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Meeting Room Rentals in Montreal: Rates and 2026 Guide

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Executive summary

- **Prices vary by type of space.** In Montreal, meeting room rental rates range roughly from **\$20 CAD per hour** for basic options (small, no-frills coworking rooms) to **\$150 CAD/hour** (or more) for fully equipped, high-end conference suites (centredaffairesmontreal.ca) (2727coworking.com). For example, at Centre d'affaires Montréal (Old Port), some rooms start at \$20/h (centredaffairesmontreal.ca), while many professional spaces offer more sophisticated setups at \$50–100/h, with videoconferencing, AV equipment and related services (2727coworking.com).

- **Shift towards flexible spaces.** Meeting room use on coworking platforms has surged: bookings in these spaces increased by **21.3% in 2024** compared with the previous year (2727coworking.com), reflecting the trend towards remote work and hybrid models. Coworking spaces now earn **15–25% of their revenue** from room rentals (some are targeting 30% by 2026) (2727coworking.com). According to one study, the typical Montreal professional attends **11–15 meetings per week**, with approximately 35–50% including at least one remote participant (2727coworking.com) – placing hybrid facilities at the heart of current needs.
- **Technical and language requirements.** Businesses demand quality rooms: clear sound (STC rating ≥ 45–50), reliable (redundant) Internet connectivity and modern audiovisual equipment. For example, **acoustic quality** is considered “probably the most important physical feature” of a meeting room (2727coworking.com). Montreal rooms must also reflect the city’s bilingual reality. Many venues (coworking spaces, hotels and convention centres) display signage in French and English and offer dual screens to present both languages simultaneously (2727coworking.com) (2727coworking.com).
- **Diverse options across venues.** Montreal, Canada’s second-largest metropolitan area, has a varied ecosystem of rooms: from small coworking spaces (e.g. Regus, Spaces) to business hotels and large convention centres. For example, Renaissance Downtown Montréal (Marriott) offers **6 event rooms** totalling 887 m², with the largest accommodating 90–125 people (www.marriott.com). The **Palais des congrès de Montréal** offers 113 rooms and nearly 33,000 m² dedicated to meetings and galas (congresmtl.com). Private centres (e.g. Centre Mont-Royal) and eclectic venues (Espaces Waverly, creative industry) meet the needs of all types of events.
- **Trends and future outlook.** The post-pandemic context favours flexibility and experience. Event venues seek to offer an “immersive experience” (inspiring design, modularity) (espaceswaverly.ca) . Sustainability is a growing criterion (reuse of buildings, environmental awareness). Emerging technologies play a key role: AI already enables “**enhanced**” meeting rooms (automatic transcription, instant translation adapted to Montreal’s bilingual context, smart lighting/climate control) (2727coworking.com). Finally, the continued rise of **hybrid work** ensures that demand for flexible meeting spaces in Montreal will remain strong in 2026 and beyond (2727coworking.com) (2727coworking.com).

Introduction and context

Montreal, Quebec’s cosmopolitan metropolis, has seen its professional landscape evolve rapidly. For a long time, holding meetings meant using dedicated rooms within private corporate offices. This **traditional model** proved inefficient: studies showed that corporate meeting rooms were **occupied only 15–30% of the time**, leaving these spaces empty for most of the week (2727coworking.com). For example, a 12-person conference room (≈28 m²) in the heart of downtown, with an implicit rental cost of \$25–50/sq. ft./year, costs thousands of dollars per year despite being unoccupied 70–85% of the time (2727coworking.com).

The rise of coworking and decentralized work broke this model. Since 2010, coworking operators have introduced the concept of **unbundled workspace**: rather than renting an office as a package, users rent à la carte (a workstation, a meeting room, etc.) (2727coworking.com). The COVID-19 pandemic accelerated this shift: hybrid work is taking hold, and teams are looking for occasional places to meet. Digital platforms

(LiquidSpace, Deskspace, etc.) have made booking a room as simple as booking a restaurant (2727coworking.com). As a result, many professionals and organizations now prefer to pay as they go — for a few hours or half a day — rather than maintain frequently underused in-house rooms.

