

NECTAR & PULSE®

LIFE IS A JOURNEY



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Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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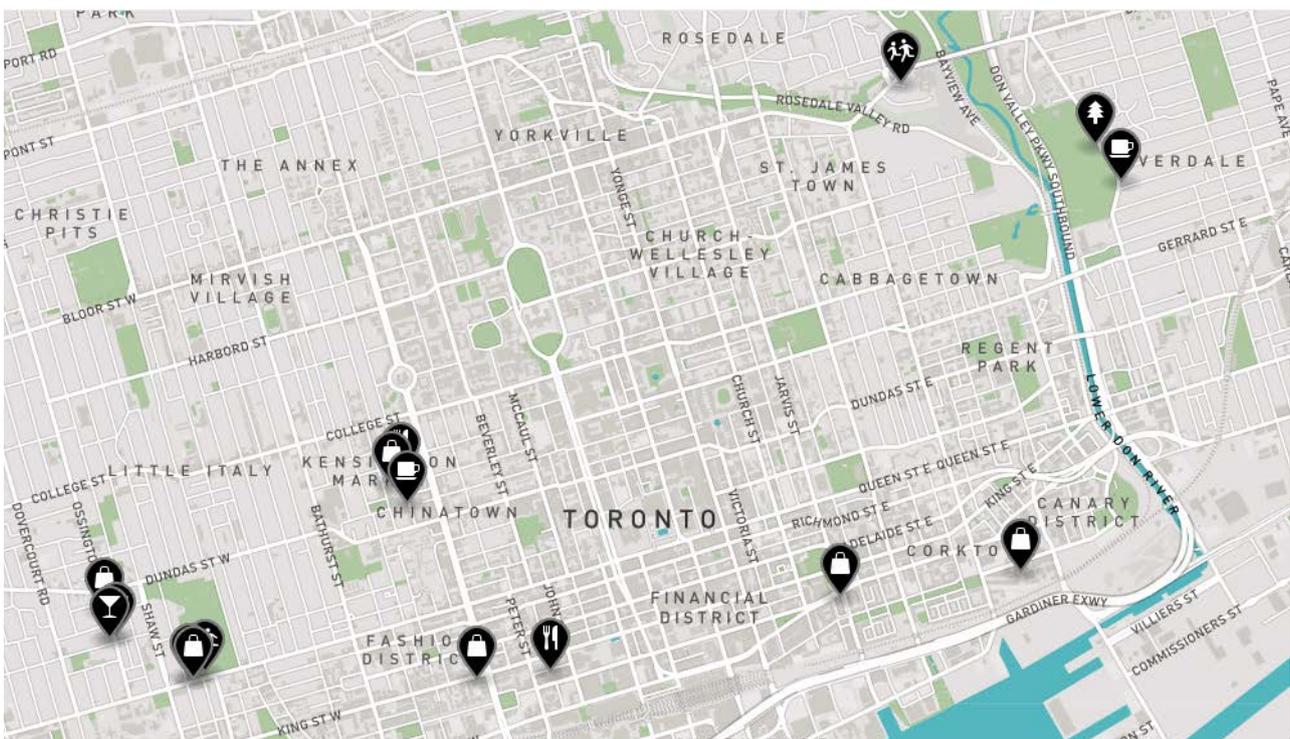
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24 HOURS IN

Toronto

BY MELANIE KIMMET

Designer | Mother-to-be | Full-blooded Canadian



MY PERFECT 24 HOURS IN TORONTO

I would start my perfect 24hrs in Toronto with the perfect cup of coffee from **Crafted** and a stroll through **Trinity Bellwoods Park** for a bit of nature, views of the city, and excellent people watching. I'd wander over to **Swan by Rose & Sons** for an amazingly fresh, California-inspired brunch. This landmark diner has been around for quite a while, but was recently taken over by popular chef and restaurateur Anthony Rose. The décor has a vintage, art deco, diner-feel and the spinning vinyl matches that vibe.

