

SOQ

FOOD + DESIGN + TRAVEL + TORONTO

The Queen West Effect.

From Vogue and The New York Times to the Lonely Planet, Queen West's cool has officially become universal. #yass



FASHION

NOW TRENDING

Shopping on Queen West is everything you could imagine and nothing you'd expect.



CULTURE

HOGTOWN BLUES

Listing the city's legendary jazz bars and word-of-mouth speakeasies.



FOOD

SATURDAY SPECIAL

Discover brunch options as flavoured as Toronto's neighbourhoods.



CONNECTION

FREQUENT FLYER

Travel abroad or venture out to the waterfront and the Toronto Islands.



TRIDEL
BUILT FOR LIFE

GOOD
morning.

THE WORLD AT YOUR DOORSTEP.

SQ²

SPADINA ▾ QUEEN

tridel.com

416.661.1949

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Stretching 5.6 kilometres, Queen West is a patchwork of urban pathways that connect neighbourhood folk and friends from abroad to a heaping platter of diversity, culture, colour and creativity.

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Lifestyle blogger Tiffany Heimpel of shessosavvy.ca tells us where to go for the best manicure, blowout, workout, lashes, and lattes in the Queen-Spadina area.

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WEST OF EXPECTATION

It's along Queen Street West where the fashion-forward can find a pair of vintage Levis, the latest look in espadrille sandals and the perfect lamp for an office den.

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BUILD YOUR OWN BAR

A personal bar can take your condo from home to happening. One bar cart, endless options for your weeknights and weekends. Here's what to store, serve and sip, and where to find it.

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The Islands are your ideal destination for a 'staycation' in the city or a vacation abroad through Billy Bishop Airport.

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A TOURIST IN YOUR OWN CITY

One day, 24 hours, hundreds of places to go and things to do.



The MOCCA, located on Queen West, is home to a revolving door of internationally acclaimed exhibitions.

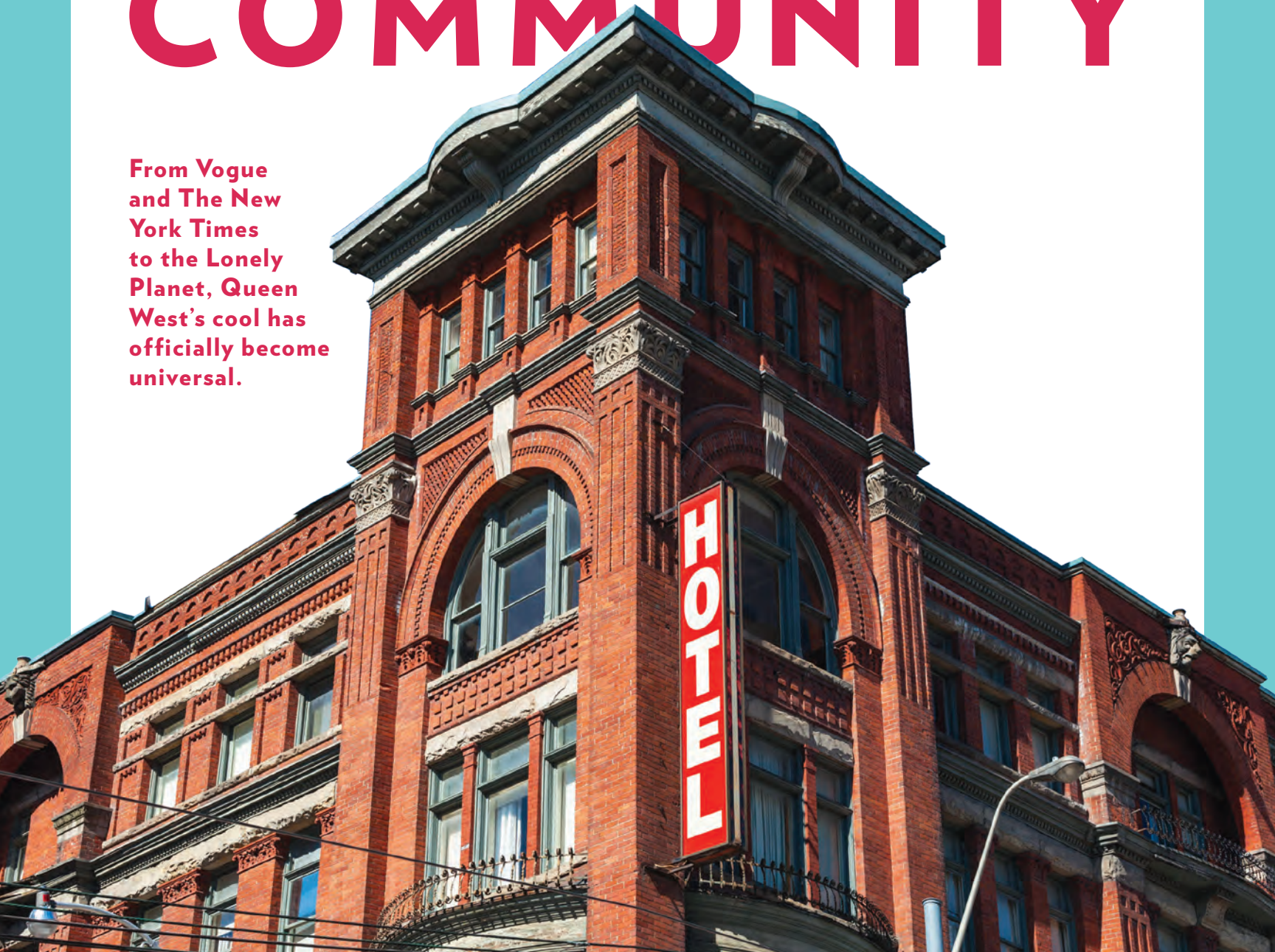
VOGUE

The New York Times



QUEEN WEST: A WORLD-CLASS COMMUNITY

From Vogue
and The New
York Times
to the Lonely
Planet, Queen
West's cool has
officially become
universal.



University to Spadina. Spadina to Trinity Bellwoods Park. Queen West to the world.

Stretching 5.6 kilometres, Queen West is a patchwork of urban pathways that connect neighbourhood folk and friends from abroad to a heaping platter of diversity, culture, colour and creativity.

"...QUEEN WEST HAS BECOME ONE OF THE MOST APPEALING PLACES IN TORONTO."

**JULIE LASKY,
THE NEW YORK TIMES**

"OVER 300 GALLERIES, DESIGN HOUSES, SHOPS, RESTAURANTS AND BOUTIQUE HOTELS NOW MAKE UP TORONTO'S CREATIVE HEART."

**ANJA MUTIĆ,
LONELY PLANET**

"QUEEN STREET WEST IS A VERIFIABLE ARTERY OF INDIE PATISSERIES, HOMEGROWN LABELS, AND HIDDEN-FROM-VIEW GALLERIES – HALLMARKS OF HIPNESS, IF EVER THEY EXISTED."

**NICK REMSEN,
VOGUE**

To Torontonians, Queen West has always been synonymous with music, fashion, performance and the visual arts. It's where we come for an afternoon of urban adventure and bring out-of-towners, giving them a taste of what makes Toronto a hub of hip and cool. But over the last several years, others have taken note. In Vogue's September 2014 issue, Toronto's West End neighbourhood was selected 2nd in a list compiling the 15 coolest neighbourhoods in the world. Yes, the world.

Last July, The New York Times chose Queen West for an installment of their Four Square Blocks – a series highlighting creative urban neighbourhoods from around the globe. And then there's Lonely Planet's exposé of the area, simply titled "One Day in Toronto's Coolest Neighbourhood." While Queen West may be enjoying a role on the world's stage, the attention-seeking area has always basked in the spotlight, and we don't see that light fading or flickering any time soon.





ARE

WE

BRUNCHIN'

THIS

WEEKEND?

Blogger Malcolm Jolley, founder and editor of goodfoodevolution.com

There is no such thing as Monday brunch. The hybrid meal, which combines the practical fruit, protein and carb fuel-up of breakfast with the (possibly alcohol aided) languid and slow pleasure of a leisurely lunch, can only really be enjoyed on a Saturday or Sunday. Restaurateurs and chefs in downtown Toronto understand this, and from mid-morning to mid-afternoon on any given weekend, they are

pleased to offer their customers a break from the work-week's three-meal routine and offer a chance to relax around the table with friends, significant others, or just a newspaper and some well earned time to oneself. In a city as diverse as Toronto, it follows that brunch options are as varied as the people in it. Here are just a few favourites from the downtown West End.



SAT 11:00AM
SUN 10:30AM

LE SÉLECT BISTRO

432 Wellington Street West | 416.596.6405 | leselect.com

Since 1977, Le Sélect has earned its way into the hearts of the Queen West crowd. Chef Albert Ponzo offers classic French bistro fare and gallicized classics by serving his eggs benedict on a croissant and stuffing his French toast with apples.



SAT 11:00AM
SUN 11:00AM

THE COUNTY GENERAL

936 Queen Street West
416.531.4447 | thecountygeneral.ca

This West Queen West hangout is a small room full of big flavours. Friday and Saturday night revellers can nurse their hangovers with comfort food like the Fried Chicken Thigh Sandwich with avocado chutney and pickled onions.

