

Best Montreal Neighborhoods for Freelancers: Cost Compared

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You've hit your session limit · resets 8:50am (UTC) Membership includes 24/7 access, a free-access conference room, a fully equipped kitchen, shower access, heating, air conditioning and electricity, and gigabit high-speed internet (Source: 2727coworking.com). The neighborhood's overall office rental market benefits from Montreal's citywide downtown office vacancy dynamics: CBRE reported that Montreal posted a 90-basis-point decline in downtown vacancy in the second quarter of 2026, one of the largest quarterly improvements of any Canadian market that quarter (Source: www.cbre.ca).

Adoption

Griffintown's transformation from an industrial and largely vacant district into Montreal's fastest-growing residential neighborhood is well documented in census data. The census tract bordered by Notre-Dame, Guy, and de la Montagne streets, at the core of the Griffintown-downtown corridor, saw its population expand by 642% between the 2011 and 2016 censuses, the largest percentage increase of any tract in the metropolitan region, according to Statistics Canada figures reported by CBC News (Source: www.cbc.ca). The broader Sud-Ouest borough that contains Griffintown continues to see new residential and mixed-use development, which has pulled in a disproportionately young, tech- and creative-sector population relative to older, more established Montreal boroughs.

Strengths and Limitations

Griffintown's strengths for freelancers center on its concentration of modern coworking infrastructure, canal-side recreational access, and proximity to both downtown and the Atwater Market. Its limitations are the flip side of its rapid growth: as one of the newer-built neighborhoods, it carries less of the heritage architecture and long-established café culture that defines the Plateau or Mile End, and construction activity remains ongoing in parts of the district as development continues. For freelancers who prioritize a dedicated, amenity-rich workspace over walkable café-hopping, Griffintown is a strong fit; for those who want to work primarily from neighborhood cafés and libraries, other districts may offer a denser informal-workspace network.

Mile End

Capabilities

Mile End, technically part of the Plateau-Mont-Royal and Rosemont-La Petite-Patrie boroughs depending on the exact block, has long been Montreal's creative-industry and tech-startup neighborhood, home to game studios, design firms, and a historic concentration of independent coworking spaces. Coworking options in the area have included community-oriented spaces such as **Station C**, which historically priced unlimited 24/7 membership at \$350 per month with reduced options at \$175 and \$60 per month for limited-hours access (Source: betakit.com); freelancers should verify current pricing directly with operators, since these figures reflect an earlier snapshot of the market rather than July 2026 rates. More broadly, digital-nomad travel guides flag Mile End as offering "a bit quieter" work environment "while still central," with variable but generally workable housing stock for remote-first professionals (Source: thenomadcloud.com).

Adoption

Mile End's population base skews toward creative professionals, students, and long-tenured Montrealers, and the neighborhood has historically been one of the more expensive rental markets in the city relative to its size, reflecting sustained demand from both local and international remote workers. The adjacent Northeast Plateau census tract, around Saint-Joseph Boulevard and d'Iberville Street, saw its population swell 86% in the five years leading into the 2016 census, among the fastest-growing tracts in the metropolitan region (Source: www.cbc.ca), evidence that demand for housing in the broader Mile End and Plateau corridor has continued to intensify even as the core Mile End blocks themselves are largely built out.

Strengths and Limitations

Mile End's principal strength is its density of cafés, community coworking, and creative-sector peers, all reachable on foot, paired with a citywide Montreal Walk Score of 65, Transit Score of 67, and Bike Score of 73 (Source: www.walkscore.com), with Mile End itself typically scoring above the city average due to its grid layout and commercial density. Its main limitation is cost: because Mile End sits within or adjacent to Plateau-Mont-Royal rental averages of \$1,644 per month (Source: www.apartments.com), it is not a budget destination; freelancers with tighter margins will find better value in Verdun or Villeray.

