

NASSM MONTRÉAL 2023 SUSTAINABILITY GUIDE



Presented by the NASSM Sustainability Committee

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WELCOME

Hello! Your NASSM Sustainability Committee is proud to present the first ever NASSM Conference Sustainability Guide. In the document below, we have compiled information on a variety of sustainability topics for those looking to enjoy the conference and Montréal in an environmentally responsible manner.

[Transportation](#)

[Activities and events](#)

[Food and drink](#)

[Hotel and conference](#)

[15-Minute Conference](#)

We hope that you find this useful and enjoy all that NASSM has to offer! For the future, we are also open to your suggestions on ways to improve sustainability within NASSM and the conference.

Sincerely,

Dr. Walker Ross (chair), Dr. Jessica Murfree, Dr. Michael Mignano,
and Lance Warwick

MONTRÉAL

TRANSPORTATION

General Transit in Montréal

Métro: Nearest station to the conference hotel is Peel. Nearby stations are listed as accessible.

Bus: Nearest stop to the conference hotel is René-Lévesque / Drummond. Nearby stops are listed as accessible.

Fares: Fares listed are for both Métro and bus.* One trip: C\$3.50. Two trips: C\$6.50. One-day pass: C\$11.

Three-day pass: C\$21.25. More information in the links below.

*Note: these fares do not apply to the 747 Bus from the airport (see below).

Bicycle Sharing: BIXI allows you to rent a bicycle to explore the city. Price: C\$1 to unlock a bike and C\$0.15 per minute for a normal bike or C\$0.30 per minute for an electric bicycle. Requires the [BIXI app](#).

Airport ↔ Conference Hotel

Via bus: Take the 747 Centre-Ville from the airport to the René-Lévesque / Drummond stop. The conference hotel is an approximately 4-minute walk from this stop. Travel time is approximately 25 minutes. The bus runs every 40 minutes. Fare: C\$11 in coins or from a vending machine in the airport via card or cash.

Links with More Information

[STM \(Société de transport de Montréal\) website](#)

[Société de transport de Montréal fares](#)

[747 Bus Details](#)

[Métro and Bus Maps](#)

[BIXI Bike Share](#)

[BIXI App](#)



MONTRÉAL

ACTIVITIES & EVENTS

We know that you will want to entertain yourself a bit outside of the conference. What's a visit to Montréal without seeing Montréal? Below, we have provided some eco-friendly entertainment ideas (or an idea that you might pursue anyway, so here's how to get there via transit). Please note: there is more to do in Montréal outside of these ideas. We've focused on the outdoors, environment, and sport.

Mount Royal: A mountain park with sweeping views of the city and St. Lawrence River. Plenty of space to hike, wander, and get lost. Kondiaronk Belvedere is a particularly popular viewing point. It's an 18-minute walk from the conference hotel to the base of the mountain. Or, you may take the 107 bus (approximately 13 minutes to the base of Mount Royal): 1) 3-minute walk to the Place du Canada stop, 2) ride the 107 N for 4 minutes to the Peel / Du Docteur-Penfield stop, 3) walk 6 minutes up to the Rue Peel steps.. Please, note this is a strenuous hike with stairs!

Montréal Alouettes Game: A preseason CFL game where the Alouettes host the Hamilton Tiger-Cats on 2 June at 7:30pm in Stade Percival-Molson. It's a 25-minute walk from the conference hotel or you may take the 107 bus (approximately 17 minutes): 1) 3-minute walk to the Place du Canada stop, 2) ride the 107 N for 10 minutes to the Des Pins / Du Docteur-Penfield stop, 3) walk 4 minutes to the stadium. Tickets: TBD.

Plan an Eco-Friendly Montréal Stay: even more information than we have provided in our guide on how to enjoy Montréal in an eco-friendly manner! We've tried to keep this guide within the 15-minute Conference design, but this article offers more beyond those boundaries. Find information on: food, spas, a cruise and history tour, beaches and kayaks and surfing, places to stroll, cycle routes, culinary activities, arts, and buying local.

Parc Jean-Drapeau and the Biosphere: park with walking, museums, art, beaches, and music. The Biosphere is a museum dedicated to the environment. Accessible via Métro. Option 1: 1) walk 7 minutes to Lucien-L'Allier station, 2) take the Orange Montmorency to Station Berri-UQAM, 3) transfer to the Yellow Longueuil-Université-De-Sherbrooke and ride to Jean-Drapeau. Option 2): 1) walk 7 minutes to Peel station, 2) take the Green Honoré-Beaugrand to Station Berri-UQAM, 3) transfer to the Yellow Longueuil-Université-De-Sherbrooke and ride to Jean-Drapeau. The park is free. Biosphere ticket: C\$22.75 for adults or C\$16.50 for students with ID.

Montréal Olympic Park and Biodome: (not to be confused with the Biosphere): Home to 1976 Olympic facilities, botanical gardens, and Insectarium. The Biodome is an indoor zoo. Unfortunately, the Olympic Stadium and Tower are closed to visitors at the moment. It's a bit outside the 15-minute conference concept, but we figured you might be interested. Accessible via Métro: 1) walk 7 minutes to Peel station, 2) take the Green Honoré-Beaugrand to either Pie-IX or Viau stations. Tickets for all attractions: C\$22.75 for adults or C\$16.50 for students with ID.