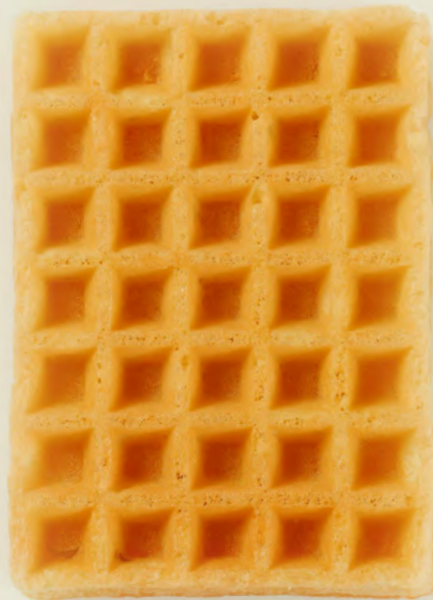


SAT 9:00AM
SUN 9:00AM

THE DRAKE HOTEL

1150 Queen Street West | 416.531.5042 | thedrakehotel.ca

Bohemian locals mix with the creative types who stay at the art-driven hotel that kick-started the renewal of this stretch of Queen Street, filling the big patio in warm weather. They sip on one of three custom Caesar cocktails, and fill up on 21st century takes on brunch classics like a cinnamon French toast with maple cream and chilies, or eggs benney with root vegetable hash.



SAT 10:00AM
SUN 10:00AM

COLETTE GRAND CAFÉ

550 Wellington Street West | 647.348.7000 | colettetoronto.com

Ensnconed in the fashionable Thompson Hotel, Colette focuses on the food of Southern France, and it's the raw seafood bar that's the star of their Sunday brunch buffet. Guests in the know are sure to come hungry to take advantage of everything from the omelette and crêpe stations to Leslie Steh's famous pastries.

AUNTIES AND UNCLES

74 Lippincott Street | 416.324.1375 | auntiesanduncles.ca

A flashback from the past, this quaint brunch spot has a lineup down the street the moment the doors open. Serving large helpings of breakfast classics and lunch favourites, enjoy a grilled cheese and Peameal Bacon sandwich on challah bread or a perfectly battered stack of French toast.



SAT 9:00AM
SUN 9:00AM



SAT 10:30AM
SUN 11:30AM

MOTHER'S DUMPLINGS

421 Spadina Avenue
416.217.2008 | mothersdumplings.com

There are 19 different kinds of steamed, boiled or pan-fried dumplings at Mother's, and they're all handmade in house. There are also other traditional dishes from Northern China like pancakes, steamed buns and congee, so it's best to arrive early to this spacious restaurant.

ROSEWOOD CHINESE CUISINE

463 Dundas Street West
416.593.9998 | rosewoodchinesecuisine.ca

Located in the heart of Toronto's Chinatown, Rosewood Chinese Cuisine serves a delectable all-day Dim Sum that will appeal to first-timers and seasoned dim-sum diners alike. Over the course of only a few short years, the restaurant has amassed a cult-like following, with authentically inspired dishes, including the 'white cloud' chicken feet and shrimp cake rings.



SAT 10:30AM
SUN 11:30AM

TRIDEL
BUILT FOR LIFE

GOOD
afternoon.

THE WORLD AT YOUR DOORSTEP.

MON-FRI 10-18
SUN-SAT 12-16

SO²

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416.661.1949



1



2

1.

EAT

THE THOMPSON DINER

550 Wellington St. W.

Fast becoming an after-hours classic, The Thompson Diner is steps from all the action on King West, providing snacking options that will satisfy crowds of all types. With a large menu featuring classic dishes, you can enjoy the comfortable atmosphere and cozy booths as you reminisce about the night's events.

2.

EAT

HERO CERTIFIED BURGERS

441 Queen St. W.

Enjoy ground sirloin at any time of the day. Located at the corner of Queen and Spadina, Hero Certified Burgers is the perfect late-night encounter for club-goers and (very) early risers. Create a custom burger, order a side of their thick cut fries, or share a poutine drizzled in gravy and cheese.

3.

EAT

PHO PASTEUR

525 Dundas St. W.

Dine on authentic Vietnamese in the heart of Kensington Market. Enjoy a bowl of the rare beef and tripe noodle soup, munch on some pork buns, or sip on some Bun bo Hue – arguably the best in city.

4.

SIP

7 WEST CAFÉ

7 Charles St. W.

When caffeine calls, head to 7 West Café. There, amongst the dimly-lit, romantic ambiance, you can order a late-night latte and a large slice of Belgian Dark Chocolate Cake – a crowd favourite that will add a bit of bliss to your day (or night).

5.

SHOP

BUSY BEE KING MART

677 King St. W.

Sometimes, you just need celery at 5 am. When you do, head over to Busy Bee King Mart. There you will find a large selection of produce, meat, dairy and even prepared meals. The corner store also offers convenience shop essentials, and the friendly staff are always on hand to help make your selection process even easier.

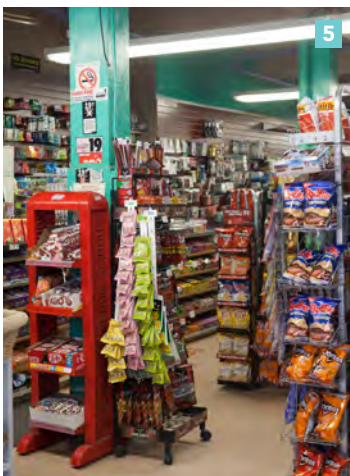
Come in We're
OPEN 24



3



4



5

**ALL YOUR FAVOURITES,
SERVED AT ALL HOURS OF THE DAY.**



Q&A

NAME

Stephen Teeple

AGE

61

BORN

1954

FAVOURITE RESTAURANT IN THE QUEEN-WEST AREA:

Avenue Grill

BEST PART OF CALLING TORONTO HOME:

Variety and walkability

THE PROMISE LAND:

A DISCUSSION WITH TEEPLE ARCHITECTS ON THE FUTURE OF ALEXANDRA PARK

Q. In a word, or a phrase, what does Queen West mean to you?

A. In a phrase, a textured mix of old and new.

Q. Along with Tridel, you've been an integral part of the revitalization of Alexandra Park; tell us what Teeple's vision is for the area?

A. It simply has to be amazing. That's the goal. Our aspiration is to create communities that will become a must-see for both Torontonians and out-of-towners. We want to design buildings and public spaces that will add dimension and character, extraordinary structures that endure.

Q. How important has environmentally conscious design been to the first two stages of the revitalization of Alexandra Park?

A. Both projects we are working on in Alexandra Park are LEED Gold, and that's not an easy task. LEED stands for Leadership in Energy and Environmental Design, a rating system that is internationally recognized as the mark of excellence for green buildings in over 150 countries. What does this mean? It means everything we do, from design and construction to operations and maintenance, is executed sustainably.

We also need to ensure that residents can live a sustainable and green lifestyle. That means integrating walkability within the neighbourhood, ensuring close transit options and developing new green spaces.

Q. Lastly, where do you see Alexandra Park in fifteen years?

A. I see Alexandra Park as a fully integrated urban community. Part of the city that everyone can enjoy equally and wholly experience.



BAR BUCA

Need a late night latte?
Bar Buca is open till
2 am.



HOW DO YA TAKE IT?

Where to go for the best cup of joe. by Blogger Yvonne Tsui

Whether you swing by on your way to work, pop down with a laptop to post on your blog or gather with friends, coffee shops are a great place to convene, relax and unwind. Here's a list of local hangouts brewing up the best coffee, lattes and treats in town.



1. BAR BUCA

75 Portland St.

From espresso to Americanos, Bar Buca will satisfy your caffeine cravings. Stir in some of their crema, sugar stirred with espresso froth, for added coffee flavour and grab a cannoli (or three).

2. L-EAT EXPRESS

410 Adelaide St. W

Your one-stop shop for coffee and all things breakfast. From omelettes to French toast, you're bound to find something even the kids will love.

3. DARK HORSE

215 Spadina Ave.

This coffee shop is no dark horse and has garnered quite a following. Nestled underground, this hidden café serves up pour-over coffee for serious caffeine fiends. It's also quaint and quiet, perfect to tuck into for a few hours to get some work done.

4. NADEGÉ

780 Queen St. W

"Let them eat cake" — Marie Antoinette's famed line, but why have cake when you can choose from endless rows of macarons and buttery croissants? Experience the chic cafés of Paris without ever leaving the city.

5. JIMMY'S COFFEE

107 Portland St.

A Jimmy Hendrix painting hangs along the wall as baristas with electric personalities serve up some quality java. Oh, and you'll also want to fuel up on their savoury hoagies, or for a little something sweet, their cookies are to die for.

6. LE GOURMAND

152 Spadina Ave.

One part grocer, Le Gourmand is famed for its chocolate chip cookie. The gym will just have to wait until tomorrow. While you're at it, you might as well grab their almond financier. They don't call it a cheat day for nothing.



SQ
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ALEXANDRA PARK

Bathurst & Dundas

-  Outdoor Fitness Centre
-  Picnic Site
-  Softball Diamond
-  Drinking Fountain
-  Outdoor Baking Oven
-  Outdoor Pool
-  Children's Playground
-  Skateboard Area
-  Wading Pool
-  Curling Rink
-  Outdoor Skating Rink
-  Community Garden
-  Community Centre - Scadding Court

Fun Fact:






Need a quick trim? The Park's Community Centre is launching Off the Grid Cuts, Toronto's first off-grid shipping container barber shop.

Fun Fact:

The park was named after local resident and community organizer Arthur Randolph 'Randy' Padmore.

RANDY PADMORE PARK

47 Denison Avenue

-  Drinking Fountain
-  Children's Playground
-  Wading Pool
-  Pathway
-  Small Treed Area



PARKS REJUVE

+ NATION

TRINITY BELLWOODS PARK

ST. ANDREW'S PLAYGROUND

Fun Fact:

The park was once home to the elusive white squirrel, who sadly passed away in the summer of 2014.

Fun Fact:

Historically, Grange Park was the backyard of The Grange. Eventually it was expanded and became the AGO.

TRINITY BELLWOODS PARK

790 Queen Street West



Community Recreation Centre

- 2 Indoor Pools
- Gymnasium
- Fitness Centre
- Indoor Walking/Running Track



Volleyball Court



Children's Playground



Children's Outdoor Wading Pool



Outdoor Tennis Courts



Softball Diamond



Soccer, Football & Rugby Field



Dog Bowl - Designated Leash-Free Dog Park



Cycling Trail

ST. ANDREW'S PLAYGROUND

450 Adelaide Street West



Leash-Free Dog Park



Drinking Fountain



Children's Playground

Fun Fact:

St. Andrew's Playground was erected in 1909, and was the first City of Toronto property dedicated to, and equipped for, supervised children's play.