Plateau-Mont-Royal

Capabilities

Plateau-Mont-Royal is Montreal's most walkable neighborhood by a wide margin, carrying a Walk Score of 92 ("Walker's Paradise"), a Transit Score of 80 ("Excellent Transit"), and a Bike Score of 94, the highest of any measured Montreal district, with a resident population of 100,741 (Source: www.walkscore.com) (Source: www.walkscore.com). Coworking infrastructure in the Plateau has historically included operators like **ECTO** and **Montreal CoWork**, and the borough is well served by two metro lines. Freelancers who work from home offices benefit from Bike Score 94 access to the citywide **BIXI** bike-share network, whose monthly membership costs \$24 and seasonal membership costs \$115 as of the February 2026 rate adjustment (Source: montrealgazette.com).

Adoption

The Plateau's population has been stable for decades relative to fast-growing Griffintown, but it remains one of Montreal's most in-demand districts. Apartments.com data show it among the neighborhoods with the highest number of available rental listings citywide, alongside Ville-Marie and Côte-des-Neiges-Notre-Dame-de-Grâce (Source: www.apartments.com), indicating both high turnover and sustained rental demand. A McGill student cited on Numbeo's forums paid \$1,766 per month for a Plateau apartment with roommates, describing the cost as "very cheap compared to UCLA in LA or Berkeley" (Source: www.numbeo.com), illustrating how the neighborhood's cost still reads as affordable to those benchmarking against larger US metros even as it sits above the citywide Montreal average.

Strengths and Limitations

The Plateau's core strength for freelancers is unmatched walkability and bikeability, making it possible to run a work-from-cafe or work-from-coworking routine entirely without a car. Its limitation is price: at \$1,644 per month average rent, it sits above the citywide average of \$1,561 (Source: www.apartments.com) (Source: www.apartments.com), and nightlife noise on some blocks can be a distraction for freelancers who work irregular hours from home.

Verdun

Capabilities

Verdun, a canal-and-riverfront borough in Montreal's southwest, has become the city's most frequently cited budget-friendly alternative to the Plateau and Mile End while retaining comparable triplex-lined streetscapes. Verdun's average apartment rent is \$1,426 per month, the lowest of any tracked Montreal neighborhood in apartments.com's July 2026 dataset (Source: www.apartments.com), and apartments.com separately identifies Verdun as the single most affordable borough citywide (Source: www.apartments.com).

Adoption

Verdun's rental market has seen a notable correction. Liv.rent's May 2026 report found that previously higher-priced neighborhoods such as Verdun and Westmount experienced the most significant year-over-year rent declines in the city, with Verdun rents dropping 11.4% and Westmount 10.1% (Source: liv.rent). This decline follows a period of rapid gentrification along Wellington Street that had pushed Verdun's rents up sharply in prior years, and it means freelancers evaluating the neighborhood in mid-2026 are seeing more favorable pricing than in 2024 or 2025.

Strengths and Limitations

Verdun's strength is a rare combination: family-friendly streets, canal and river access, and rents meaningfully below the citywide average, all while retaining metro access via the Verdun and De l'Église stations on the green line. Its limitation for freelancers is a thinner concentration of dedicated coworking spaces compared to Griffintown, Mile End, or downtown, meaning residents may need to commute a few kilometers for professional coworking infrastructure, or rely more heavily on home-office setups and neighborhood cafés.

Rosemont-La Petite-Patrie

Capabilities

Rosemont-La Petite-Patrie is a borough of 141,813 residents spanning 15.9 square kilometers, encompassing sub-neighborhoods including La Petite-Patrie, Technopôle Angus, Marconi-Alexandra, Little Italy, and Old Rosemont (Source: en.wikipedia.org). The borough offers a mix of workshop, studio, and loft-style commercial space alongside residential streets, and it has strong daily-errand walkability given its density and mixed-use commercial corridors along Beaubien, Masson, and Saint-Hubert streets.

Adoption

The borough's population grew 2.7% between the 2016 and 2021 censuses, slightly below the Montreal-wide average of 3.2%, with growth concentrated unevenly across its constituent sectors: the Cité-Jardin sector alone grew 47% in that period (Source: www.centraide-mtl.org). Average rents in the borough run \$1,720 per month according to apartments.com, above the citywide average and reflecting sustained demand for the borough's triplex housing stock (Source: www.apartments.com).

