Mt Royal Park and Parc Angrignon.

When: Most likely to be spotted during the summer months, especially in June.

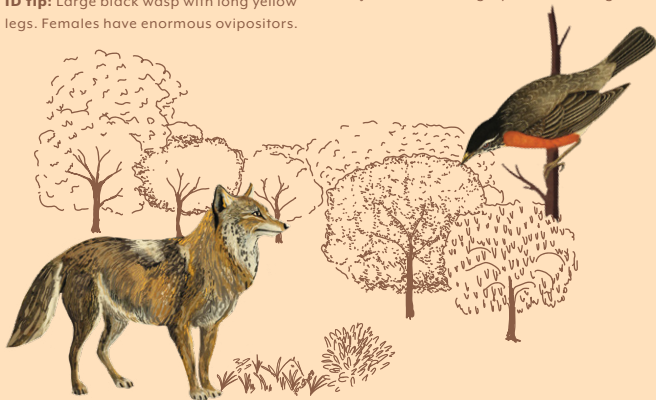
ID tip: Large black wasp with long yellow legs. Females have enormous ovipositors.

American Robin 🔍

Where: Throughout Montreal, especially in wooded parkland and gardens.

When: All year round, most likely to be spotted between March and June.

ID tip: Reddish-orange breast and beak with jet black or dark gray head and wings.



Coyote 🔍

Where: Marginal farmlands, parks, and the edge of the city.

When: All year round

ID tip: Similar to a wolf but with longer ears. Hair predominantly light-gray and red mixed with black and white.

Giant Puffball Mushroom 🔍

Where: Under small stands of trees and around forest openings, sitting directly on the ground.

When: Mainly between August and October.

ID tip: Easy to identify – large, round and white, like a big golf ball (sometimes basketball sized!)

With thanks to our friends at the [Natural History Museum, London](#)

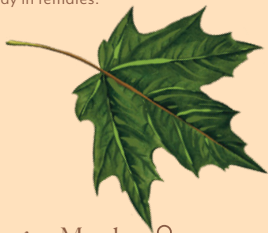


White-breasted Nuthatch

Where: Near large mature trees, as well as along woodland and river edges.

When: All year round

ID tip: Upper parts are light blue-gray. Black crown and nape in males – dark gray in females.



Sugar Maple

Where: Commonly found in big urban parks where there is moist and fertile soil.

When: All year round

ID tip: Tall white trunk with long wide deciduous leaves. Brown sharp-tipped buds in winter.



Eastern Newt

Where: Near small lakes and ponds, as well as wet-forests.

When: All year round, especially in May and September.

ID tip: Bright orange-red with darker red spots outlined in black.

Eastern Chipmunk

Where: Urban parks with lots of rocks and shrubs to provide cover.

When: All year round, especially in May and September.

ID tip: Reddish-brown fur, with five stripes of dark and light brown fur on its back.

Monarch Butterfly

Where: Throughout the city, wherever there are milkweed plants, the sole source of food for caterpillars.

When: Monarchs arrive in Quebec mid to late June, then migrate south before the winter.

ID tip: Large and distinct, with deep orange wings bordered by black.





Common Eider

Where: Near rocky seacoasts and shorelines, such as St. Lawrence River.

When: All year round, especially between April and August

ID tip: Bulky with a wedge-shaped bill. Males have black and white plumage and green nape.


For more details of wildlife you can spot in Montreal,
and to record your sightings, visit [iNaturalist](https://www.inaturalist.org)


Use our [map](#) to find the best places to access
and spot nature in Montreal



REWILD YOURSELF

Brought to you by Coyote Programs

Coyote Programs runs adventuresome Nature connection programs in the Montreal area for people of all ages.

Sit spot

Find a place outdoors to visit regularly; sit and observe the symphony of life. It could be a balcony, spot in a garden, or your local park. Getting to know one place really well is transformative.

