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Mile End Coworking Montreal: Pricing and Workspaces 2026

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Published by 2727 Coworking · 2026-04-23 · mile end coworking · montreal coworking spaces · flexible workspace · hot desk pricing · hybrid work trends · coworking market analysis · workspace options

Original article: <https://2727coworking.com/articles/mile-end-coworking-montreal-pricing-2026>



Executive Summary

- **Robust Growth in Montreal's Coworking Market (2026).** Montreal now hosts over **100 dedicated coworking locations** totaling roughly **2 million sq.ft.** of flexible office space, nearly **double** the supply in 2021 (2727coworking.com). This expansion reflects wider trends: global coworking is booming (projected from ~\$19.3 B in 2021 to >\$42 B by 2033 (2727coworking.com)), and North American demand is **19% higher** than pre-pandemic (2727coworking.com). In Canada specifically, the market is expected to **triple** from \$285.1 M (2023) to \$893 M by 2030 (2727coworking.com) (www.optixapp.com),

with Montreal capturing a substantial share (e.g. ~883 spaces nationwide by 2025 (2727coworking.com)). Locally, corporate interest is rising – deals are now being done for 100+ employee teams at WeWork/Regus sites (www.cbre.ca).

- Mile End: A Creative Coworking Hub.** Mile End is internationally recognized as a “cool”, artistically rich neighborhood (montreal.citynews.ca). Historically a low-rent garment district turned cultural incubator (artists like Arcade Fire moved here in the 1990s) (www.mcgilldaily.com), it later attracted tech firms (3000 Ubisoft tech jobs arrived in the late 1990s (www.mcgilldaily.com)). Its central, multicultural vibe (ranked 5th “coolest” globally (montreal.citynews.ca)) means coworking spaces here tend to blend work with creativity. For example, *La Gare* coworking advertises a “stylish, spacious” Mile-End location among a “diverse culture” and foodie community (www.meetingsbooker.com), while *Spaces* (IWG) promotes its 5455 Gaspé Ave center as “creative workspace in the trendy Mile End district” with nearby parks and markets (coworkingmag.com) (www.spacesworks.com). Mile End providers range from boutique co-ops to commercial campuses (Table below), reflecting the neighborhood’s mix of independent startups and established creative firms.
- Workspace Options and Pricing.** In Mile End, coworking offerings span **hot desks, dedicated desks, private offices, and meeting rooms**. *Espace Mile End* (368 Fairmount O.) offers **open-desk memberships** at **CAD\$275/month** (+ tax) and **private offices** (1–5 persons) starting at **\$750/month** (www.espacemileend.com) (www.espacemileend.com). *Spaces* (IWG) at 5455 Gaspé provides “coworking memberships” from **\$95/month** (for fixed-day plans) and **\$11/day** drop-in hot desks (www.regus.com), and private offices “from \$279 per person per month” (www.regus.com). The community-run co-op *Temps Libre* (Free Time) at 5605 Gaspé offers **free public workspace** (financed by its paid membership tier) to all (cowrk.club). For context, Montreal’s median coworking **day-pass** is about **\$20–25/day** (2727coworking.com) and monthly hot-desks range **\$100–\$405** (median ~\$275-300) (2727coworking.com) – roughly **20–30% cheaper** than comparable spaces in Toronto/Vancouver (2727coworking.com). (See Table 1 for sample Mile-End offerings.)

Coworking Space	Location	Hot-Desk (CAD/month)	Private Office (CAD/month)	Day Pass	Highlights & Sources
Espace Mile End	Fairmount Ave (Mile End)	\$275 (open-area desk) (www.espacemileend.com)	From \$750 (1–5 pers. private) (www.espacemileend.com)	\$95/week (approx.)	2,000 sq.ft. space with 5 closed offices, sunny open area, conference room; 24/7 café and concierge (www.espacemileend.com).
Spaces (IWG)	5455 Avenue de Gaspé (Mile End)	\$95 (5-day plan) (www.regus.com)	From \$279 per person (www.regus.com)	\$11 (hot desk) (www.regus.com)	Chain flex-space: “creative workspace in trendy Mile End” (coworkingmag.com), near Jean-Talon market and Laurier Park (www.spacesworks.com). Offers offices, hot-desks, meeting rooms.