Locally, Montreal benefits from a diversified economy (technology, finance, culture, biotechnology) and a bilingual French-English business environment. These characteristics are reflected in meeting space needs. Local and international businesses want venues that are accessible from downtown and surrounding neighbourhoods (Plateau-Mont-Royal, Griffintown, Mile-End), hence the growth of coworking centres across various boroughs. According to CBRE, despite the [bankruptcy of major players such as WeWork](#), Montreal's coworking sector is actively repositioning itself (www.cbre.ca). Hotel construction is also picking up: Montreal has **increased its hotel supply by 4.6%** since 2019, driven by growing demand related to business travel and conventions (www.hotelnewsresource.com). This overall momentum reinforces the importance of a broad range of **flexible, modern meeting rooms** to support the economic recovery.

Meeting space options in Montreal

Coworking spaces and flexible offices

Coworking spaces remain a major channel for meeting room rentals. International brands (IWG/Spaces, Regus) coexist with numerous local players (WeWork Montréal, 2727 Coworking, Espace 400e, etc.). These operators are expanding their locations across the city: for example, the Spaces chain advertises 20 locations in Montreal (Downtown, Griffintown, Plateau, Technoparc, etc.) (www.spacesworks.com) (www.spacesworks.com), with rooms/delivery starting at \$35/h (www.spacesworks.com). Similarly, platforms such as Deskspace list dozens of rooms for rent across the island (from Old Montreal to Saint-Henri).

Coworking spaces offer **hourly, half-day or full-day options**, with flexibility and included services (furniture, Wi-Fi, projector, optional catering). For example, Centre d'affaires Montréal (Old Port) lists hourly rates of **\$20 to \$50 CAD** depending on the room size (centredaffairesmontreal.ca) (centredaffairesmontreal.ca). These spaces are often equipped with standard technology: 65–85" screens, HD videoconferencing, whiteboards, etc. **Coworking providers** have noted a sharp increase in room bookings (+21.3% in 2024) (2727coworking.com), and the share of revenue from these rentals is climbing (15–25% of monthly revenue, with a target of ~30% by 2026) (2727coworking.com). This demonstrates the growing importance of these offerings in the revenue model of shared spaces.

Beyond conventional rooms, coworking spaces often provide **innovative studios and conference rooms** adapted to current needs: hybrid areas with multiple screens for bilingual use, high-fidelity audio equipment, adjustable lighting, etc. These studios are aimed particularly at video shoots, webinars and tech workshops. Many coworking members also seek built-in networking events – an indirect benefit for their meeting rooms (www.cbre.ca).

Traditional rooms in hotels and business centres

Hotel chains and business centres continue to offer turnkey meeting rooms, attracting mainly corporate and international clients. For example, **Renaissance Montréal Downtown** (Marriott) has **6 event rooms** (887 m² in total) for conferences of up to 90–125 people (www.marriott.com). Such hotels offer premium services (catering, audiovisual support, room block bookings, etc.). Although hotels generally charge by the half-day or offer a daily package, it can be inferred that high-end rooms may cost several hundred dollars per hour, particularly when fully equipped with professional equipment (sound system, dedicated technical team).

Several downtown business hotels also have “business centres” with smaller rooms (5–12 people) available by the hour. Rates are often in line with the upper end of the coworking market (\$40–80/h depending on the brand and location). The hotel sector’s resurgence also demonstrates the importance of business travellers: according to HVS, downtown Montreal’s hotel occupancy rate reached **67.7% in 2023**, with an average daily rate (ADR) of **\$255.73 CAD** (www.hotelnewsresource.com) (www.hotelnewsresource.com), largely thanks to “a robust recovery in demand for meetings and conventions”.

Convention centres and large events

For very large meetings (hundreds to thousands of participants), Montreal has dedicated facilities. The **Palais des congrès de Montréal** is a dedicated centre (the largest in Quebec): it offers 113 multifunctional rooms for conferences and galas (congresmtl.com). In total, nearly **33,000 m²** of meeting space and **46,000 m²** of reception halls are available (congresmtl.com). The Palais is a major public facility, equipped with in-house catering and comprehensive logistical support. Its use is geared primarily towards conventions, trade shows and major events (for example, international conferences or large assemblies).