Gratitude

Start a daily gratitude practice. Find a few things to sincerely give thanks for and express it somehow. This helps us not take those precious people and supportive elements in our life for granted.





Visit our **library** for more ideas
on ways to ReWild Yourself



Go tracking

Even if you don't know what you are looking at, find a track, or a sign left by an animal and investigate it. Think about who made it, what happened, how was the animal moving, what were they feeling?

Get crafty

Make fire by friction, weave a basket with materials you collected from the land, carve something from wood you've gathered. It will be meaningful because it was made by your own hands.



Start a Nature journal

Take field notes on species you spot or are curious about. It helps pattern your mind and fuel your curiosity. Aim to be familiar with the ecology of at least 10 local species. You could start with the ones in this guide.



How to feel connected to Nature

Research has shown us that there are different ways people develop a relationship with the natural world. Each brings us closer to Nature and further unlocks the positive health and wellbeing benefits it brings.

Emotion

Recognise and explore your emotions and feelings in Nature. How exactly do different places make you feel?



Senses

Tune in and explore Nature using all your senses. What can you hear, smell or see? How does it feel to the touch?



SOURCE: *The Nature Connectedness Research Group, University of Derby.*





Meaning

Notice and celebrate special moments in Nature and the passing seasons. What do particular plants, animals and places in the city mean to you personally?

Compassion

Take action for Nature. What can you do on your own or with others that can make a difference for Nature in the city?



Beauty

Look closely at the details in Nature and notice their beauty. What site in the city do you consider the most beautiful?



Discover more with the
Nature Connection Handbook



REWILDERS IN MONTREAL

Coyote Programs 🦊

A social enterprise whose mission is to empower people to achieve their greatest potential through connection with the earth, with others and with themselves, using survival skills, mentoring, naturalist studies, and art.



Les Amis de la Montagne 🦊

This charitable organization protects, improves and promotes the preservation of Mount Royal. Through educational and recreational programs in Nature, they raise awareness on sustainability matters and advocate for the interests of the mountain park.



Regroupement des éco-quartiers 🔍

This association of non-profit organizations pool their resources to promote the Éco-quartier environmental program. In doing so, they develop and offer educational, management and communication services for citizens to feel connected to the living environment.



Explore our list of
ReWilders to better
connect communities



Centre d'écologie urbaine de Montréal 🔍

This ecological center was created by citizens committed to transforming their community. They run various projects and programs to enhance public spaces for citizenship and sustainable change.



Daily Nature Connection 🌿

Founded by herbal therapist and forest therapy expert, Tamara Schmidt, this Nature connection initiative promotes daily Nature moments, to help people reconnect and feel their best. Activities include guided forest therapy, Nature challenges, and tree planting.



We Are Nature Rising 🌿

This regenerative leadership project awakens local youth to their ecological identity. By taking advice from Canadian Indigenous people and partnering with them on educational projects and initiatives, We Are Nature Rising promotes a reconnection with Nature that draws directly from the wisdom of native elders.



Les Amis de l’Insectarium Q

Les Amis de l’Insectarium have a core mission to promote the appreciation of insects through cultural, educational, scientific, and civic activities. These are carried out at Montreal’s Insectarium through a variety of programs.



Kahnawake Pow-wow Q

Many people are inspired by the depth of connection local native peoples have to their land and Nature. The Pow-wow was made as a place for non-natives to come to celebrate and learn from the rich and beautiful native culture and people. It is a yearly event. Look out for the next one.



Connecting with Each Other...

Sit down with someone you don't know and ask them these questions. It's a great ice breaker.

Do you have a secret place in Nature that you love to go to?



Describe any meaningful relationship you've had with a non-human being



Who's your favorite companion for time spent in Nature?





Who or what has
taught you the most
about connecting
with Nature?

Is there a place
in Nature that you
dream of spending
time in?

What gives you
optimism for a healthy
planetary ecosystem
in the future?