Go Bike Montréal Festival: discover Montréal by bike! Festival runs from 28 May through 4 June.

MONTREAL**FOOD & DRINK**

What and how we eat has a significant effect on the planet ([source](#)). The NASSM Sustainability committee has developed a guide to restaurants, coffee shops, and bars that attempt to reduce waste and water usage, source ingredients locally, and provide vegan/vegetarian options.

Coffee

[La Finca Café & Marché Local](#): Cafe with a locally-sourced menu, serving sustainably sourced coffee. 15 minute walk, 8 minute bus ride. Open Tues-Sun, 8am - 4pm.

[Café Myriade](#): Cafe serving a variety of Canadian-roasted coffee, including locally-roasted coffee from Montréal. 10 minute walk, 9 minute bus ride. Open Mon-Friday, 7:30am-7pm, Sat-Sun 8am-5pm.

[Café Notman](#): Located within the McCord Stewart Museum, Cafe Notman serves entirely locally-procured coffee and food. Open Tue-Sunday, 10am-4pm.

Food

[Rosélys](#): Restaurant serving breakfast, lunch, and dinner. Focuses on locally-sourced ingredients. Breakfast from 6:30am-10:30am, Lunch from 11:30am-3pm, Dinner from 5pm-10pm. Reservations available. 5 minute walk, 2 minute bus. (\$\$\$)

[Lola Rosa](#): Vegan restaurant open for lunch and dinner. Open 11:30am-9:30pm (open until 10pm on Fri & Sat). Reservations available. 16 minute walk, 11 minute bus ride. (\$\$)

[Copper Branch](#): Vegan “fast-food” restaurant open for breakfast, lunch, and dinner. Open 9am-8pm Wed-Fri, 9am-6pm Sat-Sun. 13 minute walk, 8 minute Métro. (\$\$)

Drinks

[Le Mal Nécessaire](#): A bar utilizing composting and other practices to reduce waste and water usage. Also serves non-alcoholic cocktails. Open 4:30pm-2am. 12 minute bus, 19 minute walk. (\$\$).

MONTREAL

HOTEL & CONFERENCE TIPS

Below are some general tips for a more sustainable experience at the conference and as a hotel guest (see [link](#) for more information):

Reuse towels and avoid housekeeping service: try to reuse towels as you would at home to save water. Reusing towels also reduces chemical and plastic waste entering waterways from laundering. If your room is clean, decline housekeeping service until you need it/check out.

Turn off lights: if you are not in your room, why leave the lights or TV on?

Go digital: use the conference app rather than a printed program. Try to use electronics (e.g., tablets) for presentation notes rather than printed notes.

Reusable water bottles: try to bring a refillable water bottle rather than using disposable single-use water bottles. The travel mug from NASSM 2022 in Atlanta is a great reusable option for coffee and tea breaks.

Use recycling: locate recycling and other waste diversion bins at the hotel and conference.

Eat local: try to eat local and seasonal food where possible (see above food recommendations).





15-MINUTE CONFERENCE

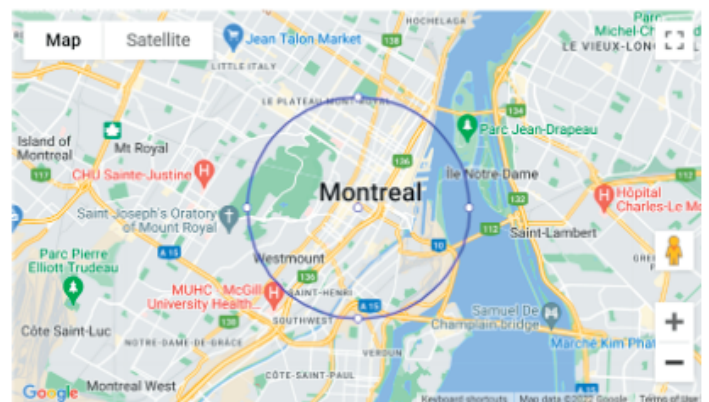
The 15-Minute Conference is our take on the 15-Minute City popularized by Dan Luscher ([link](#)). Montréal has embraced the 15-Minute City concept ([source](#)). The Sustainability Committee believes that everything you need to have a successful and rewarding NASSM experience is available within a 15-minute walk/roll, bus, or Métro ride from the conference hotel.

Below are maps of how far you can get in 15 minutes on foot/rolling, by bus, and by Métro

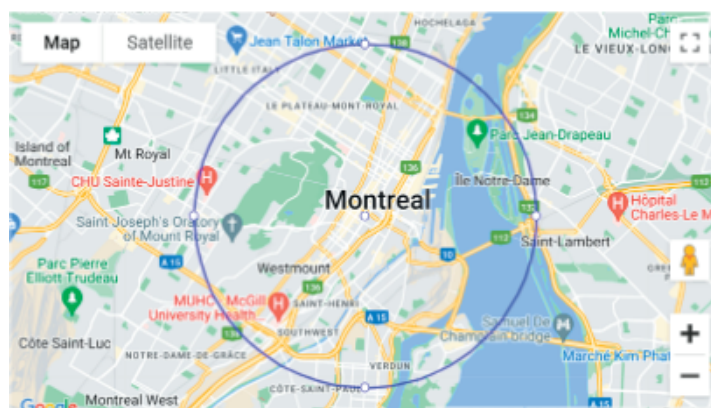
Walking/Rolling



Bus



Métro





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