Coworking Space	Location	Hot-Desk (CAD/month)	Private Office (CAD/month)	Day Pass	Highlights & Sources
Temps Libre (Free Time)	5605 Avenue de Gaspé (Mile End)	<i>Community co-op (no standard price)</i>	N/A (partially free space)	Free (donation-funded) (cowrk.club)	Operated by a solidarity coop: “friendly and warm place safe from any commercial logic” (cowrk.club). Public co-working area open to all for free (supported by paid memberships); includes 24/7 access, kitchens, showers.
<i>Coworking Alphard</i>	Casgrain Avenue (Mile End)	–	–	–	Entire 5,500 sq.ft. floor (www.coworkingalphard.com); 24/7 access, fiber internet, meeting rooms, kitchenette, video surveillance, lounge (www.coworkingalphard.com) (www.coworkingalphard.com). (No public pricing posted.)

- **Neighborhood Comparison.** Coworking spaces differ by neighborhood culture and cost. Mile End’s spaces emphasize community and creativity (e.g. collaborative lounges, local art) (www.meetingsbooker.com). By contrast, downtown Old Montreal offers grand heritage spaces (e.g. Crew Café with 50-ft bank-hall ceilings (www.mtl.org)) and tech-oriented hubs in Griffintown (such as Fabrik8, a 120,000 sq.ft. campus with gym, rooftop rink, etc. (2727coworking.com)). Mile End’s slightly lower office rents allow more grassroots, member-run models (like Temps Libre pictured above) while still serving professionals. Transit access differs: Spaces notes proximity to Parc Laurier and Jean-Talon, whereas Mile End’s closest Metro (Laurier or Sherbrooke) is a 10–15 min walk. Nonetheless, coworking in Plateau/Mile End competes on lifestyle appeal; for instance, *Cowork Montréal* in the Plateau prioritizes integration of immigrants (www.mtl.org), highlighting local priorities. (See Table 2 for a high-level mode-of-work comparison.)

Work Arrangement	Typical Lease Terms	Amenities/Features	Flexibility	Rough Monthly Cost (Montreal)	Notes (sources)
Coworking (hot-desk)	Short (month-to-month)	Plug-and-play space with WiFi, printing, coffee, event programming (www.cbre.ca)	High (move or cancel easily)	Median \$275 for hot-desk membership (2727coworking.com); premium for private offices (up to \$400–1,200/mo (www.optixapp.com))	**“Flexible, amenitized” offices at premium rates (www.cbre.ca). “Employees work alongside diverse professionals,” boosting serendipitous networking (www.cbre.ca).
Traditional Office Lease	Long (several years)	Base rent only (tenant handles build-out, furnishings); no included amenities	Low (fixed contract)	Lower per-sqft base rent, but additional fit-out costs	Requires full build-out & staffing (front desk, kitchen), unlike coworking which bundles these (www.cbre.ca). Less social pressure, but no built-in community.

Work Arrangement	Typical Lease Terms	Amenities/Features	Flexibility	Rough Monthly Cost (Montreal)	Notes (sources)
Work-from-Home (remote)	No lease	None provided by company (own equipment); 100% independent	Very high (anywhere)	\$0 – (no rent; home internet only)	Zero office cost; 100% schedule/location freedom. However, risks isolation and blurs work-life boundaries (no coworking amenities or networking) (www.cbre.ca).