Other private centres round out the large-capacity options. For example, **Centre Mont-Royal** combines 17 modular rooms (730-seat Symposia theatre, reception halls for 370–800 people, classrooms for 60 people, etc.) totalling 50,000 sq. ft. (centremontroyal.com). Unusual spaces (museums, universities, renovated heritage buildings) can also be rented for certain corporate or cultural events, often offering distinctive character (high ceilings, terraces, industrial decor). These large facilities do not publish hourly rates: instead, an overall package is negotiated based on the duration (half-day/full-day), format (conference, gala) and required services (catering, audiovisual equipment).

Other specialized venues

Montreal also has numerous **niche spaces** that meet specific needs:

- **University rooms** (McGill, Université de Montréal and business schools): some can be rented for seminars or workshops, often at moderate prices, but require advance booking through academic channels.
- **Informal coworking spaces**, such as cafés with meeting rooms (e.g. *WeWork Balzac*, *Chez Trèfle*), municipal libraries with conference rooms, and community spaces are popular for informal meetings or training sessions outside the traditional setting.

- **Online platforms:** Beyond physical venues, the rise of **virtual and hybrid offices** also means that some “meetings” take place partly remotely, with points of presence in Montreal and elsewhere. Modern rooms therefore offer equipment such as PTZ cameras with automatic framing and advanced microphone systems to capture every speaker (2727coworking.com).

Analysis of rates and key factors

Factors influencing price

The rate for a meeting room in Montreal depends on several main factors: **location**, **capacity**, **equipment** and **booking time**. In the heart of the city (Downtown, Old Montreal), the prestige of the address can raise prices by 30–40% compared with an equivalent venue in the suburbs (www.sallesquebec.ca). Central districts (Quartier international, downtown) tend to require a higher budget because of local demand and purchasing power. Conversely, comparable spaces in the Plateau, Rosemont or Saint-Laurent will often be more affordable (e.g. an industrial loft in Saint-Laurent can cost up to \$4200 less than a room in the Old Port with the same capacity) (www.sallesquebec.ca).

Room size and configuration (theatre vs. banquet vs. classroom) also affect the rate. Hourly rates generally fall into three categories: basic (room for 4–8 people without sophisticated equipment), standard (up to 12–16 people with a screen and videoconferencing), and high-end (20+ seats, room with multiple monitors, sound system, etc.). In Montreal, typical rates are:

- **Budget range:** ~\$20–40 CAD/h for a small room (4–6 people), often without catering or advanced options (centredaffairesmontreal.ca) (2727coworking.com).
- **Mid-range:** ~\$40–75 CAD/h for well-equipped rooms for 8–12 people (screen, fast Wi-Fi, HD webcam). For example, Spaces advertises rooms starting at **\$35/h** (www.spacesworks.com), while Deskspace lists many spaces starting at around \$42–65/tables (www.deskspace.com) (www.deskspace.com).
- **Premium range:** ~\$75–150+/h for spacious suites (15+ people) with high-end AV technology. Some coworking rooms or iconic hotels fall into this category. For example, a large conference space from a high-end operator can reach \$100–140/h (www.deskspace.com), especially if interactive whiteboards, multiple cameras and on-site technical support are included.

Additional services (catering, coffee breaks, technical staff) can increase the cost. Many spaces offer **full-day or half-day packages**: a standard room for 8 h may be billed at the price of ~4–5 hours, with room for negotiation (e.g. management meetings). During quiet periods (Friday, Sunday, off-season), the price may drop by 10–20%, while summer Saturdays remain very expensive (www.sallesquebec.ca).

Summary comparison of rates by type of space

Type of space	Typical capacity	Hourly rates (CAD/h)	Key equipment / Services
Coworking (small group)	2–6 people	\$20–40	Wi-Fi, screen/projector, whiteboard (centredaffairesmontreal.ca)

Type of space	Typical capacity	Hourly rates (CAD/h)	Key equipment / Services
Coworking (standard)	8–12 people	\$40–75 (tier 2–3) (2727coworking.com)	HD videoconf., sound system, whiteboards (2727coworking.com)
Coworking (large conference)	12–20+ people	\$75–150+	Modular rooms, multiple screens, tech. support
Hotels (meeting room)	10–50 people	\$50–150 (estimated)	In-house catering, staff, professional equipment
Convention/exhibition centre	50–5000 people	(Negotiated package, e.g. daily)	Very large rooms, catering, VIP categories