Strengths and Limitations

Rosemont-La Petite-Patrie's strength for freelancers is its balance of neighborhood-scale amenities, family stability, and proximity to both downtown and Mile End without Mile End's premium pricing on the most sought-after blocks. Its rent average of \$1,720 is, however, higher than the citywide average and higher than several of the alternative neighborhoods profiled in this report, which is a limitation for freelancers optimizing purely for cost.

The borough also has fewer purpose-built coworking spaces than Griffintown or downtown, though its loft and studio inventory suits creative freelancers who need production or workshop space rather than a desk.

Villeray-Saint-Michel-Parc-Extension

Capabilities

Villeray-Saint-Michel-Parc-Extension (often abbreviated VSMPE) is Montreal's second most populous borough, with 145,090 residents across 16.5 square kilometers as of the 2021 census (Source: en.wikipedia.org). The borough includes Parc-Extension, a dense, highly multicultural neighborhood where nearly 70% of residents were born outside Canada, representing seventy-five ethnocultural communities (Source: ville.montreal.qc.ca).

Adoption

Apartments.com identifies Villeray-Saint-Michel-Parc-Extension as one of the three most affordable boroughs citywide, with an average rent of \$1,548 per month (Source: www.apartments.com). Population growth has been modest but positive, rising 0.9% between the 2016 and 2021 censuses to reach 145,090 residents, following 1.1% growth in the preceding five-year period, when the borough's population stood at 143,853 (Source: en.wikipedia.org).

Strengths and Limitations

VSMPE's strength is straightforward: it combines below-average rent with strong metro access along the orange line (Jarry, Villeray, De Castelnau, and Parc stations) and a growing café and small-business scene, particularly along Rue Jean-Talon and around the Jean-Talon Market. Its limitation is a lower concentration of dedicated coworking infrastructure relative to Griffintown or downtown, and parts of Parc-Extension carry a more industrial, less polished streetscape than the Plateau or Mile End, which may not suit every freelancer's preferences for a client-facing home base.

Feature Comparison

Table 1 below summarizes the core cost, walkability, and demographic indicators for the neighborhoods examined in this report, alongside three additional districts (Ville-Marie/Downtown, Saint-Henri, and NDG) that freelancers frequently weigh against the primary six.

NEIGHBORHOOD	AVG. RENT (ALL TYPES)	WALK / TRANSIT / BIKE SCORE*	POPULATION	BEST FOR
Verdun	\$1,426/mo (Source: apartments.com)	City avg. 65/67/73 (Source: walkscore.com)	n/a (borough-level)	Budget-conscious freelancers wanting canal access
Villeray-St-Michel-Parc-Ext.	\$1,548/mo (Source: apartments.com)	City avg. 65/67/73	145,090 (wikipedia.org)	Affordability with strong metro access
Plateau-Mont-Royal	\$1,644/mo (Source: apartments.com)	92/80/94 (Source: walkscore.com)	100,741 (Source: walkscore.com)	Maximum walkability and cafe culture
Rosemont-La Petite-Patrie	\$1,720/mo (Source: apartments.com)	City avg. 65/67/73	141,813 (wikipedia.org)	Quiet, family-oriented, workshop space
Le Sud-Ouest (Griffintown)	\$1,794/mo (borough avg.) (Source: apartments.com)	City avg. 65/67/73	Fastest-growing tract: +642% (2011-2016) (Source: cbc.ca)	Dense coworking infrastructure, new-build
Ville-Marie (Downtown)	\$1,802/mo (Source: apartments.com)	City avg. 65/67/73	Most rental listings citywide (Source: apartments.com)	Corporate coworking chains, client meetings
Saint-Henri	\$1,933/mo (1BR, unfurnished) (Source: liv.rent)	City avg. 65/67/73	n/a	Canal-side, fastest-rising rents in the city
NDG (part of CDN-NDG)	\$1,632/mo (Zumper) (Source: zumper.com)	City avg. 65/67/73	185,463 (CDN-NDG borough) (Source: montreal.ca)	Anglophone-friendly, family housing stock

Montreal's citywide Walk Score is 65, Transit Score 67, and Bike Score 73; Plateau-Mont-Royal is the only neighborhood with its own published, distinct score and is the city's most walkable district by a wide margin (Source: walkscore.com). Other neighborhoods are shown with the citywide average pending neighborhood-specific data.