With my belly full, I would pop into **Old Faithful Shop** to browse and shop for beautifully crafted housewares. Then I'd walk down the street to my favourite vinyl shop, **Rotate This**, and rifle through all the new records that had come in that week. Depending on how hungry I was, I'd either venture over to **Kensington Market** for a quick bite at **Fika**, a simple, cozy, Swedish-inspired café or go for a Sunday Roast Sandwich at **Sanagan's Meat Locker** - a great butcher in the city, but lucky for us, they also offer up ridiculously delicious sandwich options too.

After a long morning of wandering and eating I'd seek out a patio. **Mascot Brewery** is a fun and lively rooftop beer garden overlooking downtown. A wander through **St. Lawrence Market** and the nearby **Distillery District** would be next on my agenda for a taste of old Toronto. I always treat myself to a bar or two of local artisan chocolate from **SOMA Chocolatemaker** when I'm roaming the Distillery.

Jumping on the King Streetcar heading East, I'd ride over to my favourite café Rooster **Coffee House** to refuel and warm up. With my coffee in hand I'd cross the street (overlooking **Riverdale Park East**) and watch the sun set over the city while sharing my bars of SOMA chocolate with someone special.

With the sun down, I'd wander over to the **Prince Edward Viaduct Bridge** (between Broadview subway station and Castle Frank subway station) to take in the city lights and bathe in the bridge's own illuminated veil of LED lighting. In the perfect weather conditions, this spot is a romantic lookout point.

Walking West I'd reach Castle Frank subway station, head inside and ride the westbound Bloor/Danforth subway line to Ossington. At Ossington station I'd take the southbound 63 Ossington Bus and end my evening at **Bellwoods Brewery** for a late night dinner, local craft beer, a buzzing atmosphere, and great company!

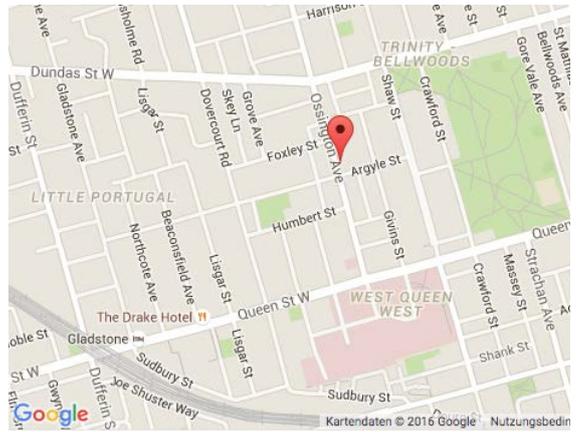
*Enjoy exploring,
Melanie*

CRAFTED

CAFÉ

135 Ossington Avenue, Toronto, Ontario, Canada
www.pilotcoffee.com/pages/locations

Crafted roasts their own beans, so you know they take their coffee seriously. It's a quiet, minimally designed space that feels comfortable. A great spot to catch up on emails, read that book, or write that novel.



TRINITY BOLLWOODS PARK

ESCAPE

Trinity Bellwoods Park, Queen Street West, Toronto, Ontario, Canada

Trinity Bellwoods Parks is beautiful in any season, but the people-watching is best in the summer. Make sure to pack a lunch for an afternoon picnic.

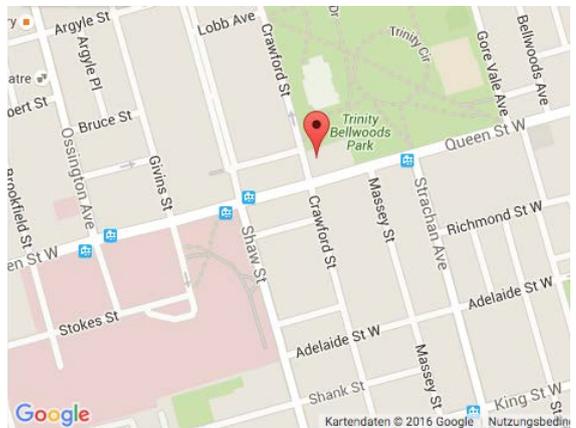


SWAN BY ROSE & SONS

RESTAURANT

892 Queen St W, Toronto, Ontario, Canada
www.roseandsons.ca

Stopping in for any meal is a good idea, but brunch here is definitely a must do!