GRANGE PARK

Grange & McCaul



Children's Playground



Wading Pool



Pathways



Treed Areas



QUEEN WEST'S
FASHION DISTRICT



***CUT FROM A
DIFFERENT
CLOTH.***

*Discover Toronto's Fashion District.
A patchwork of yesteryear garment outlets
and cutting-edge designers, seamed together
to create a look unlike any other.*



TERMINAL
14B

DEPARTURE
21:34

TERMINAL
14B

ZONE
3

There's only one way to get to South Africa from Toronto and that's through Pearson International. However, from hailing a cab to hopping on transit, there are many routes one can take to get to and from the airport.



1 UP Express*

i The UP Express runs every 15 minutes from Union to Pearson. Travel perks include free Wi-Fi, flight information screens and easy ticketing options.

\$ 27 CAD (Adult Fare)

🕒 25 minutes



2 Airport Taxi*

i Loads of luggage or travelling in a large group? Call ahead of time and reserve a minivan.

\$ 55 CAD (Plus Tip)

🕒 30-40 minutes

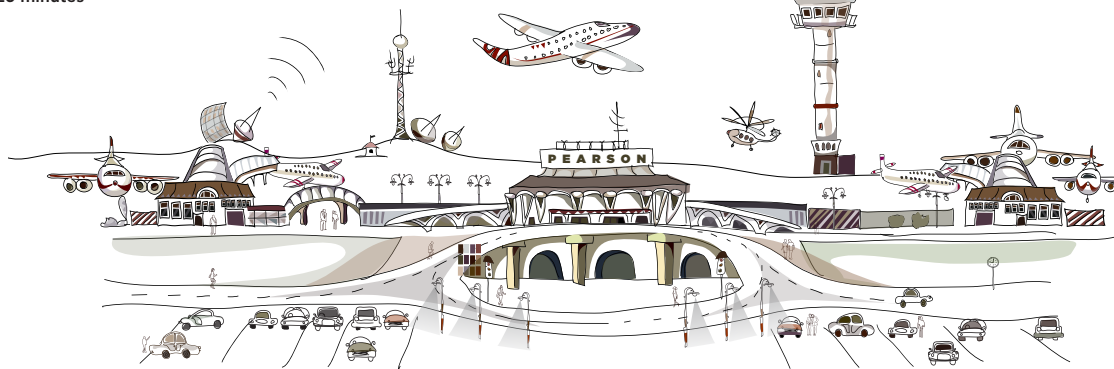


3 Uber*

i If you're travelling with only foreign currency, Uber can automatically charge your credit card and email you a receipt.

\$ 55 CAD (Plus Tip)

🕒 30-60 minutes



OPTIONAL: Walk it out

If you're planning on walking to the airport from the downtown core, you better step on it – it's a 5 hour commute by foot.



4 Public Transit*

i The Toronto transit system is safe and provides frequent service 365 days a year from around 5:30 am (8:30 am on Sundays) to 1 am.

\$ 3 CAD (Adult Fare)

🕒 45-60 minutes



5 Rental Cars*

i If you're renting a car and already have car insurance, you probably don't need to purchase insurance on your rental.

\$ 80-200 CAD

🕒 35-55 minutes



6 Bike*

i Take the scenic route by touring the Martin Goodman Trail on your trek to the airport.

\$ 8 CAD/day (for airport storage)

🕒 105 minutes



Grab your cut of choice at Kensington's *Sanagan's Meat Locker*, featuring 5,000 sq. ft. worth of mouth-watering, meaty, grass- and grain-fed goodness.

176 Baldwin St.
416.593.9747

The Tastiest, Easiest, Greatest* Steak Recipe

SERVES:

4 (or 2 really, really hungry individuals)

INGREDIENTS

- 4-5 choice *beef steaks*
- 1/2 cup *low sodium soy sauce*
- 2 teaspoons *olive oil*
- 2 teaspoons *ketchup*
- 1 teaspoon *minced garlic*
- 1 teaspoon *oregano*
- 1 teaspoon *pepper*

DIRECTIONS

(as easy as 1, 2, 3...literally)

1. Blend all ingredients, pour over steaks.
2. Marinate 3 hours, turning frequently.
3. Grill to your liking.

*Not a fact, just our humble (and always hungry) opinion.

WELL DONE

A BARBEQUE RECIPE THAT SIZZLES,
WHETHER SERVED FOR DINNER GUESTS
OR DINING FOR ONE.



CHINATOWN



FORTUNE FAVOURS IN THE FLAVOURS

Toronto's Chinatown is a mayhem of sights, smells, tastes and textures. Along Dundas, fruit stands compete with an array of dim sum restaurants and bustling markets. *Look around: happiness is trying to catch you.*

*Where to go and what to order
on Queen West.*

GRAND ELECTRIC

1330 Queen St W

WHAT

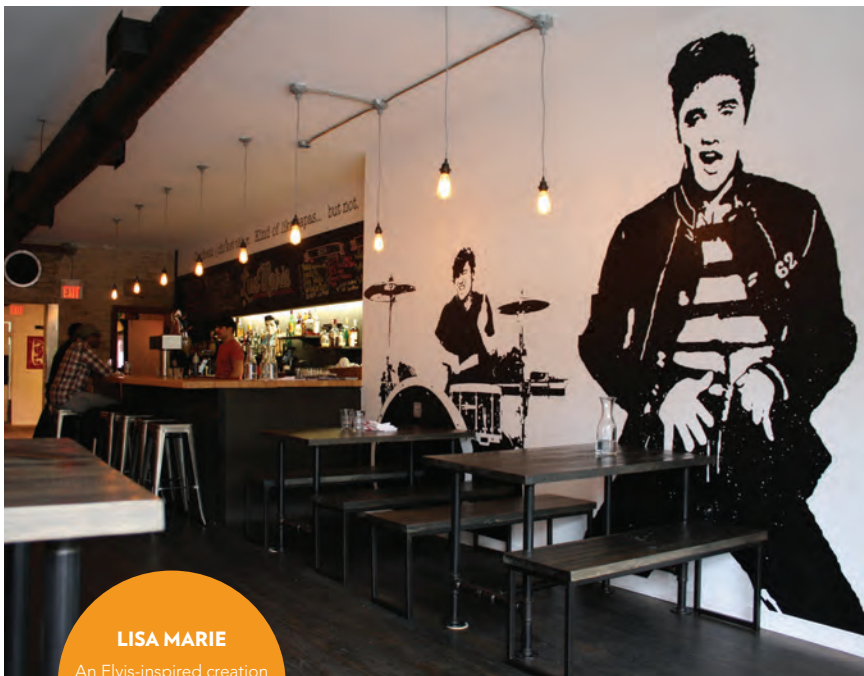
DO

YOU

RECOMMEND?

*by Viviana Machado,
Sarah B. Hood, Loulou Rails*





LISA MARIE

An Elvis-inspired creation by the owner of the famous Fidel Gastro's food truck.



TO-NE SUSHI



LAMESA FILIPINO KITCHEN

This hip and cool Queen West restaurant offers bar tables and clean wall décor.

Where to go & what to order on Queen West.

From Buca to The Burger's Priest, we've sent three of Toronto's top food bloggers to the area's best restaurants, diners, bars and bistros, helping you answer that all-important question: what are you ordering?

LISA MARIE

638 Queen St. W., 647.748.6822
by Blogger Viviana Machado

Lisa Marie, an Elvis-inspired creation by the owner of the famous Fidel Gastro's food truck, has quickly become one of the trendiest restaurants on Queen West. With a tapas-inspired menu, Lisa's reclaimed wood surface décor, always-inventive dishes, and massive homage to Elvis take snack-bar experiences to a whole new level. Try the Pork Belly Cheese Thang that sits on a bed of fried crunchy cheese, topped with a cilantro cherry tomato salsa and drizzled with a chili basil aioli. Or how about the perfectly fried Pad Thai Fries dusted in a delicious mixture of sriracha sauce, butter and lime juice?

TO-NE SUSHI

414 Queen St. W., 416.866.8200
by Blogger Viviana Machado

Toronto's Fashion district is home to one of Foodies Inked's favourite sushi restaurants, To-ne Sushi. Beautifully plated dishes decorated with unique handcrafted designs are filled with fresh pieces of sushi and sashimi that effortlessly flow through this lovely family-owned restaurant. Crowd favourites like the Green Dragon roll with tempura battered shrimp or the Spicy Salmon roll, are highly endorsed after an extensive day of shopping.

LAMESA FILIPINO KITCHEN

669 Queen St. W., 647.346.2377
by Blogger Viviana Machado

Stop by LaMesa Filipino Kitchen for a modern take on Filipino cuisine. This hip and cool Queen West restaurant features bar tables and clean wall décor, and serves a killer prix-fixe Chef's tasting menu. The traditional aromas, textures and flavours of Filipino dishes are fused with Spanish, Mexican and American influences. Owners Less Sabilano and Chef Boquilla embrace traditional Filipino fare, while exploring world cuisine with new daily menu items and à-la-carte snacks.

TRY THIS!



FROM LISA MARIE
PORK BELLY CHEESE THANG \$5

Smoked pork belly with cilantro cherry tomato salsa served on a melted Havarti cheese crisp.



FROM TO-NE SUSHI
GREEN DRAGON \$9.95

Filled with shrimp tempura, cucumber, masago, unagi, and avocado on top.



FROM LAMESA
ADOBONG MANOK \$20

Seared chicken thigh, soy vinegar jus, black garlic.

FANCY FRANK'S

Offers guests a retro amusement-park vibe.