If you would like to share your insights with us
IG: @rewildyourself #rewildyourself





NATURE SITES IN MONTREAL

Need a dose of Nature? Why not visit the following parks, gardens, freshwater spots and Nature projects throughout the city, helping Montreal grow into a more resilient, happy, healthy, equitable and greener city.

-  Find each site on our adventure map
-  Find each website by the title link (if available)
-  Direct link to Google map

What's
your favorite
outdoor childhood
memory?



City parks

1.

Parc-nature du Cap-Saint Jacques   

Montreal's largest park, expanding across 330 hectares. Home to an organic farm, wooden chalets and even a sugar shack, making it the ideal spot for outdoor activities all year round. There are also historic buildings to explore.

2.

Parc-nature du Bois de Liesse   

For all the tree enthusiasts visiting Montreal, this park offers a unique sight-seeing experience, harboring many old and rare trees. With several easy-to-follow trails, as well as observation stations, this site will allow you to fully immerse in Nature.

3.

Baldwin Park   

Baldwin Park has a little bit of everything. It is dog-friendly, with outdoor areas for visitors of any age. Small and not as crowded as some other well-known parks, there are also sports facilities, hammock stands, and plenty of benches and shady spots to take a break.

4.

Parc la Fontaine   

Offering its visitors a wide 40 hectares of greenery, this park is ideal for biking, hiking, and bird watching. The star of the park is the European starling, so make sure to look for this brown, feathery friend when visiting. For the more artistic type, it also hosts cultural exhibitions all year round.

5.

Westmount Park   

Take a stroll in Nature, play with your kids outdoors, or just relax and sit by the water... This oasis in the middle of Montreal has everything: an underground skating rink, a wading pool, tennis courts, baseball field, and a natural stream.

6.

Parc Angrignon   

Easily accessible by metro, Angrignon is full of mature trees, wildlife and a gorgeous long pond in the middle.



7.

Mount Royal



The city's beloved sanctuary and a symbol of its heritage. Take your pick of activities, from restaurants and pop-ups, to, family friendly areas, bird-watching stations, an ice-skating rink and more. Situated on a wooded mountain, it also offers beautiful scenery, flora and fauna, and views of the city.

Nature sanctuaries

8.

Montreal Botanical Garden



Starting as a throwaway idea from a young botany teacher in the 1920s, these 75 hectares of greenery have become one of the world's greatest botanical gardens. It includes 20 outdoor gardens, thousands of diverse plant species, and 3 exhibition greenhouses.

9.

Bois Summit et belvédère



An ideal spot for bird-watchers and plant enthusiasts, this 23 hectare hilltop forest was designated an urban Nature reserve and is a feast of birds and plants. It remains comparatively untouched by human activity, and there are plenty of trails to explore.

10.

Morgan Arboretum



It is easy to get lost in the Morgan Arboretum (in a good way!). Its 20km network of trails takes in mature woodland, natural ecosystems, native and non-native trees plantations, and agricultural land. These trails can be tackled by foot, bike, cross-country skis and even snowshoes. Look out for warblers, woodpeckers, and raptors, as well as the spectacular Scarlet Tanager and Indigo Bunting.

11.

Ecomuseum Zoo



Harboring over 100 animal species, this outdoor space is the only one of its kind on the island, sheltering animals unable to survive in their usual natural habitat. The zoo provides a unique opportunity to see native species up close.






Is there a place in Nature, or a particular plant or animal that is especially meaningful to you? Why?











Where's your favorite spot in the city to connect with Nature? What makes it so special? What memories do you have there?