The table makes clear that Montreal's affordability gradient runs roughly southwest-to-northeast for the neighborhoods most popular with freelancers, with Verdun and Villeray-Saint-Michel-Parc-Extension anchoring the low end and Saint-Henri and Ville-Marie anchoring the high end. Notably, the two most walkable and coworking-dense neighborhoods, the Plateau and Griffintown-adjacent Sud-Ouest, sit in the middle of the rent distribution rather than at the top, suggesting that walkability and workspace access do not necessarily command the same premium in Montreal that they do in cities like Toronto or San Francisco.

Table 2 compares flexible workspace pricing across several Montreal coworking operators, including **2727 Coworking**, whose model bundles amenities into a flat monthly membership fee rather than day-pass or hourly billing.

OPERATOR	NEIGHBORHOOD	ENTRY-LEVEL DESK	DEDICATED DESK	PRIVATE OFFICE (1-2 PERSON)	NOTES
2727 Coworking	Griffintown	\$300/month (hot desk) (Source: 2727coworking.com)	\$450/month (Source: 2727coworking.com)	\$600/month	24/7 access, free conference room, gigabit internet, canal-side location included in membership (not billed hourly)
Crew Collective & Café	Old Montreal (Ville-Marie)	\$300/month (floating desk) (Source: crewcollectivecafe.com)	\$675/month (Source: crewcollectivecafe.com)	From \$6,000/month (Source: crewcollectivecafe.com)	Heritage bank-hall building with café, meeting rooms, and private event space
WeWork	Downtown (multiple locations)	Membership pricing available on request	Available on request	Available on request	Locations include Place Ville Marie, L'Avenue, 1010 Sainte-Catherine Ouest, and 455 Rue Saint-Antoine Ouest (Source: wework.com)

The two directly comparable operators, 2727 Coworking and Crew Collective, price their entry-level shared desks identically at \$300 per month, but diverge sharply at the dedicated-desk and private-office tiers, where Crew Collective's heritage Old Montreal building commands a substantial premium. This suggests that Montreal's coworking market is not uniformly priced by tier but rather by a combination of location prestige, building character, and included amenities, a pattern freelancers should account for when comparing quoted prices across neighborhoods rather than assuming a flat citywide rate card.

Performance and Benchmarks

Beyond rent and desk pricing, three benchmarks materially affect a freelancer's day-to-day productivity in any given Montreal neighborhood: internet speed, transit access, and overall market momentum in the flexible-workspace sector.

On connectivity, Montreal's fixed broadband connections averaged 229.68 Mbps download and 53.98 Mbps upload speeds as measured by Ookla's Speedtest Global Index as of mid-2026 (Source: www.speedtest.net) (Source: www.speedtest.net). Mobile speeds trailed, at 126.38 Mbps download (Source: www.speedtest.net), a gap that reinforces the value of fixed-line coworking or home-office connections over mobile hotspots for bandwidth-sensitive freelance work such as video editing or large file transfers. Canada as a whole ranked 17th globally for fixed broadband as of June 2026 (Source: www.speedtest.net), a national baseline against which Montreal's own fixed and mobile figures can be compared.

On transit, the Société de transport de Montréal (STM) operates the metro and bus network that underpins the city's high Transit Score; Numbeo's July 2026 data puts the regular monthly transit pass at C\$104.50 (Source: www.numbeo.com), and the STM confirms that its "Monthly, All modes A" pass provides unlimited travel for one calendar month (Source: www.stm.info). The Autorité régionale de transport métropolitain (ARTM), which sets regional fares, raised monthly all-mode passes by \$5.50 effective July 1, 2026, part of a stated strategy to keep annual fare adjustments near three percent (Source: montrealgazette.com) (Source: montrealgazette.com). For freelancers who cycle rather than take transit, BIXI's bike-share network raised its monthly membership to \$24 and its seasonal (April to November) membership to \$115 as of February 16, 2026, with seasonal passes up 34% and monthly passes up 45% since 2021 (Source: montrealgazette.com).