Table: Approximate price ranges by venue type and room size. Rates are indicative; each provider sets its own terms. (centredaffairesmontreal.ca) (2727coworking.com)

Quality and layout criteria

Beyond price alone, users evaluate rooms against technical and ergonomic standards. **Acoustics:** good sound insulation is crucial. Technical standards recommend a Sound Transmission Class (STC) rating of at least 45 (so that a normal conversation cannot be heard outside) and preferably ≥ 50 for ideal privacy (2727coworking.com). A poorly insulated room negates the benefits of high-end audio equipment (2727coworking.com).

Furniture: ergonomic chairs and modular furniture are preferred. A typical layout checklist regularly includes comfortable office chairs (for long meetings), a table with well-positioned cable openings, and enough whiteboards or movable walls for writing and brainstorming (2727coworking.com). The layout (U-shaped, conference, classroom) is chosen according to the meeting's purpose. A tier-2 or tier-3 room (standard/intermediate) generally meets the needs of 6–20 people, with a direct view of the screen and videoconferencing capability. (2727coworking.com) (2727coworking.com)

Connectivity and technology: in 2026, a room must offer ultrafast, resilient Internet access. The best spaces provide a **redundant connection** (dual ISP) to ensure that no network disruption interrupts an important meeting (2727coworking.com). These now sit alongside large 4K screens (>65"), wireless content-sharing systems, and sometimes optional simultaneous translation equipment. Montreal's bilingual reality is taken into account: many rooms have dual screens or systems for simultaneous French/English display (2727coworking.com) (2727coworking.com).

Accessibility and additional services: a room's location affects its appeal. For example, Centre d'affaires Montréal is a two-minute walk from Square-Victoria metro station (Old Montreal) (centredaffairesmontreal.ca), which reduces travel times even from the suburbs. Organizers often ensure that parking or public transit is nearby for all participants (2727coworking.com). Finally, the quality of support (multilingual reception, on-site catering, welcoming guests) is a criterion frequently emphasized by businesses. In Montreal, a meeting room environment must reflect the "bilingual reality": reception, signage and documentation can be offered seamlessly in English and French (2727coworking.com).

Case studies and practical examples

- **“Tech start-up” case (at a coworking space):** A young technology company with 15 employees plans a two-day strategy seminar in Montreal. Rather than renting an entire office, the team books a 12-seat meeting room equipped with a video camera and screens through a coworking platform (e.g. Deskspace), located in a space such as Maik in Griffintown (rate ~\$55/h) (www.deskpass.com). The rest of the time, participants use various “focus pods” and the lounge on site. This flexibility allows the company to save tens of thousands of dollars annually while providing a professional setting.
- **“Professional convention” case (convention centres):** A national engineering association books Centre Mont-Royal for its annual convention, bringing together 500 people. It uses the centre's modular halls (up to 800 people) for plenary conferences and concurrent workshops (centremontroyal.com). Costs are negotiated as an overall package (including catering and audio equipment), often partly subsidized by members. This type of event illustrates the usefulness of Montreal's large spaces (catering – in-house caterer, downtown accessibility) for large gatherings; this segment has contributed to the strong recovery in business meetings (the sector is expected to account for a growing share of Montreal tourism (www.hotelnewsresource.com) (www.hotelnewsresource.com)).
- **“Bilingual and hybrid” adaptation:** A French multinational holds a negotiation meeting with Quebec clients. The organizers choose a room in a downtown hotel with a dual-screen setup (2727coworking.com). Documents appear in French on one screen and in English on the other. An interpreter uses an automated simultaneous translation system (AI) to relay exchanges instantly, enabling a smooth discussion between the two languages (2727coworking.com). This setup, based on emerging AI-statistical equipment, reflects the current trend: meeting solutions now incorporate real-time machine translation to accommodate the bilingual environment without losing information (2727coworking.com).

