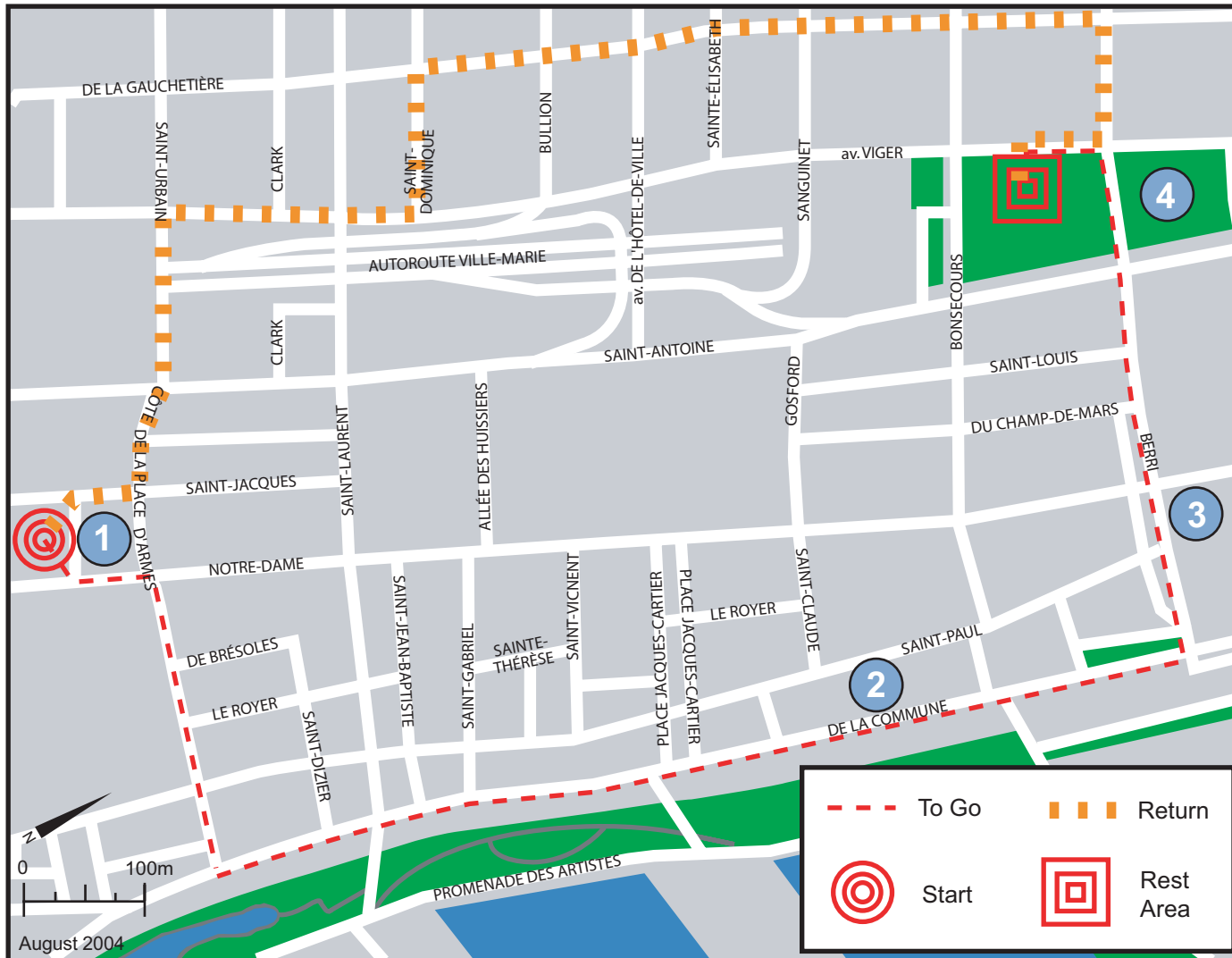


# Ride and relax



## Discover the neighbourhood

**1. The Place d'Armes :** Following the fire of 1721, the military demonstrations had been moved from the Place Royale (corner of St-François, St-Paul, St-Sulpice and de la Commune streets) to the Place de la Fabrique (now Place d'Armes). The Place d'Armes saw all French regiments lay down their arms to the English army, following the Governor of Vaudreuil's capitulation.

Lien : [http://vieux.montreal.qc.ca/inventaire/hall\\_fla.htm](http://vieux.montreal.qc.ca/inventaire/hall_fla.htm)

**2. The Bonsecours Market :** During the Victorian era, the Bonsecours Market housed the Montreal City Hall for more than twenty-five years. The municipal court was also located in the building, as well as the police services and the cells where people accused of wandering, drunkenness and prostitution were imprisoned. Today, the Conseil des métiers d'art du Québec as well as the Montreal Design Institute both have their headquarters in the Bonsecours Market.

Lien : [http://www.marchebonsecours.qc.ca/francais/ind\\_fla.htm](http://www.marchebonsecours.qc.ca/francais/ind_fla.htm)

**3. The Faubourg Quebec :** To avoid the depopulation of the sector, the city wants to locate more residents in Old Montreal to keep it as a living part of the city. Some of the main objectives of developing Faubourg Quebec into an important commercial and residential district are to reutilize the existing city infrastructure, and reduce the over-use of automobiles. Approximately 1,000 residential units are to be built, 200 of them being for social purposes.

Lien : <http://www.sdmtl.org/francais/principal/index.htm>

**4. Montreal Chinatown :** The first businesses owned by Chinese immigrants were established in 1877. They were located on Craig (now St-Antoine) and Bleury streets, near the actual Chinatown. In 1901, there were 1,037 Chinese people in Quebec, 888 of them living in Montreal. Today, 23,270 people form the Montreal Chinese population, and they are 56,830 to live in Quebec.

[http://www.canadianhistory.ca/iv/frperspective/perspect4\\_1.html](http://www.canadianhistory.ca/iv/frperspective/perspect4_1.html)

## Smart tips

⚠ Make sure to drink enough water when you perform a physical activity such as biking. 70 to 75% of our body is made out of water and in the case of our brain, this proportion amounts to 80 to 85%.

⚠ A slight dehydration can cause concentration problems. Headaches, yellow urine, and a constant thirst are all symptoms of dehydration.

⚠ You have a good hydration when you are energetic, alert, and have clear and abundant urine that does not smell.

⚠ It is recommended that every day you drink 2 litres of water, especially when you are physically active. Your performances will benefit from it.

⚠ Physical activity reduces stress, strengthens bones and muscles, increases energy levels, improves your posture and balance, helps you maintain and achieve a healthy body weight - and it improves your outlook on life. Three types of physical activity generate these benefits: cardiovascular activities (e.g. biking), body-building and stretching exercises.