THE BURGER'S PRIEST

Harry Potter's favourite TO eatery.

FANCY FRANK'S

453 Queen St. W., 647.347.3647
by Blogger Sarah B. Hood

The humble hot dog is now a beefy-but-debonair world citizen. The "Frankathenapolis" epitomizes Greek chic with feta and olives. The "Frankaphone" says "oui" to triple cheeses with a soupçon of Dijon. "Franks Got Seoul" is smothered with Korean beef ribs and kimchi. Crowd favourite? "Franks Coney Island"; this wild ride of mustard, onions and chili suits the retro amusement-park vibe, bottomless sodas and mini doughnuts.

SEVEN LIVES

69 Kensington Ave.
by Blogger Sarah B. Hood

Arrive early or you'll miss out at this traditional-style Mexican taqueria where chef-owner Sean Riehl meticulously crafts his buzzworthy menu items in small batches by hand. Seven Lives made its reputation with tantalizingly brief pop-up appearances; now lineups await fresh fare like the notorious Gobernador, so swimming in shrimp and crema that it needs two taco shells. Wash it down with an agua fresca.

THE BURGER'S PRIEST

463 Queen St. W., 647.748.8108
by Blogger Sarah B. Hood

Toronto's burger miracle started in a tiny east-end storefront, but now the downtown crowd can also share in the glories of Daniel (Harry Potter) Radcliffe's favourite TO eatery. Owner Shant Mardirosian parts the waters of the current gourmet burger deluge with an honest beef patty in variations like "Magnum" (blue cheese and bacon). Don't overlook "The Option", a deep-fried Portobello mushroom burger for the veggie crowd.

TRY THIS!



FROM FANCY FRANK'S
FRANKS GOT SEOUL
\$7.50

Korean beef ribs, kimchi, sesame seeds, scallions.



FROM SEVEN LIVES
GOBERNADOR
\$5

Smoked marlin, shrimp & cheese.



FROM THE BURGER'S
PRIEST
MAGNUM
\$14

Blue cheese burger with bacon.



BEAST



R&D
241 Spadina Ave.



P&L BURGER
507 Queen St W.



FIKA CAFE

BUCA
Hidden down a dimly lit, cobbled alleyway between historic buildings.



FIKA CAFE

28 Kensington Ave.
by Blogger Loulou Rails

The Swedish word “fika” means to take a break with friends or family – coffee and baked treats are usually involved. Located in the heart of Kensington Market, Fika Cafe is an inviting place where tiny vases of fresh flowers adorn each table. The coffee drinks and gingerbread cookies are excellent. Delicious sandwiches are also on offer. Find a seat in one of two rooms, or watch the world go by from the front porch.

BEAST

96 Tecumseth St., 647.352.6000
by Blogger Loulou Rails

The Beast’s commitment to using Ontario sourced ingredients means their menu changes weekly, based on what’s in season. Constant is the way in which they expertly use those ingredients to create a memorable meal. Sharing is encouraged, expanding the taste experience. Even the sauces used to decorate the plates are special. The artisanal cheese plate is a great way to start. Weekend brunch is popular, no doubt thanks to the homemade doughnuts.

BUCA

604 King St. W., 416.865.1600
by Blogger Loulou Rails

Hidden down a dimly lit cobbled alleyway between historic buildings, part of Buca’s charm lies in finding it. This Italian restaurant offers an extensive wine list and a wonderful selection of cocktails. Choose from a menu filled with interesting appetizers, pastas and main courses, or allow them to surprise you with the tasting menu. A highlight is the thin crust pizza, charmingly presented with a pair of scissors for self service.



FROM FIKA CAFE
ICE CREAM SANDWICH
\$4.50

Tart and sweet lemon compote, and vanilla bean ice cream, in-between pistachio cookies.



FROM BEAST
POUTINE
\$10

Fried gnocchi, lamb ragu, cheese curds, creme fraiche.