- **Data & Trends (2026).** Demand for flexible work is now steady. An industry report found **77%** of companies operate a hybrid model (allwork.space), sustaining “no signs of slowing” in coworking demand (allwork.space). In North America, *allwork.space* reports 20% higher flexible-space demand than pre-COVID (2727coworking.com). Globally, services like Regus/IWG and WeWork are still expanding via partnerships (www.cbre.ca). Even after WeWork’s 2023 bankruptcy (www.cbre.ca), Montreal’s market remains active: CBRE Montréal’s Liam Mayes notes new coworking leases (even multi-floor) are closing, citing deals for large tenants (www.cbre.ca). Large firms (Novartis, Cossette) have used coworking to enter markets (www.cbre.ca). Networks are forming: in 2024 four Canadian operators (including Montreal’s ClickSpace and The Hive) created an 11-location referral network (renx.ca), exemplifying local resilience and growth.
- **Implications & Outlook.** Coworking’s future in Mile End is tied to broader work trends. As **hybrid work** remains dominant, Mile End’s appeal as an affordable, connected creative hub will keep demand high (allwork.space) (blog.mtl.org). Colleague gatherings, networking events, and on-site amenities (even fitness and wellness programs) are increasingly used to differentiate spaces (2727coworking.com) (2727coworking.com). Opportunities lie also outside core urban areas: analysts note “*untapped demand*” in Montreal’s suburbs, where smaller coworking pods could thrive (www.cbre.ca). The 2024 Startup Genome ranks Montreal 39th globally with ~2,500 tech startups (blog.mtl.org), indicating a strong entrepreneurial base to fill coworking seats. Key challenges include maintaining community feel in large campuses (noted at Fabrik8 (2727coworking.com)) and balancing flexible pricing with profitability.
- **Case Example:** A Montreal tech company (*Plusgrade Inc.*) illustrates coworking flexibility. While awaiting completion of its new headquarters, Plusgrade secured a **short-term lease at a coworking center (iQ Offices)** to house dozens of employees (www.cbre.ca). This move, brokered by CBRE, shows how firms leverage coworking to manage transitions without long leases (www.cbre.ca).

Conclusion: By 2026, Mile End’s coworking scene is mature and diverse, reflecting both global coworking trends and unique local culture. Pricing remains competitive (median hot-desk \$275/mo (2727coworking.com), ~\$11/day for chains (www.regus.com)) relative to North American peers (www.optixapp.com). The neighborhood’s creative identity – recognized internationally as one of the “coolest” – continues to shape its coworking spaces’ character (montreal.citynews.ca) (www.meetingsbooker.com). Supported by Montreal’s booming startup ecosystem (blog.mtl.org), hybrid work norms (allwork.space), and networked local operators (renx.ca), Mile End coworking is poised for sustained relevance. Providers that align space design with community needs (e.g. by offering events, wellness, or flexible plans (www.cbre.ca) (2727coworking.com)) will

likely thrive. Conversely, spaces that ignore the neighborhood's culture or overprice may struggle. As hybrid models settle, flexible-office adoption appears entrenched – experts find coworking now “a key tool in long-term real estate planning”. Mile End, with its blend of artistic heritage and tech growth, will therefore remain a focal point in Montreal's flexible workspace landscape.

Sources: Data and quotes are drawn from industry reports, commercial real estate analyses, coworking operators' materials, and media. Key references include CBRE Canada's insights (www.cbre.ca) (www.cbre.ca), Montreal coworking market guides (2727coworking.com) (www.optixapp.com), neighborhood profiles (montreal.citynews.ca) (www.mcgilldaily.com), and providers' websites (Spaces, Espace, Temps Libre) (www.spacesworks.com) (www.espacemileend.com) (cowrk.club). These provide comprehensive, up-to-date evidence on Mile End's coworking options, pricing and context. Each claim above is supported by the cited sources.

Source links

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

1. <https://2727coworking.com/articles/shared-office-space-montreal-pricing-locations>
2. <https://2727coworking.com/guides/best-coworking-spaces-montreal-2026/>
3. <https://2727coworking.com/articles/top-coworking-spaces-canada-2026>
4. <https://www.optixapp.com/blog/canada-coworking-industry/>
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17. <https://2727coworking.com/articles/montreal-hourly-office-rental-coworking>
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25. <https://blog.mtl.org/en/startup-innovation-ecosystem>

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