Implications and outlook

Growing demand for flexible meeting rooms in Montreal has several consequences:

- **Impact on office real estate:** Businesses are reconsidering their traditional leases. Increasingly, they are opting for flexible coworking agreements or subleases, reducing the potential for unused private offices (www.cbre.ca). This trend tends to increase vacancy rates in conventional real estate (already rising in Montreal (www.cbre.ca)) and grows the market share of flexible operators.
- **Average amount spent:** Businesses make budget trade-offs. According to Salles Québec, the gross budget for renting a reception venue (for events) in Montreal often ranges from \$1800 to \$7500 (excluding catering) (www.sallesquebec.ca). In a corporate context, rental alone (without additional services) for a typical meeting can range from ~\$100 for 2 h (basic room) to ~\$1000 for a full day in a premium space. Providers adjust their rate schedules accordingly (e.g. group rates in hotels, discounts for recurring bookings).

- **Bilingual environment:** Language duality requires spaces to invest in sophisticated facilities (e.g. dual screens, multichannel headsets). This slightly increases infrastructure costs but strengthens the appeal of Montreal rooms for Canadian clients from elsewhere and international clients. The local market values the ability to host without alphabetical constraints, an asset highlighted by several site managers (2727coworking.com).
- **Technological evolution:** The integration of AI and digital technology is gradually transforming room use. Automatic transcription and live translation improve efficiency, while “**ambient intelligence**” (sensors that automatically adjust light/temperature) promises greater comfort and a memorable experience (2727coworking.com). By 2026, these features are expected to become common in Montreal's high-end facilities.
- **Sustainability:** Event organizers now incorporate environmental criteria into their choices. Renovated or repurposed venues (former industrial lofts converted into event rooms) are favoured because they reduce the carbon footprint compared with new construction (espaceswaverly.ca). Montreal, with its wealth of repurposed heritage buildings, is following this environmentally responsible trend. Room operators are adding waste management and energy consumption policies to their offerings to meet growing expectations.

Finally, the **postponement of in-person work** does not eliminate physical meetings: on the contrary, the need to connect in person (human relationships, team cohesion) is considered essential (espaceswaverly.ca). Post-pandemic events favour the **immersive, human experience** (espaceswaverly.ca), prompting venues to adopt welcoming, modular layouts (natural light, relaxation areas) to encourage informal interaction. At the same time, the hybrid format remains widespread to maximize overall participation (espaceswaverly.ca). As a result, Montreal's meeting rooms in 2026 will need to be technically ready for hybrid use (robust video connectivity, separate spaces for virtual and in-person participants) while offering a friendly atmosphere.

Conclusion

Meeting room rentals in Montreal in 2026 sit at the intersection of **flexibility**, **technology** and **customer experience**. The market has diversified considerably: from small shared offices to giant convention centres, there is a solution for every need. Despite the complexity introduced by bilingualism and rapid technological change, indicators point to a resilient, growing industry (2727coworking.com) (2727coworking.com). Montreal professionals, experiencing new forms of meetings 11 to 15 times per week (2727coworking.com), demand a high level of service and innovation. Operators that can combine competitive prices, state-of-the-art equipment, modularity and an ecological footprint will meet market expectations. In summary, Montreal has a rich, dynamic pool of spaces, where pricing and offerings will continue to evolve alongside ways of working.

References: The cited data come from specialized reports and recent industry sources, including analyses by 2727 Coworking (2727coworking.com) (2727coworking.com), studies by CBRE and HVS (www.cbre.ca) (www.hotelnewsresource.com), and professional platforms (Marriott (www.marriott.com), Palais des congrès (congresmtl.com), etc.). Each claim is supported by these sources (see notes).

Source links

Links cited in this article, in order of first appearance. Full addresses are provided for readers using extracted text.

1. <https://centredaffairesmontreal.ca/en/conference-rooms-rental-montreal/>
2. <https://2727coworking.com/guides/meeting-room-rental-montreal/>
3. <https://2727coworking.com/articles/coworking-conference-room-design-principles>
4. <https://www.marriott.com/fr/hotels/yulmd-rennaissance-montreal-downtown-hotel/events/>
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A workspace that fits the day

Our workspace options include private offices, day passes and desks, and a conference room. These formats help individuals and teams compare a dedicated office with more flexible ways to work or hold a meeting. Prospective members can explore the virtual tour, review current pricing and book a visit before choosing a workspace.

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A business address alone does not establish tax residence, immigration status, banking approval or eligibility for a government program.

Website: <https://2727coworking.com>

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