On the coworking market's momentum, the global coworking spaces market was estimated at USD \$14.91 billion in 2023 and is projected to reach USD \$40.47 billion by 2030, a CAGR of 15.7% (Source: www.grandviewresearch.com), with North America the largest regional market in 2023 (Source: www.grandviewresearch.com). Canada's coworking segment specifically was valued at USD \$285.1 million in 2023 and is forecast to reach USD \$893.0 million by 2030, a faster CAGR of 17.6% (Source: www.nextmsc.com), indicating that Canadian demand for flexible workspace, including the freelancer segment, is outpacing the broader global market's growth rate.

Data Analysis and Evidence

The single most consequential data point for a freelancer's Montreal budget is rent, and the picture here is more dynamic than a single average suggests. Apartments.com's July 2026 tracker, sourced from CoStar Group's commercial real estate database, puts the citywide average at \$1,561 per month across all unit types, ranging from \$1,276 for studios to \$2,908 for three-bedroom units (Source: www.apartments.com), and notes this average has risen only 0.4% year over year, a gain of about \$7 per month (Source: www.apartments.com). Zumper's competing tracker, which weights differently across listing types and neighborhoods, shows a materially higher \$1,900 average as of July 2026, up 4% year over year (Source: www.zumper.com), and identifies Milton Parc (\$1,479/mo), NDG (\$1,632/mo), and Parc La Fontaine (\$1,680/mo) as its most affordable neighborhoods (Source: www.zumper.com). This report treats the discrepancy as evidence that methodology, not just market conditions, drives headline rent figures, and recommends freelancers compare listings directly in target neighborhoods rather than relying on any single citywide average.

Liv.rent's independently compiled May 2026 report, based on unfurnished one-bedroom listings, shows a citywide average of \$1,636 per month, down 4.3% from \$1,710 a year earlier, with rents declining in 9 of 10 tracked neighborhoods (Source: liv.rent). The lone exception, Saint-Henri, saw one-bedroom rents jump 20.0% year over year, while Ahuntsic-Cartierville remained the cheapest neighborhood tracked at \$1,370 per month (Source: liv.rent). At the household-formation level, the city of Montreal's own statistics for the Côte-des-Neiges-Notre-Dame-de-Grâce borough report an average monthly rent of just \$860 across the borough's 185,463 residents (Source: montreal.ca) (Source: montreal.ca), a figure far below any of the asking-rent trackers cited above because it reflects the borough's full existing tenant base, including long-tenured, rent-controlled leases, rather than new listings; freelancers should treat this as a signal of how much lower in-place rents can run compared to what is currently advertised, not as an achievable rate for a new lease.

On the ownership side, Montreal's average home sold price reached \$689,908 in June 2026, up 5.0% annually and 2.2% monthly, even as sales volume fell 8.5% year over year to 4,012 transactions (Source: wowa.ca). Condominium prices set a fresh all-time high of \$435,000, up 2.0% annually (Source: wowa.ca), a relevant benchmark for the smaller share of freelancers considering buying rather than renting a home office. This 5.0% annual gain was, notably, the strongest among Canada's largest housing markets over the same period, ahead of Calgary's 3.6% (Source: wowa.ca).

Safety is a secondary but real factor in neighborhood selection for freelancers who work irregular hours or invite clients to a home office. Montreal recorded 31 homicides in 2025, and the SPVM (Service de police de la Ville de Montréal) says the city's rate is the lowest among major North American cities (Source: www.ctvnews.ca). Greater Montreal's homicide rate stands at 1.16 per 100,000 inhabitants, and incidents of armed violence fell from 214 in 2021 to 103 in 2025, more than a 50% decline (Source: www.ctvnews.ca). This citywide safety profile means neighborhood selection for freelancers in Montreal is driven far more by cost, workspace access, and lifestyle fit than by meaningful safety differentials between the boroughs profiled in this report.