OLD FAITHFUL SHOP

SHOP

886 Queen St W, Toronto, Ontario, Canada
www.oldfaithfulshop.com

Shop for beautifully crafted housewares here.

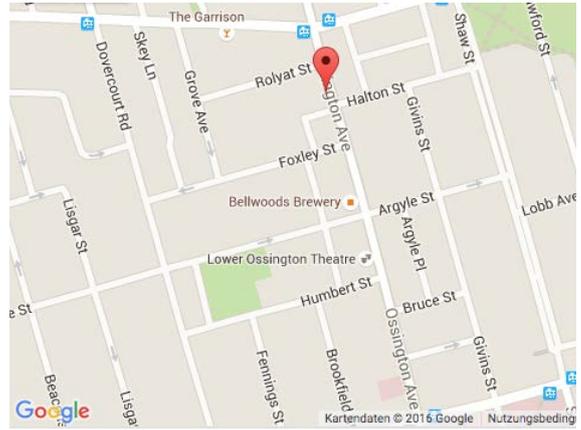


ROTATE THIS

SHOP

186 Ossington Avenue, Toronto, Ontario, Canada
www.rotate.com

There are several record shops in the city, but there's something authentic and familiar about stepping into Rotate This. The staff is very knowledgeable about all things music.

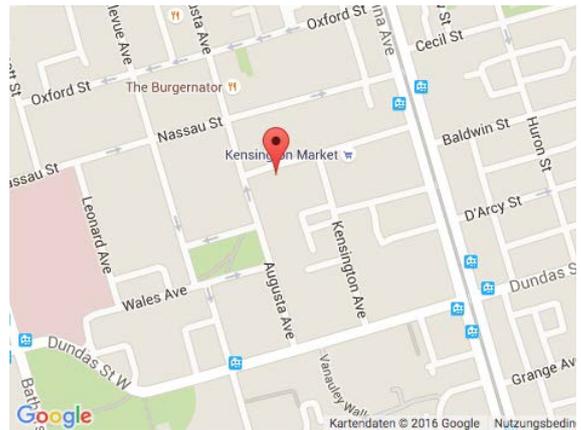


KENSINGTON MARKET

SHOP

Kensington Market, Toronto, Ontario, Canada
www.kensington-market.ca

Kensington Market is an eclectic, diverse neighbourhood filled with a mix of artisanal food shops, cafés, restaurants, boutique, and vintage shops.

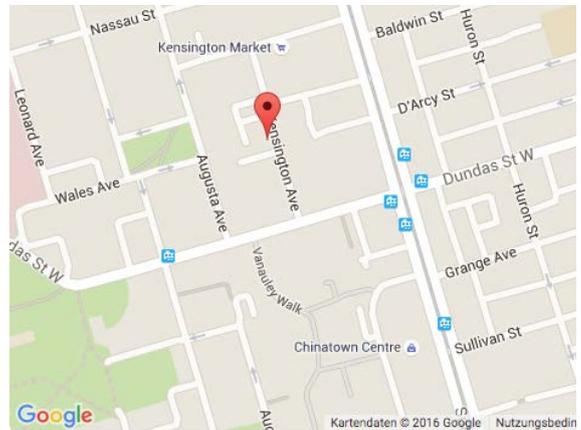


FIKA

CAFÉ

28 Kensington Ave, Toronto, Ontario, Canada
www.fika.ca

A Swedish-style café in Kensington Market. Their magic bars are delicious!

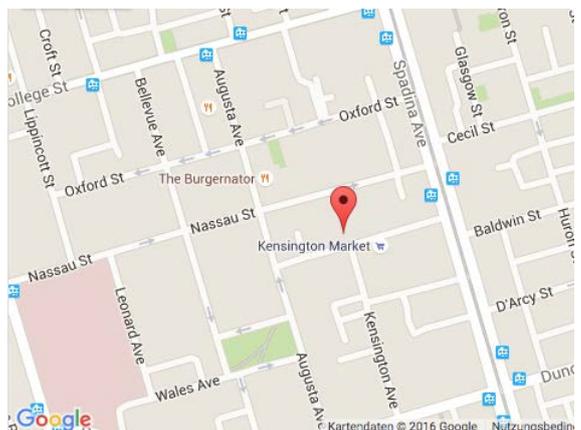


SANAGAN'S MEAT LOCKER

RESTAURANT

176 Baldwin Street, Toronto, Ontario, Canada
www.sanagansmeatlocker.com

One of the city's best butchers, but it's their sandwiches that have me coming back!