12. **Parc-nature de l'Anse-à-l'Orme**   
Parc Cap st-jacque's wilder and lesser known cousin, with plenty of deer, coyote, rare plants and bird species to be found. It also has the gorgeous River à-l'Orme running through it, making it a great spot for fish and other aquatic species.
-

Active in Nature

13. **Caverne de Saint-Léonard**   
Located in Saint-Léonard's borough, this cave system offers an immersion into a historical underground world. Guided tours can be booked in advance to safely explore the underground heart of the city. Come prepared for a chilly 5°C inside the caves though!
-




14. **La Route Verte**   
This expansive cycling route actually spans across 5300 km, from Quebec to Ontario and beyond. The section that traverses Montreal hugs the East side of the Island, connecting a number of featured Nature sites, such as Parc-nature de la Pointe-aux-Prairies, Parc de la Promenade-Bellerive, Parc des Rapides and Phare de Lachine.
-




15. **Parc-nature de la Pointe-aux-Prairies**   
If you like your Nature with a dose of action and activity, then this 261 hectare spot is for you. Enjoy the sights of rare birds and mammals, like the white-tailed deer, while hiking, biking, fat-biking, cross-country skiing, or snowshoeing (depending on the time of year of course!).
-




16. **Parc Jarry**   
A summer favorite for locals – this park becomes the spot for festivals, BBQ picnics, and friendly volleyball games. However, even during winter the park has plenty of activities to offer. Choose from skating in the pond, sliding down the hill, or playing hockey.

Close to water

17. **Jean-Doré Beach**   
The absolute best spot for swimming enthusiasts, this beach provides 15,000 sq meters of natural refreshment, as well as shady spots to lie under. Offering easy and special access to Nature, this sandy haven is just a few minutes away from major urban areas.

18. **Lachine Canal**   
Bring a book, have a picnic, or just immerse yourself in the 13.5 kilometers of canal heritage running between the Old Port and Lake Saint-Louis. A green park runs along the banks of the canal, home to a variety of freshwater flora and fauna species, and the canal also runs next to several other green spaces to explore.

19. **Parc des Rapides**   
The Parc des Rapides is a little oasis in the LaSalle borough, with several attractions to enjoy. The most striking of these are the choppy rapids themselves, popular with surfers. The site also attracts photographers and birdwatchers, as home to the largest blue heron community in Québec.

20. **Phare de Lachine**   
A must-see site for sunset fanatics. With its easy accessibility and wide river entry, it is the perfect spot to enjoy the last few minutes of sunlight surrounded by a relaxing body of water.

How does time in Nature change your mood? Describe the changes and sensations.



Green initiatives

21.

Projet Harmonie



This project is a sustainability initiative focused on greening urban spaces, providing environmental education, and increasing citizen involvement within the HLM La Pépinière community area. Their projects have involved transforming a parking lot in the area into a beautiful green space for locals, developing a greenhouse, a butterfly house, and an edible trail.

22.

Space pour la vie



This site provides visitors access to the biggest natural-science museum complex in Canada, with the aim of bringing humans closer to nature and protecting its biodiversity. It involves the community in all of its spaces, such as the Insectarium, which hosts a living lab with co-design workshops.

23.

Société d'animation de la Promenade Bellerive



This Société preserves and enhances a beautiful section of the St. Lawrence River and creates a space where the community feels connected to the river and park through different activities.