Case Studies and Real-World Examples

Griffintown's Census-Tract Transformation

Griffintown offers the clearest documented case of neighborhood transformation directly relevant to freelancers evaluating where Montreal's workspace infrastructure is expanding fastest. Statistics Canada's 2016 census, released in February 2017 and analyzed by CBC News, found that the census tract bordered by Notre-Dame, Guy, and de la Montagne streets grew 642% between 2011 and 2016, the single largest population increase of any tract in the Montreal metropolitan region (Source: www.cbc.ca). The same CBC analysis found the adjacent Lower Downtown tract, bounded by Sainte-Catherine, Guy, Saint-Antoine, and Peel streets, nearly tripled in population to 1,134 people in 2016 (Source: www.cbc.ca), and the Northeast Plateau tract around Saint-Joseph Boulevard and d'Iberville Street grew 86% over the prior five years (Source: www.cbc.ca). This case demonstrates that Montreal's population growth, and by extension its freelance and remote-work demand for local housing and workspace, has concentrated overwhelmingly in the downtown-adjacent southwest corridor rather than spreading evenly across the island.

Saint-Henri's Rent Surge Amid a Citywide Cooling

Saint-Henri presents a useful counter-case to the citywide rent-decline narrative. While liv.rent's May 2026 data showed rents falling in 9 of 10 tracked Montreal neighborhoods, Saint-Henri's one-bedroom rents rose 20.0% year over year, from \$1,611 to \$1,933, making it "the only major Montreal neighbourhood to post strong growth" that month (Source: liv.rent). Academic research on Saint-Henri describes it as historically "the heart of industrial capitalism in Canada," having developed along the Lachine Canal after the canal's 1826 opening, and more recent scholarship documents its transition into what researchers term "green gentrification," where canal-side redevelopment has driven displacement pressure even in the neighborhood's historically lower-income sectors (Source: www.bcnuej.org). For freelancers, Saint-Henri's case illustrates how quickly a single Montreal neighborhood's cost profile can diverge from the citywide trend, underscoring the importance of checking current, neighborhood-specific listings rather than relying on citywide averages when signing a lease.

Hochelaga-Maisonneuve's Ongoing Gentrification

Hochelaga-Maisonneuve, east of downtown along the St. Lawrence River, offers a third pattern: a neighborhood mid-transition, still priced below the Plateau or Mile End but rising. Wikipedia's summary of the district's history, drawing on municipal and press sourcing, states that "Today, Hochelaga-Maisonneuve is experiencing gentrification as its older, lower-income residents coexist with a younger, more affluent demographic" (Source: en.wikipedia.org), and notes that "the 2010s were marked by increased gentrification, the arrival of students and professionals, and condo development leading to protests and some cases of vandalism of commerce" (Source: en.wikipedia.org). The Mercier-Hochelaga-Maisonneuve borough's average rent of \$1,763 per month, per apartments.com's July 2026 data, now sits above the citywide average despite the area's historically working-class reputation (Source: www.apartments.com), evidence that the neighborhood's gentrification has already been substantially priced into the rental market as of mid-2026.

Griffintown's 2727 Coworking as a Direct-Provider Case

Among Griffintown's coworking operators, 2727 Coworking illustrates how a canal-side, boutique-format space has positioned itself within the neighborhood's broader growth story. The operator's site, at 2727 Rue Saint-Patrick, describes its position as "on the edge of the Lachine Canal, in the heart of Griffintown and near the Atwater market," offering "a space that is both modern and warm" with 24/7 access (Source: 2727coworking.com). Pricing spans \$300 per month for a hot desk up to \$3,000 per month for a 10-person closed office, a tier structure that mirrors the range of freelancer-to-small-team growth paths common in the neighborhood's startup and creative-services population. This case is illustrative of the broader Griffintown pattern documented in the census data above: workspace supply has scaled alongside, and in response to, the neighborhood's rapid residential growth.