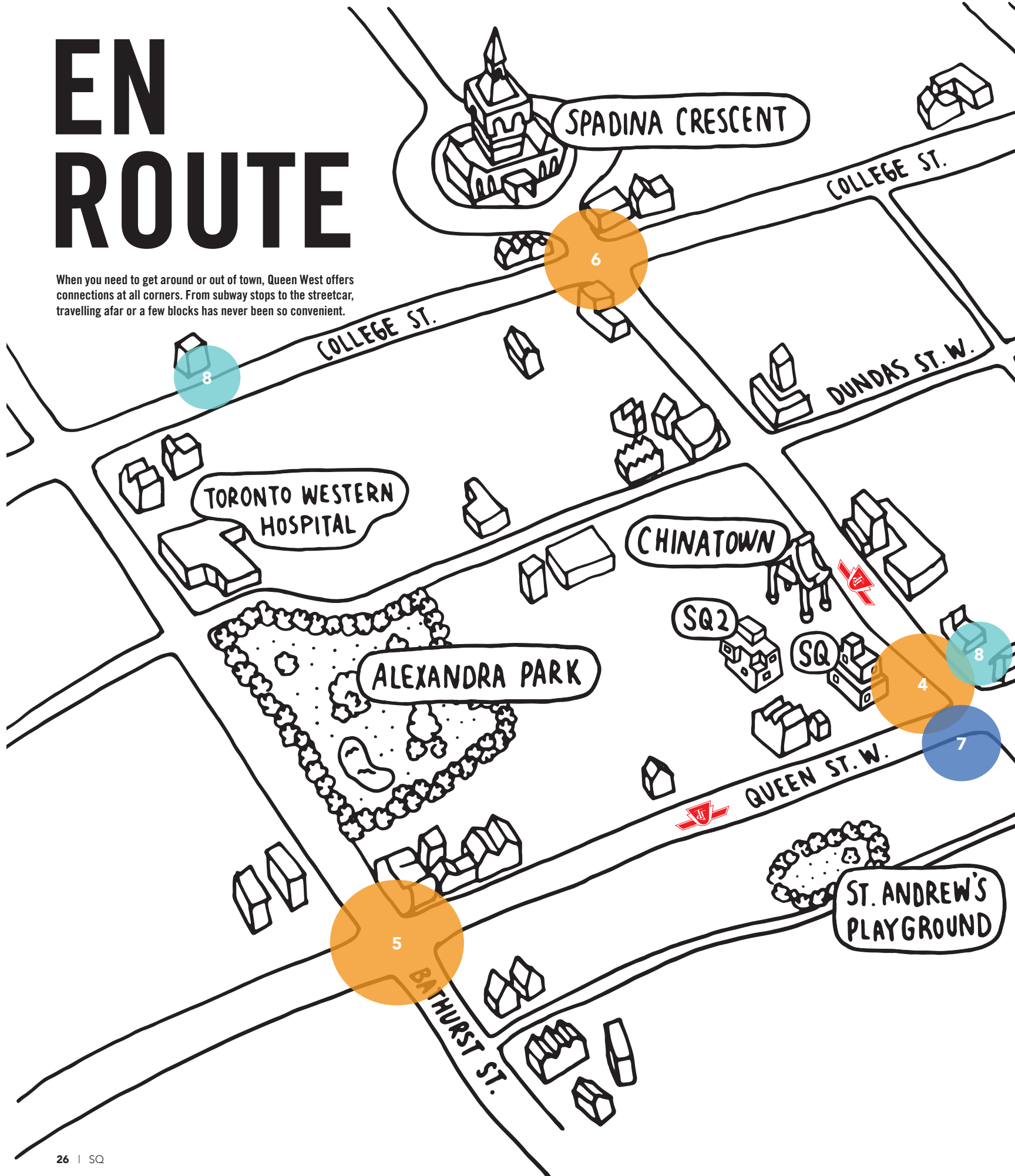


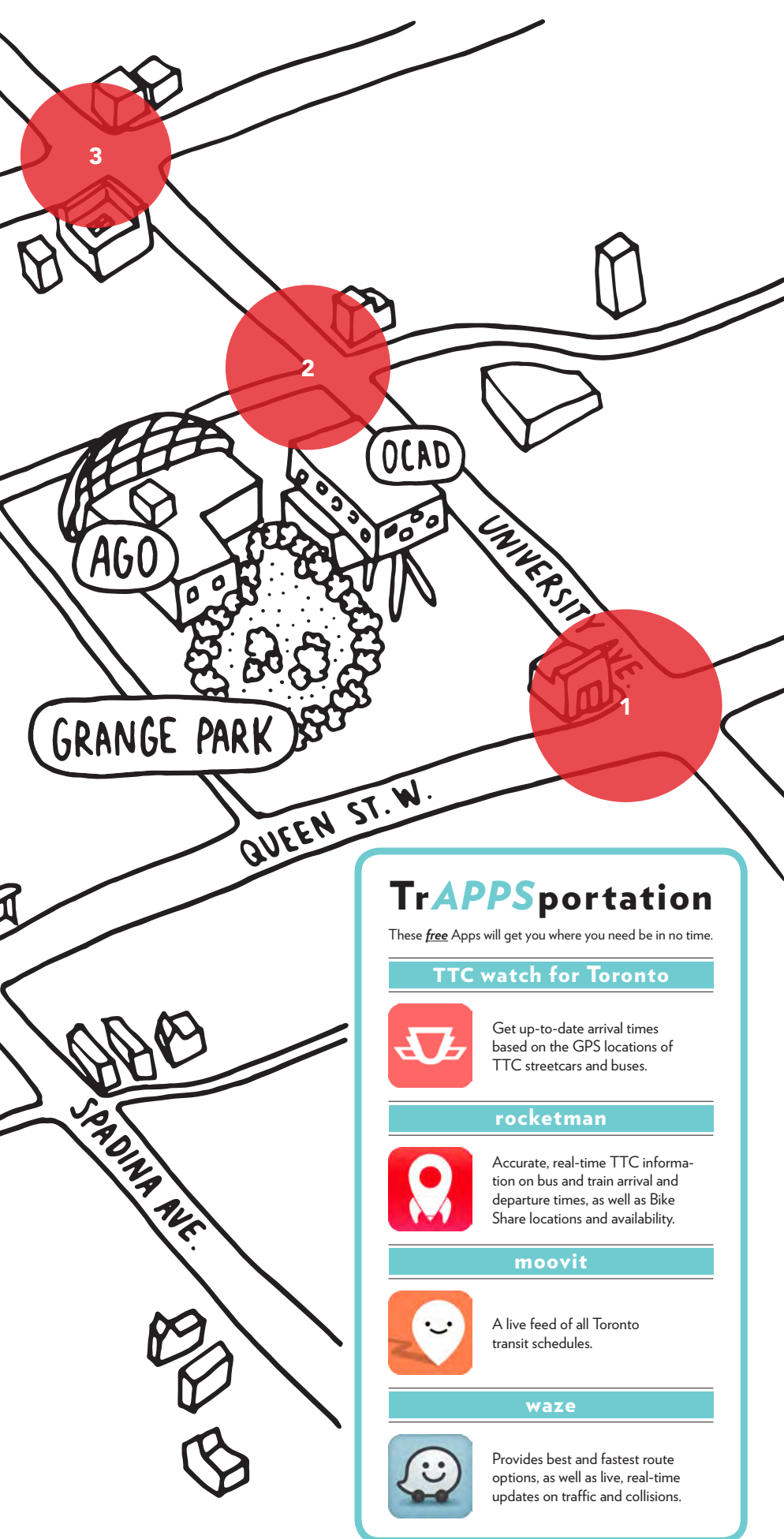
FROM BUCA
PIZZA FUNGHI
\$24

Sauteed seasonal mushrooms, mascarpone, gorgonzola, marjoram.

EN ROUTE

When you need to get around or out of town, Queen West offers connections at all corners. From subway stops to the streetcar, travelling afar or a few blocks has never been so convenient.





TrAPPSportation

These **free** Apps will get you where you need be in no time.

- TTC watch for Toronto**

 Get up-to-date arrival times based on the GPS locations of TTC streetcars and buses.
- rocketman**

 Accurate, real-time TTC information on bus and train arrival and departure times, as well as Bike Share locations and availability.
- moovit**

 A live feed of all Toronto transit schedules.
- waze**

 Provides best and fastest route options, as well as live, real-time updates on traffic and collisions.

*Fares are subject to change. Additional terms, conditions and restrictions may apply.

SUBWAY*

- 1. OSGOOD STATION**
 Fare: \$3
Transit Tip: Head south on the subway and get to Union Station in literally 5 minutes.
- 2. ST. PATRICK STATION**
 Fare: \$3
Transit Tip: Need to head East or West? Stay on until the Bloor stop and transfer onto the Bloor line.
- 3. QUEEN'S PARK STATION**
 Fare: \$3
Transit Tip: The ceramic tile mural was a gift from the Government of Portugal, designed to portray the Portuguese exploration of the New World.

STREETCAR*

- 4. 501 QUEEN STOP**
 Queen-Spadina / Queen-Bathurst
 Fare: \$3
Transit Tip: The 501 operates between Neville Park, Humber and Long Branch loops, with two services operating in the east-west directions.
- 5. 511 BATHURST STOP**
 Bathurst-Queen
 Fare: \$3
Transit Tip: The 511 runs from Bathurst Station to Exhibition at all times, seven days a week.

- 6. 506 CARLETON STOP**
 College-Spadina
 Fare: \$3
Transit Tip: Want to spend an afternoon in High Park? Head westbound on the 506.

ZIPCAR*

- 7. ZIPCAR**
 129 Spadina Avenue
 Fare: \$9.25/hour or \$79/day
Transit Tip: To zip around in a Zipcar, you first have to pay a one-time \$30 application fee.

BIKE SHARE*

- 8. BIKE SHARE**
 Queen-Portland / Queen-Spadina / Pheobe-Spadina / Bathurst-Dundas / College-Borden
 Fare: \$7/day or \$15/3 days
Transit Tip: Bike around the city at any time with an \$18 monthly subscription.



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IMO SALON

426 QUEEN STREET WEST | 416.703.0240 ▲

Don't be put off by the slightly presumptive name – Image Makeover Salon is an unpretentious gem in the Queen West strip. They've been a family business for 27 years, are the hairstylists for CityLine makeovers, and stylist Dante (the owners' son) describes his specialty as "big, sexy, Victoria's Secret hair." Perfect.



DARK HORSE

215 SPADINA AVENUE | 416.979.1200

Dark Horse refreshingly manages to strike the elusive balance between indie and unpretentious. Here, you'll find classic coffee options and yummy snacks that aren't mass-produced in Seattle. The clientele slants toward trendy professional: tattoos, dog-eared novels, suits and laptops have equal billing here. Great music, chill vibe, amazing coffee.

THE BEST OF

Lifestyle blogger *Tiffany Heimpel* of *shessosavvy.ca* tells us where to go for the best manicure, blowout, workout, lashes, and lattes in the Queen-Spadina area.

BARREWORKS

625 QUEEN STREET WEST, 3RD FLOOR | 416.362.2773 ▼

I love Barreworks because they promote a healthy figure and lifestyle without descending to body-shaming "before and after" marketing. Barreworks combines core conditioning, yoga, Pilates, and ballet to engage and energize your whole body, developing strong, lean muscles and increasing flexibility. Plus, they have an entire class set to Beyoncé songs. #werkoutworkout.



SYDNEY'S

682 QUEEN STREET WEST | 416.603.3369 ▼

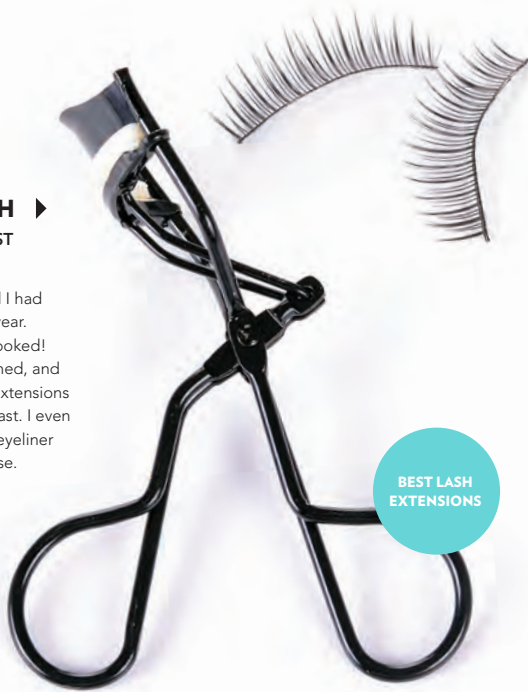
Any suit wearer (or admirer) knows that fine tailoring is the difference between dapper and "damn"! Sydney's offers high-end men's clothing, shoes and accessories in addition to full suiting: men can buy ready-to-wear and have alterations done, or even bring out their inner Don Draper by having something made to measure.



FLIRT CUSTOM LASH ▶

777 RICHMOND STREET WEST
1.855.721.7108

I was an extension skeptic until I had the chance to review Flirt last year. One appointment and I was hooked! Hypoallergenic, custom-designed, and lasting for 4 weeks, these silk extensions make mascara a thing of the past. I even gave up my signature cat-eye eyeliner while wearing them! High praise.



BEST LASH
EXTENSIONS

BEST CUSTOM
ART FRAMING

OFF THE WALL ART ▲

450 QUEEN STREET WEST | 416.947.1661

This is my favourite place for custom framing. I've brought in tons of pieces, with consistently exceptional results. The consultants are extremely knowledgeable and will collaborate with you to create the perfect frame. Lacking art? You can buy prints there or have them create a collection for your home or office.



QUEEN WEST

BEST
MANICURE



◀ **YETI NAILS N SPA**

432 RICHMOND STREET WEST | 416.306.9892

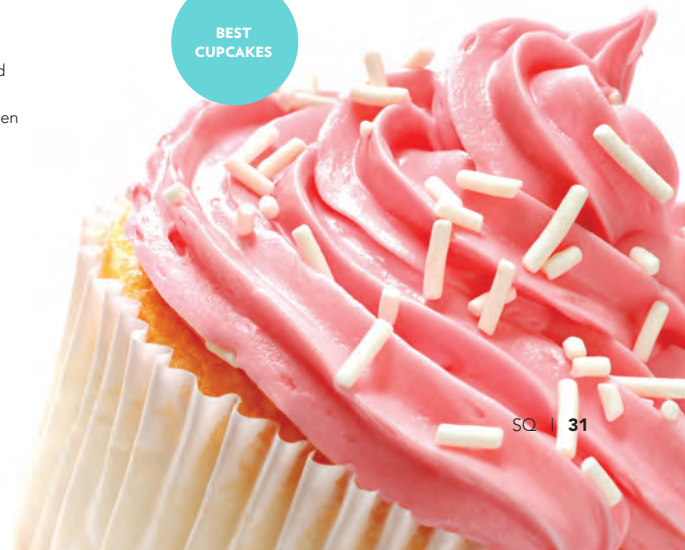
Yeti has been my favourite nail salon for a few years now. It's small and often busy, but the staff is kind, efficient, and professional. I've had manicures and pedicures here regularly – both shellac and regular polish – and have never been disappointed. Try the spa manicure or paraffin pedicure for a deluxe treat.

▼ **DLISH CUPCAKES**

833 QUEEN STREET WEST | 416.703.8005

Dlish is a bit of a trek, but their made-from-scratch cupcakes are worth it. Get there early to snag the best flavours of the day, or pre-order to guarantee your favourites. They rotate their selection daily, so check their website to plan your visit for optimal tastiness. Two words: S'mores cupcake.

BEST
CUPCAKES





QUEEN STREET
WEST

THE WILD WILD WEST

Take a seat but never sit still. Queen West is a hub of activity, energy and excitement. Walk the streets, window shop, drink local beers, catch a show, or just grab a chair and people watch. The only thing Queen West doesn't offer is the ordinary.