Adventure through Montreal's pockets of Nature

LOCATE NATURE POCKET PINS ON MAP OVERLEAF



- CITY PARKS ACTIVE IN NATURE GREEN INITIATIVES
 NATURE SANCTUARIES CLOSE TO WATER

- 1** Parc-nature du Cap-Saint Jacques
183 Chem. du Cap-Saint-Jacques, Pierrefonds,
QC H9K 1C8, Canada
- 2** Parc-nature du Bois de Liesse
9432 Boul Gouin O, Pierrefonds, QC H8Y
1T4, Canada
- 3** Baldwin Park
Rue Fullum, Montréal, QC H2H 1N1, Canada
- 4** Parc la Fontaine
3819 Av. Calixa-Lavallée, Montréal, QC H2L
3A7, Canada
- 5** Westmount Park
329, 327 Av. Melville, Westmount, Quebec H3Z
2J7, Canada
- 6** Parc Angrignon
3400 Trinitaires Blvd, Montreal, Quebec H4E
4J3, Canada
- 7** Mount Royal
Montreal, QC H3H 1A1, Canada
- 8** Montreal Botanical Garden
4101 Sherbrooke St E, Montreal, Quebec
H1X 2B2, Canada
- 9** Bois Summit et belvédère
36 Summit Cir, Westmount, Quebec H3Y
1B3, Canada
- 10** Morgan Arboretum
150 Pine St, Sainte-Anne-de-Bellevue, Quebec
H9X 3L2, Canada
- 11** Ecomuseum Zoo
21125 Sainte Marie Rd, Sainte-Anne-de-
Bellevue, Quebec H9X 3Y7, Canada
- 12** Parc-nature de l'Anse-à-l'Orme
21135 Boul Gouin O, Pierrefonds-Roxboro, QC
H9K 1C1, Canada
- 13** Caverne de Saint-Léonard
5200 Bd Lavoisier, Saint-Léonard, QC H1R
1J2, Canada
- 14** La Route Verte
Running along the east side of the Island of
Montreal
- 15** Parc-nature de la Pointe-aux-Prairies
14905 Sherbrooke St E, Montreal, Quebec
H1A 4G4, Canada
- 16** Parc Jarry
205 Rue Gary-Carter, Montréal, QC H2R
2V7, Canada
- 17** Jean-Doré Beach
151 Circuit Gilles Villeneuve, Montréal,
QC H3C 1A9, Canada
- 18** Lachine Canal
South East Corner of Island of Montreal.
- 19** Parc des Rapides
7770 Bd LaSalle, LaSalle, QC H8P 1X6, Canada
- 20** Phare de Lachine
Ferry Ramp, Montreal, Quebec H8T 1Z1,
Canada
- 21** Projet Harmonie
86185 Rue Du Quesne, Montréal, QC H1M
2K6, Canada
- 22** Space pour la vie
4101 Sherbrooke St E, Montreal, Quebec
H1X 2B2, Canada
- 23** Société d'animation de la
Promenade Bellerive
8300 Rue Bellerive, Montréal, QC H1L 4J2,
Canada



Rewild Yourself



If you would like to share your insights with us

IG: [@rewildyourself](https://www.instagram.com/rewildyourself) #rewildyourself



The Songster

Music, music with throb and swing,
Of a plaintive note, and long;
'Tis a note no human throat could sing,
No harp with its dulcet golden string,—
Nor lute, nor lyre with liquid ring,
Is sweet as the robin's song.



He sings for love of the season
When the days grow warm and long,
For the beautiful God-sent reason
That his breast was born for song.

Calling, calling so fresh and clear,
Through the song-sweet days of May;
Warbling there, and whistling here,
He swells his voice on the drinking ear,
On the great, wide, pulsing atmosphere
Till his music drowns the day.

He sings for love of the season
When the days grow warm and long,
For the beautiful God-sent reason
That his breast was born for song.



E. Pauline Johnson (1861 – 1913)

Daughter of a Mohawk Native father and English mother, and the first Native Poet to have her work published in Canada. Performed on stage as *Tekahionwake* (dageh-eeon-wageh) — literally translated to ‘double life’. “The Songster” is a poem of Nature Connection — a celebration of small moments of beauty, the passing seasons, and rich emotions experienced in Nature when space and time is made to receive them.



Rewild Yourself



THANK YOU!



Natural History Museum



University of Derby



Programmes Coyote



Coyote Programs

Coyote Programs

Svabhu Kohli

full colour artwork





ReWild
yourself

Enjoy this opportunity to
ReWild Yourself with our guide to
connecting with Nature in Montreal.

Created by Voice for Nature, our ReWild Yourself program
aims to connect people with Nature all over the world, and
make access to the outdoors equal for everyone. Share your
thoughts, creations and walks with us at [@rewildyourself](https://www.instagram.com/rewildyourself)



REWILD YOURSELF

VOICE FOR NATURE