(Hypothetical Example) A Freelance Designer Choosing Between Verdun and the Plateau

To illustrate how the data in this report translates into a real budgeting decision, consider a hypothetical freelance graphic designer earning a stable but moderate income who is deciding between a one-bedroom apartment in Verdun at roughly \$1,426 per month (Source: www.apartments.com) paired with a \$300 per month coworking hot desk at 2727 Coworking in nearby Griffintown, versus a Plateau-Mont-Royal apartment at roughly \$1,644 per month (Source: www.apartments.com) with primarily home-based and café-based work relying on the Plateau's Walk Score of 92 (Source: www.walkscore.com). The Verdun-plus-coworking combination totals roughly \$1,726 per month in fixed housing and workspace costs, while the Plateau-only combination totals \$1,644 per month with no dedicated desk. The comparison shows that the "cheapest" neighborhood on a rent basis is not automatically the cheapest overall once workspace costs are added, and that freelancers should budget the two costs jointly rather than in isolation. This example is illustrative only and does not represent an actual individual.

Implications and Future Directions

Several structural trends will likely continue shaping which Montreal neighborhoods offer the best value for freelancers over the next several years. First, Canada's coworking market is expanding faster than the global average, projected to grow from USD \$285.1 million to USD \$893.0 million by 2030 at a 17.6% CAGR (Source: www.nextmsc.com), which should continue to expand desk supply and, over time, moderate pricing in neighborhoods currently underserved, such as Verdun and Villeray-Saint-Michel-Parc-Extension.

Second, Montreal's downtown office market is showing its first sustained signs of recovery in years, with CBRE recording positive net absorption for a fourth consecutive quarter in Q2 2026, a first in over six years, and Montreal posting one of the largest downtown vacancy declines of any Canadian market that quarter (Source: www.cbre.ca) (Source: www.cbre.ca). If this recovery continues, downtown landlords may increasingly convert vacant

office floors into flexible workspace or residential units, a pattern JLL's Q1 2026 Canada report flagged as already underway nationally (Source: www.jll.com), which could add lower-cost coworking inventory to Ville-Marie over the medium term.

Third, rent volatility at the neighborhood level, illustrated starkly by Saint-Henri's 20.0% single-year increase against a citywide 4.3% decline (Source: liv.rent), means freelancers should treat this report's neighborhood rankings as a snapshot rather than a permanent hierarchy. A neighborhood's affordability position can shift within a single year as redevelopment, transit investment, or gentrification pressure concentrates in a specific corridor. Freelancers making a one- to two-year commitment should weight current listings over historical averages, while those making a longer-term decision should weight the underlying structural factors, walkability, coworking density, and transit access, that change more slowly.

Finally, Montreal's broader affordability advantage over Toronto and Vancouver appears durable in the near term: the city's average home price gain of 5.0% year over year in June 2026 was the strongest among major Canadian markets even as sales volume fell (Source: wowa.ca), suggesting sustained demand from both local buyers and remote-capable professionals relocating for cost reasons, a dynamic likely to keep upward, if gradual, pressure on rents across all the neighborhoods profiled in this report.

Frequently Asked Questions (FAQs)

What are the cheapest neighborhoods to live in Montreal? Based on July 2026 tracker data, Verdun (\$1,426/mo), Côte-des-Neiges-Notre-Dame-de-Grâce (\$1,532/mo), and Villeray-Saint-Michel-Parc-Extension (\$1,548/mo) are the three most affordable boroughs by average rent according to apartments.com (Source: www.apartments.com), while liv.rent's neighborhood-level tracker names Ahuntsic-Cartierville the single cheapest at \$1,370 per month for an unfurnished one-bedroom (Source: liv.rent).

What is the cost of living in Montreal by neighborhood? Rent is the primary variable; non-rent monthly costs (groceries, transit, utilities, internet) are relatively consistent citywide, with Numbeo estimating a single person's non-rent costs at C\$1,321.5 per month (Source: www.numbeo.com) regardless of borough, meaning neighborhood choice mainly affects the rent line of a freelancer's budget rather than day-to-day spending.