WEST OF EXPECTATION

FRANK & OAK

735 Queen Street W. \$\$\$

The Montreal menswear line made its name online, but has decided to call Toronto home. Featuring a welcoming café and backroom barbershop, the immersive shopping experience offers contemporary and understated pieces for the dapper downtown.

BYOB

972 Queen Street W. \$\$\$

What's the point of a great party outfit if there's no party? BYOB is the perfect pit stop before the predrunk, offering shelf after shelf of bar and drink essentials. From antique flasks to an absinthe dispenser, no home bar is complete without a trek to BYOB.

From the opulence of Yorkville to the frenzied fashion found at the Eaton Centre, there's no shortage of shopping in Toronto. However, it's along Queen Street West where the fashion-forward can find a pair of vintage Levis, the latest look in espadrille sandals and the perfect lamp for an office den.

Sprinkled with a mix of Canadian designers, pop-up shops and fashion-stop favourites, shopping on Queen West is everything you could imagine and nothing you'd expect.



CB2

651 Queen Street W. \$\$\$

In need of a refreshed interior space? Find inspiration at CB2 Toronto. Cleanly arranged and modernly designed, from candlesticks to sectionals, CB2 is outfitted with everything your space needs (and you want).

TSOQ

662 Queen Street W. \$\$\$

TSOQ simply stands for The Store On Queen. But that's the only understated quality about this trendsetting stop in the West End. Carrying a mix of highlighter-coloured mini dresses and distressed denim, TSOQ has your weekend wardrobe covered.





HOUSE OF VINTAGE

1239 Queen Street W. \$\$\$\$

On Queen West, shopping vintage has its advantages with the street literally lined with second-hand shops. House of Vintage is a standout, with owner Dennis Adamidis's keen eye for pieces that withstand the test of time and trend.



DURUMI & CHOCOLATE SHOES

416 Queen Street W. \$\$\$\$

Two stores, one eclectic space. Durumi and Chocolate Shoes coexist seamlessly, offering fashionistas the perfect pair of pumps to match with vintage-inspired sundresses and cool-yet-casual separates.



DESIGN REPUBLIC

639 Queen Street W. \$\$\$\$

Design Republic marries substance with style, offering downtown dwellers design-inspired artwork and statement pieces, helping create a signature look in every type of space.



CANON BLANC

679 Queen Street W. \$\$\$\$

Add a Parisian edge to your wardrobe by sifting through the hand-selected garments and goodies at Canon Blanc. The husband and wife owners may have left France, but their boutique provides an outpost for French designers and Parisian-inspired pieces.



B.Y.O.B.

BUILD YOUR OWN BAR

A personal bar can take your condo from home to happening. One bar cart, endless options for your weeknights and weekends. Here's what to store, serve and sip, and where to find it.

MARTINI SHAKER

A must have for creating cosmopolitan cocktails and classic martinis.

STIR STICKS

For those who enjoy their mixed drinks stirred, not shaken.

VINO

This may seem like a given, but ensuring you're always stocked with a bottle (or six) of white and red vino makes impromptu parties a more effortless affair. *Wine Rack (560 Queen Street W.)*

GLASSWARE

From stemware to shot glasses, store two or three glass options of every type so you can properly serve your guests and their varied tastes.

CRYSTAL DECANTERS

Sure, some alcohol packaging is iconic. Some aren't. Store your liquors in vintage decanters, found at *BYOB (972 Queen Street W.)*

OLIVES

What's a martini without the salty sampling? Pick up some flavour-infused olives at *Terroni (720 Queen Street W.)*

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GOOD
evening.

THE WORLD AT YOUR DOORSTEP.



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All about that Bass

From the new, NOLA-inspired Fat City Blues to the word-of-mouth back door speakeasy at Valdez, find out where you can sip on Southern Comfort in style and listen to the sounds of the best local and international jazz and blues bands around.

AND ALL THAT JAZZ

The TD Toronto Jazz Festival, held annually in June, plays host to some of the biggest names in the industry, attracting over 500,000 music fans to the city's best jazz venues.





Fat City Blues

890 College Street | fatcityblues.com

The newly opened, New Orleans-style venue serves up nightly music with Louisiana-inspired dishes and drinks. Bite into an authentic po' boy sandwich while foot-tapping the night away to some NOLA-style rhythm and blues.

Poetry Jazz Café

224 Augusta Ave. | poetryjazzcafe.com

From nu jazz and electric soul to spoken word, Poetry Jazz Café hosts an eclectic blend of artists and bands. Choose a bottle from Poetry's rich selection of wines, or enjoy a pitcher of sangria on the bar's back patio.

The Rex

194 Queen Street W. | therex.ca

If there's a bar in Toronto that epitomizes the city's jazz scene, it's The Rex. A musical institution, the Queen West hub hosts 2-3, mostly free jazz shows every day. This is where jazz truly lives.

N'awlins

299 King Street W. | nawlins.ca

Bringing the French Quarter to Toronto's entertainment district, this downtown staple has been serving guests Cajun-creole dishes with a side of live jazz music for over twenty years.

Grossman's Tavern

379 Spadina Avenue | grossmantavern.com

As one of the city's longest-running live music venues, Grossman's Tavern is considered Toronto's 'home of the Blues'. Listen to some original jazz and blues while biting into the Grossman's famous burger.

The Reservoir Lounge

52 Wellington Street E. | reservoirlounge.com

The Reservoir Lounge is where a young, then-unknown Michael Bublé first got his start. It's also where Tom Jones played, and even Prince. Spend a night sipping martinis, and either swing or snap your fingers to some of the best jazz and lounge bands around. You never know who will be taking the stage.



SPEAKEASY

[speak-ee-zee]

noun.

1. A saloon or nightclub selling alcoholic beverages illegally, especially during prohibition.

While prohibition may be long over and alcohol consumption is very much legal, Toronto's speakeasies serve up cocktails that are so good you'd think they were criminal.

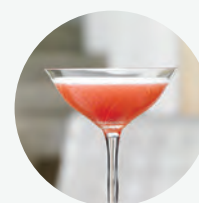


ESCOBAR (backroom of Valdez)

606 King Street W.

Sip on a Colombian Sour

- Aguardiente
- + Blood Orange
- + Lemon
- + Sugar
- + Egg White
- + Bitters



TORONTO TEMPERANCE SOCIETY

577A College Street

Toast to Mary Pickford

- Aged Rum
- + Maraschino
- + Lemon
- + Pineapple Syrup
- + House Grenadine



COLD TEA

60 Kensington Avenue

Order the Bourbon Old Fashioned

Served up daily in different ways



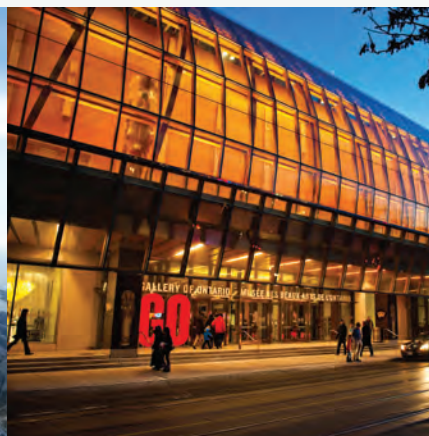
THE LIBERTINE

1307 Dundas Street

Drink up the Baudelaire

- Amaro
- + Grand Marnier
- + Gin
- + Campari

TOURIST IN YC



8:00 AM

ST. LAWRENCE MARKET

92 - 95 Front Street

9:00 AM

CN TOWER EDGE WALK

301 Front Street

11:30 AM

ART GALLERY OF ONTARIO & FRANK

317 Dundas Street West

1:00 PM

SUGAR BEACH

Lower Jarvis Street

Take in all the sights (and smells) at one of the world's great markets. With over 120 specialty vendors, enjoy an early-morning croissant and coffee as you watch the merchants prepare for the day ahead.

Once the world's tallest free-standing structure (it held the record for 34 years), the CN Tower is a sight to be seen. It's also a sight you can now scale. Take part in the EdgeWalk, the world's highest full-circle hands-free walk, encircling the top of the Tower's main pod almost 356 metres above the ground.

From historical Canadian art to over 40,000 works of photography, the AGO is one of the largest art museums in North America. Feed your imagination by perusing the current exhibitions and then feed your belly at the gallery's award-winning restaurant, the Frank-Gehry designed FRANK.

A former industrial area, Sugar Beach is now an urban oasis along the water's edge. Bring your beach towel, or find solace from the sun under one of the hot-pink umbrellas.

ONE DAY, 24 HOURS, HUNDREDS OF PLACES TO GO AND THINGS TO DO. FROM ATOP TORONTO'S TALLEST TOWER TO BASKING IN THE SUN ALONG THE WATER'S EDGE, WE'VE PUT TOGETHER OUR IDEAL ITINERARY FOR DISCOVERING DOWNTOWN.



11:00 PM

GLORY HOLE DOUGHNUTS

1596 Queen Street West

- Stop by the Parkdale bakery for one of their famous doughnuts.
- Indulge in the Chocolate Pistachio or the Beer doughnut, featuring a Kensington Brew Co. flavoured frosting.



12:15 PM

UNCLE TETSU JAPANESE CHEESECAKE

598 Bay Street

- Head over to Uncle Tetsu for one of their now-famous cheesecakes, stamped with a caricature made in the likeness of the owner. Only a dozen are made every 15 minutes, so come prepared to wait.

OUR OWN CITY



3:30 PM

ALLEN GARDENS CONSERVATORY
19 Horticultural Avenue

5:00 PM

TIFF BELL LIGHTBOX
350 King Street West

8:00 PM

THE RIVOLI FOR COMEDY NIGHT
334 Queen Street West

11:30 PM

THE DRAKE HOTEL
1150 Queen Street West

With six greenhouses and 16,000 square feet of space, Allen Gardens showcases a diverse and dynamic collection of plants from across the globe. Enjoy a seasonal flower show, tour the permanent collection, or simply stop by and smell the roses.

