



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

Montreal, Québec

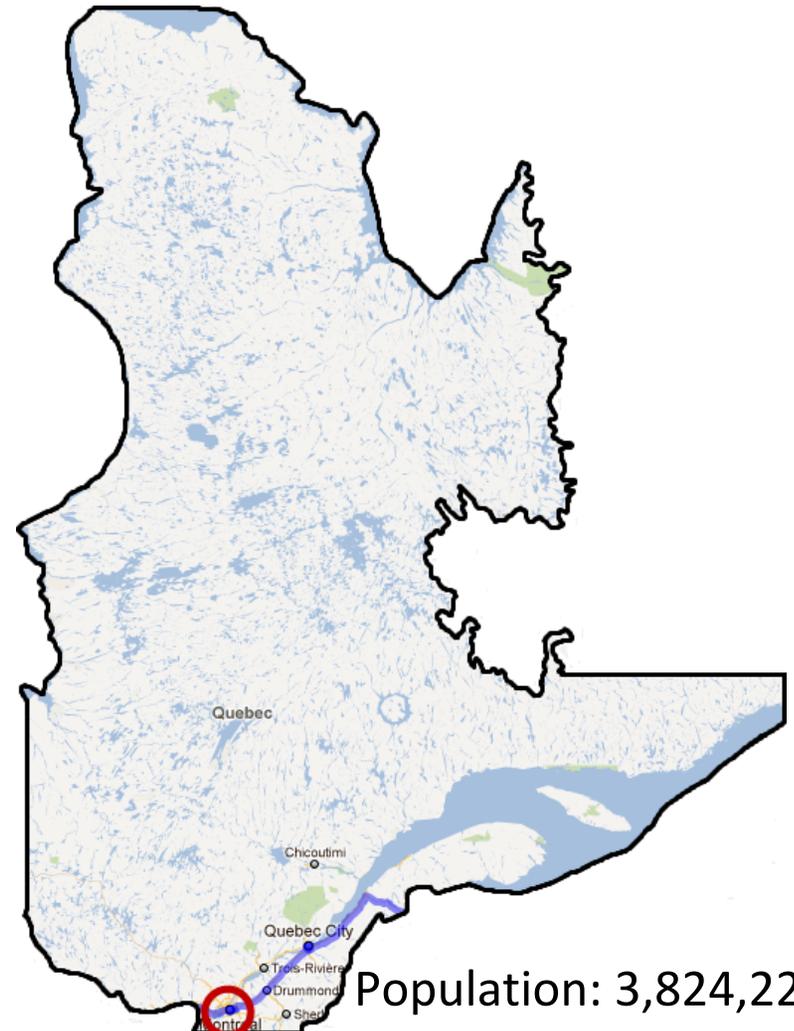
Montreal was founded in 1642, and today it is Canada's second-largest city. It is rated as one of the best cities in the world, and has been called "Canada's Cultural Capital."

Montreal was once the capital of Canada before confederation, but in 1849 a mob burned down the parliament building to protest a new law, and the capital switched to Ottawa, where it has stayed ever since.

Most of the city sits on an island in the St. Lawrence River, called the Island of Montreal. It is the most heavily populated island in Canada.

Montreal is famous for its churches, and is nicknamed "The City of a Hundred Steeples".

People from Montreal include many NHL players such as Ray Bourque, Mike Bossy, Guy Lafleur, Mario Lemieux, and Martin Brodeur, along with singers Leonard Cohen and Celine Dion, writer Yann Martel, and actor William Shatner.



Population: 3,824,221