What are the best Montreal neighborhoods for remote workers? Griffintown and the Plateau lead on workspace and walkability respectively; Griffintown for its concentration of coworking operators like 2727 Coworking, and the Plateau for its Walk Score of 92, the highest in the city (Source: www.walkscore.com).

Are there affordable coworking spaces in Montreal? Entry-level shared desks in Montreal generally start around \$300 per month at operators like 2727 Coworking and Crew Collective & Café (Source: crewcollectivecafe.com), with some smaller independent spaces historically pricing limited-access memberships as low as \$60 to \$175 per month, though freelancers should confirm current rates directly given how quickly this segment's pricing has moved (Source: betakit.com).

Which Montreal neighborhoods suit digital nomads best? Nomad-focused travel guides rate Montreal's overall "Co-Work Friendly Score" at 4 out of 5 and "Internet Reliability" at 4 out of 5, with an estimated overall monthly budget of \$2,400, and specifically flag the Plateau, Mile End, Old Montreal, and Griffintown as the four neighborhoods best suited to short-term nomad stays (Source: thenomadcloud.com) (Source: thenomadcloud.com).

How much does a freelancer typically spend on cost of living in Montreal? Combining Numbeo's non-rent monthly estimate of C\$1,321.5 (Source: www.numbeo.com) with a neighborhood-appropriate rent, ranging from roughly \$1,370 to \$1,900 depending on the borough and data source (Source: liv.rent) (Source: www.zumper.com), a single freelancer's baseline monthly cost of living in Montreal, before any coworking membership, lands somewhere between roughly C\$2,700 and C\$3,200.

What are the best areas to live in Montreal on a budget? Verdun, Villeray-Saint-Michel-Parc-Extension, and Ahuntsic-Cartierville are the three most consistently cited budget neighborhoods across the rent trackers reviewed in this report, each combining below-average rent with metro access (Source: www.apartments.com) (Source: liv.rent).

How much do Montreal rent prices vary by neighborhood? The spread between the cheapest tracked borough (Verdun at \$1,426/mo) and the most expensive (Saint-Laurent at \$1,858/mo, per apartments.com) exceeds \$400 per month, or roughly \$5,200 per year (Source: www.apartments.com), a gap large enough to fund several months of a coworking membership if redirected.

Conclusion

Montreal offers freelancers a genuinely wide spread of neighborhood options, and the data reviewed in this report supports a segmented rather than singular recommendation. Freelancers optimizing primarily for minimum housing cost should prioritize Verdun, Villeray-Saint-Michel-Parc-Extension, or Ahuntsic-Cartierville, each of which posted average rents below the citywide mean as of mid-2026. Those who place a premium on dense, purpose-



built coworking infrastructure and are comfortable paying a modest premium should look to Griffintown, home to operators including 2727 Coworking with its \$300 to \$3,000 per month desk-to-office pricing tiers, or to Ville-Marie, where corporate operators such as WeWork maintain multiple downtown locations. Freelancers who work primarily from home or from cafés, and who value walkability above all else, will find no substitute for Plateau-Mont-Royal's Walk Score of 92, the highest in the city.

The report also surfaces a genuine tension freelancers should plan around: neighborhood rent rankings shift meaningfully year to year, as Saint-Henri's 20.0% single-year rent increase against a citywide 4.3% decline demonstrates. No neighborhood's affordability position in this report should be treated as fixed. Freelancers making a lease decision should verify current asking rents directly in their target neighborhood rather than relying solely on citywide averages, and should budget housing and workspace costs jointly, since, as the Verdun-versus-Plateau comparison in this report's case studies illustrates, the cheapest apartment is not always part of the cheapest overall monthly setup once coworking or dedicated workspace costs are included. What remains constant across the data is Montreal's underlying value proposition relative to Toronto and Vancouver: broadly comparable urban amenities, transit, and connectivity at a materially lower cost base, a proposition that continues to draw a growing share of Canada's nearly 2.7 million self-employed workers to the city each year.

Tags: montreal neighborhoods, freelancers montreal, cost of living montreal, coworking montreal, remote work montreal, montreal rent prices, digital nomads montreal, affordable montreal

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