TIFF Bell Lightbox opened its doors in September 2010 and since then has opened Torontonians up to a world of cinema and culture. Check out a foreign film or indulge your inner film-geek at the TIFF Shop.

Located in the heart of Queen West. Play a game of pool upstairs before settling in the back room for a night of laughs and lagers during one of the bar's famous comedy nights.

Check into The Drake Hotel for a night of bespoke rest and relaxation. Have a nightcap at one of the many bars inside the multi-level hotspot and then enjoy the rest of your stay inside your carefully curated suite.



9:45 PM

GRAB A BITE AT BANH MI BOYS
392 Queen Street West

- The Queen West sandwich shop is a local favourite, serving everything from the classic pulled pork sandwich to the unique pairing of kimchi and fries.



7:45 PM

HORSESHOE TAVERN
370 Queen Street West

- The legendary bar has played host to everyone from The Rolling Stones and the Police to Etta James and the Ramones. Grab a quick beer and immerse yourself in true rock 'n' roll nostalgia.

GO FROM UPTOWN TO DOWNTOWN IN THE UNDERGROUND WITH A TTC DAY PASS.

\$11.50*
for a single adult fare.

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ISLAND GETAWAY

DESTINATION: BILLY BISHOP AIRPORT

The Toronto Islands area is the place to start your vacation, whether you're looking to relax on the Island beaches or you're travelling around the world via Billy Bishop Airport. Named after the Canadian war hero and flying ace, Billy Bishop has been the airport of choice for flyers since 1939. Its convenient location in the heart of Toronto makes it the ideal choice for both business travellers and Toronto's jet-set society. With over 20 Canadian and U.S. cities, and connections to over 80 international destinations, the sky's the limit when it comes to traveling out of Toronto's island airport.

FREQUENT FLYER FACTS



As Canada's 9th busiest airport, Billy Bishop greets over 2 million travellers a year.



Running every 15 minutes, it's a scenic ten-minute ferry ride from the edge of Toronto's waterfront to Billy Bishop Airport.



Billy Bishop Airport will soon feature a state-of-the-art pedestrian tunnel, connecting Bathurst to Billy Bishop and travellers to a more accessible airport route.

BILLY BISHOP AIRPORT



TAKE A DETOUR TO THE TORONTO ISLANDS

Forget Cancun or the Dominican, Toronto has its own island getaway rich in adventure and culture. Plan your day or see where The Islands takes you, but make sure to add these fun activities to your summer must-do list.

1 RENT A BIKE OR IN-LINE SKATES

Make it a romantic date, a fitness day with friends, or a fun family outing. Rent a bike or in-line skates and discover The Islands with ease. This is the fastest way to hit all the must-see spots, which are connected by bridges and span 6km from end to end.

2 SAND, SUN & SWIM

With several beaches to choose from, find your spot and become a regular beach bum this summer. Centre Island beach is great for family fun, and the beach at Hanlan's Point is the go-to spot when you're looking to get some sun sans tan lines.

3 CENTREVILLE CHILDREN'S AMUSEMENT PARK

Centreville amusement park has over 30 rides, a petting zoo, swan boats, pony rides, and many other attractions that are family-friendly and fun for everyone.

4 AHOY! EXPLORE THE WATERS

Paddleboats, canoes, and kayaks are all available for rent at the Boat House near the Centre Island docks. Journey through the canals and waterways or race your friends in the open water. The cluster of islands provides the perfect seascape for adventure and exploration.

5 FRANKLIN CHILDREN'S GARDEN

Named after the children's books, Franklin the Turtle, this award-winning garden is geared towards children, encouraging youngsters to explore and respect the surrounding nature.

6 FESTIVALS & EVENTS

From the Caribbean Carnival and the international dragon boat competition to various musical festivals, The Islands play host to a rich and eclectic assortment of events throughout the summer months.

IN THE NEIGHBOURHOOD



UNIVERSITY OF TORONTO

27 King's College Circle

The downtown U of T campus is intrinsically linked with the city's renowned cultural offerings. Established in 1827, the university is one of North America's leading research and teaching facilities.



Humber College

205 Humber College Blvd.

As one of Canada's largest community colleges, Humber offers full and part-time students over 120 diploma and certificate programs to choose from. Study up on everything from 3D Animation to Welding Techniques, and everything in between.



HIGHER EDUCATION

School is always in session at Queen West, putting you blocks and stops from the nation's biggest and best colleges and universities. Take a class or enjoy a semester of learning and enlightenment without having to go abroad.

RYERSON UNIVERSITY

350 Victoria Street

Also close by is Ryerson University, a distinctly urban university with a focus on innovation and entrepreneurship. Home to Canada's largest undergrad business school, the Ted Rogers School of Management, the university also offers part-time degrees, distance education and certificates.



OCAD UNIVERSITY

100 McCaul Street

OCAD U, Canada's university of imagination and inspiration, is also universally acclaimed for the quality of its visual arts and design programs.





First Canadian Place

100 King Street West

The definition of a skyscraper, First Canadian Place rises 72-storeys high and is Canada's tallest skyscraper (the 15th tallest building in North America), as well as the home and head office of the Bank of Montreal.



THE

FINANCIAL DISTRICT

A mere one kilometre from Queen and Spadina, the bustling business core is home to the TSX, Canada's most prominent stock exchange, and a host of Bay Street movers and shakers. Beneath it all is a thriving PATH network, connecting people to food, shopping and other everyday conveniences.



ROYAL BANK PLAZA

200 Bay Street

Bordered by Bay, Front, York and Wellington Streets, Royal Bank Plaza is at the cornerstone of commerce and shares the city block with the Fairmont Royal York Hotel. Built in the late 1970's, the plaza consists of two towers, and is the de facto headquarters of the Royal Bank, Canada's largest financial institution.



Commerce Court

199 Bay Street

Located on King and Bay Streets, Commerce Court is comprised of four office buildings that bridge business with architecture. It also serves as the headquarters for the Canadian Imperial Bank of Commerce, or CIBC.



TORONTO-DOMINION CENTRE

66 Wellington Street West

Also known as the TD Centre, the Toronto-Dominion is a cluster of six towers, serving as the global headquarters for the TD Bank. Home to a wealth of other businesses, over 21,000 people spend their Monday to Friday here.



Southcore Financial Centre

75 Lower Simcoe Street

The SFC is a major mixed-use complex located in the heart of a new, booming financial presence in Canada.



IN THE NEIGHBOURHOOD



SICKKIDS HOSPITAL

555 University Avenue

SickKids is Canada's most research-intensive hospital, and the largest centre dedicated to improving children's health in the country. As innovators in child health, SickKids integrates care, research and teaching to improve the health and lives of children.



Toronto Western Hospital

399 Bathurst Street

As part of the UHN (University Health Network), the Toronto Western Hospital is a major research and teaching hospital in Toronto. Known for neurosurgery, TWH was one of the first centres in Canada to use gamma knife technology.



Princess Margaret Cancer Centre

610 University Avenue

As one of the largest comprehensive cancer treatment centres in the world, Princess Margaret sees over 1,000 patients every day and has the capacity to deliver diagnostic, treatment and follow-up care to close to 200,000 patients and their families every year.



MOUNT SINAI HOSPITAL

600 University Ave.

Internationally recognized, Mount Sinai is a 442-bed acute care, academic health sciences centre. Clinical strengths include women's and infants' health, chronic disease management, specialized cancer care, emergency medicine and geriatrics.

THE HOSPITAL ROW

Toronto has been deemed a world-class city for many reasons.

One of them is the number of universally renowned hospitals that work tirelessly to provide exemplary patient care, research and education on a global scale.

TORONTO GENERAL HOSPITAL

200 Elizabeth Street

Part of the University Health Network, Toronto General is Canada's top ranked hospital in terms of research funding, serving as a teaching ground for the University of Toronto Faculty of Medicine.





NORTH AMERICA'S #1 SPORTS BAR



Real Sports Bar & Grill

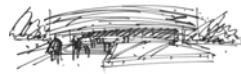
15 York Street

A sports venue in its own right, Real Sports Bar can host up to 1,000 fans, with a stadium-sized, 39-foot screen playing everything from the big game to the big fight.

AIR CANADA CENTRE

40 Bay Street

The Stats: Simply known as the ACC, the 665,000 square foot complex is home to the Toronto Maple Leafs, Toronto Raptors and the Toronto Rock lacrosse team.



TORONTO'S
SPORTS VENUES

Let's go Toronto, let's go! From cheering on the Leafs to jeering the opponents at BMO Field, Toronto offers a rich selection of sports teams and venues, no matter what your game of choice may be.



ROGERS CENTRE

1 Blue Jays Way

The Stats: Formerly known as the SkyDome, Rogers Centre is home to the Toronto Blue Jays and Toronto Argonauts, as well as host to large-scale concerts, monster-truck shows and conventions.



BMO FIELD

170 Princes' Boulevard

The Stats: This open-air stadium, located in the heart of Exhibition Place, can seat up to 30,000 rowdy soccer spectators thanks to a recent renovation which will total \$120 million when all is said and done.





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CULTIVATING COMMUNITIES

HOW BOWERY PROJECT IS PLANTING THE SEEDS OF PROSPERITY IN ALEXANDRA PARK.



Bringing urban agriculture to the inner city, Bowery Project believes that vacant spaces should be revived, enriched and productive. Land is used to grow food and give back to the community. When the Bowery founders became aware of vacant land behind the new YMCA of Greater Toronto, they contacted the YMCA Youth Shelter. It was during their initial conversations that they realized they both shared in a common mission: to increase access to urban agriculture in downtown Toronto.

Supported by an Ontario Trillium grant and Partnering with the YMCA, Toronto Community Housing Corporation (TCHC) and Tridel, the not-for-profit organization is setting

up a 1,500 milk-crate farm, growing vegetables on 750 sq. ft. of 'vacant land' inside Alexandra Park.

As Bowery's largest farm to date, the space will revitalize the area in a number of ways. Not only will the project transform the once-vacant lot into a growing space, it will also help educate the community on the importance of environmental sustainability, urban agriculture and the farm-to-table movement. The most important detail? Enriching the lives of Toronto's youth who call the YMCA in Alexandra Park home. Through fun, creative and educational programming, the youth will be provided with skills that go beyond the classroom, allowing Bowery Project to cultivate more than just land, but also communities and the people who call them home.

To learn more about Bowery Project, and its upcoming and past initiatives, visit boweryproject.ca



GET TO KNOW BOWERY PROJECT



Deena DelZotto and Rachel Kimel met at The Stop's Greenbarn. Their joint love for food (growing it and eating it), working with their hands and giving back to the community prompted them to start Bowery Project. Passing through downtown Toronto, noticing several lots which had been vacant for years, they asked themselves, "Why can't we grow food there?"

There was no good answer as to why not.

The seed was planted and the journey began.



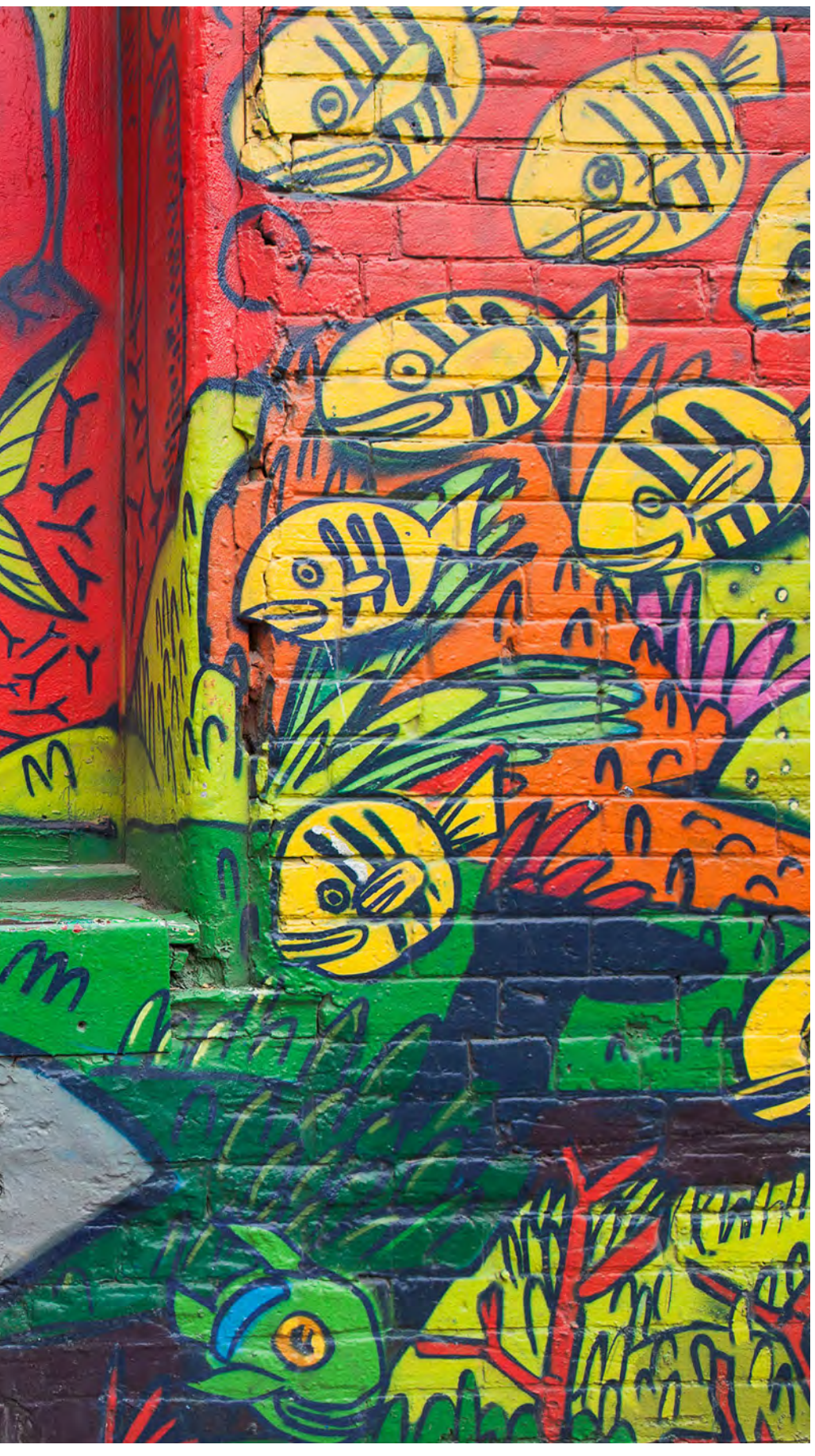
Graffiti Alley, Queen Street West

West End Reflections

Here, against a backdrop of colours,
basking into the scene seems inevitable.

But instead, I pop. A standout amongst standouts.

This city is a spark and the market a bonfire of culture and creativity.





Top Left: Pearl Harbor Gift Shop, 24 Kensington Avenue; Top Right: Oxford Fruit, 255 Augusta Avenue; Bottom: Mare Pizzeria, 185 Baldwin Street

*A wheel of choice,
looped together, offering endless variety
to add a second-hand spin
to my wardrobe.*







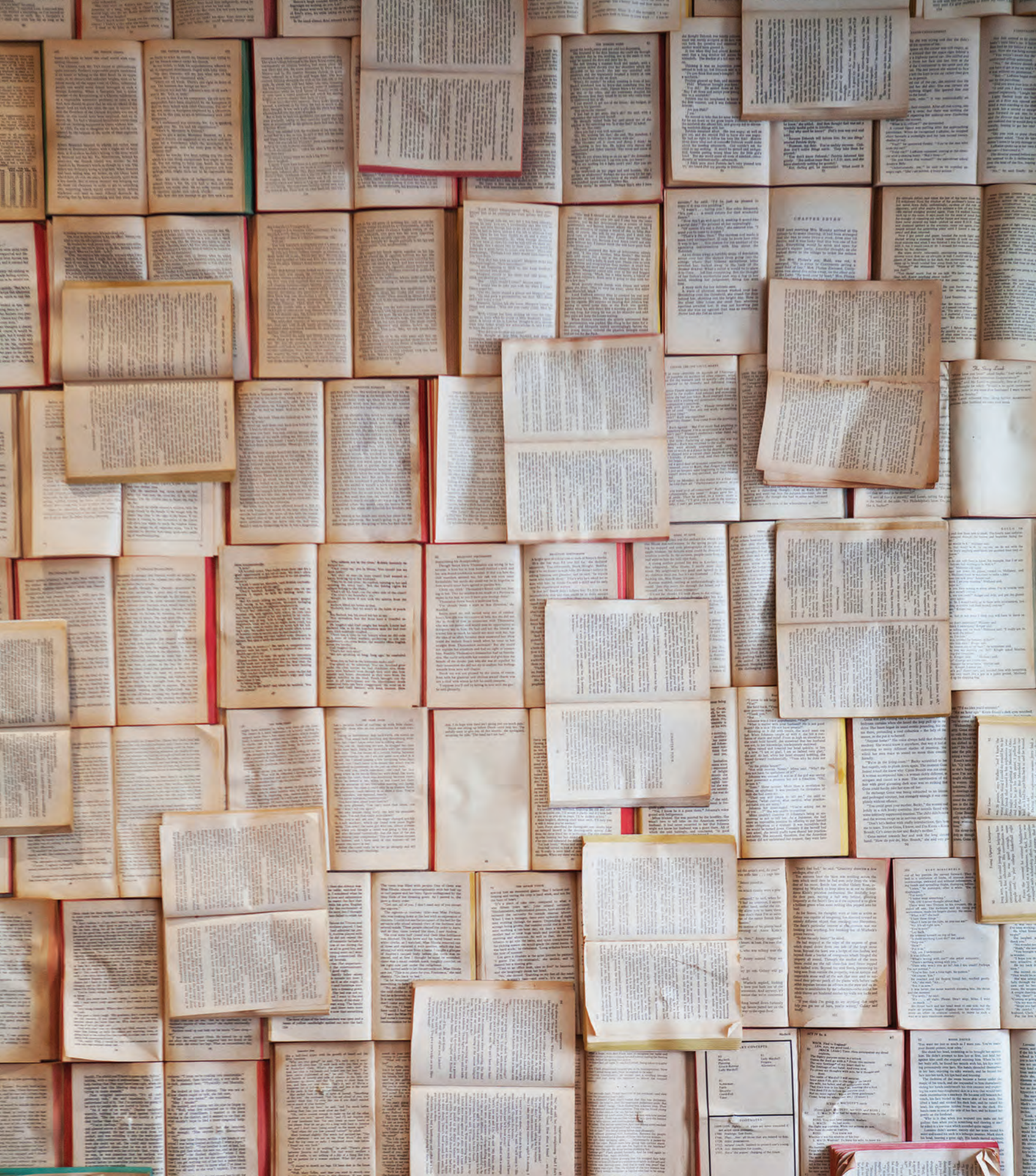
Smells erupt my thoughts.

*Hunger sets in and
the flavour of options are endless.*

*Fruit stands pile on top
of one another.*

*Alleyways fill with
the steam and smoke of
boiling broths
and sautéed samplings.*

*I set my sights on
a bowl of noodles
and a quiet corner.*





*In the pages of a torn novel,
in the words of my favourite authors,
in the characters that haunt my thoughts,
in the latte that warms my soul -
this is my happiness.*





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DISCOVER

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