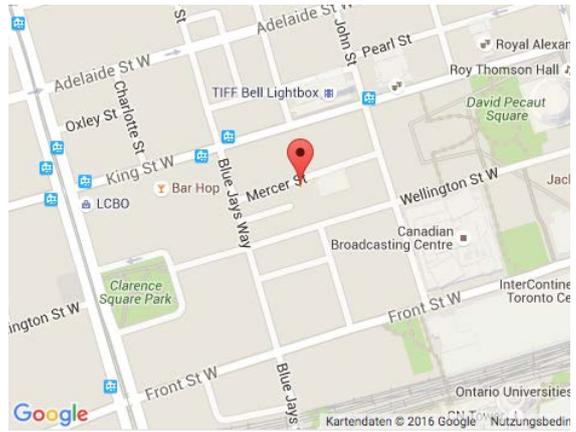


MASCOT BREWERY

RESTAURANT

31 Mercer Street, Toronto, Ontario, Canada
www.mascotbrewery.com

A fun rooftop beer garden overlooking downtown Toronto.

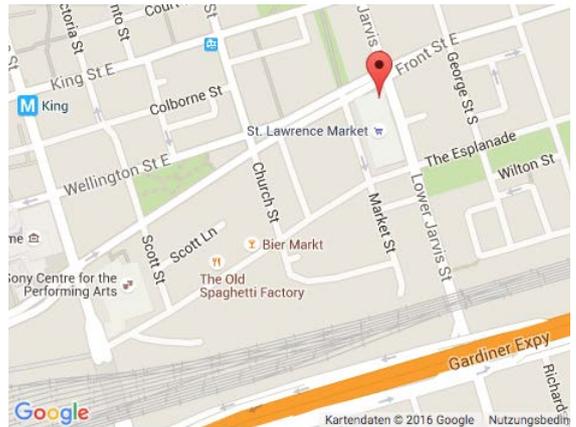


ST. LAWRENCE MARKET

SHOP

92-95 Front St E, Toronto, Ontario, Canada
www.stlawrencemarket.com

It's been voted one of the best food markets in the world! It's a beautiful spot for fresh produce and meats. You have to try the peameal bacon sandwich! It's a Toronto classic.

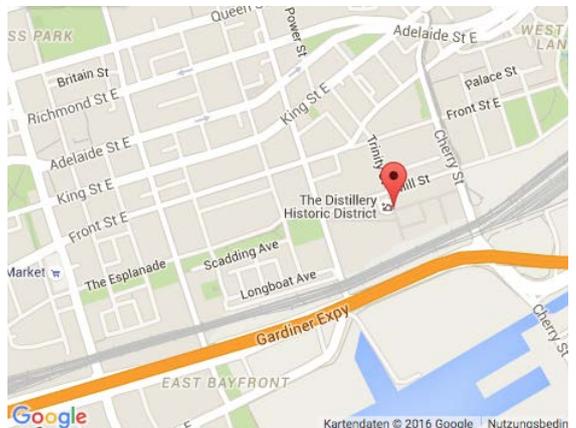


DISTILLERY DISTRICT

SHOP

The Distillery District, Toronto, Ontario, Canada
www.thedistillerydistrict.com

One of Toronto's oldest areas — the district was once the Gooderham & Worts Canadian Whiskey Distillery. They've since built up a residential neighbourhood and filled it with artist galleries, boutique shops, restaurants, and cafés.



SOMA CHOCOLATEMAKER

SWEETS

443 King St W, Toronto, Ontario, Canada
www.somachocolate.com

Local chocolate shop run by the chocolatmakers themselves. Their hot chocolate is a must try! Especially nice in the winter.



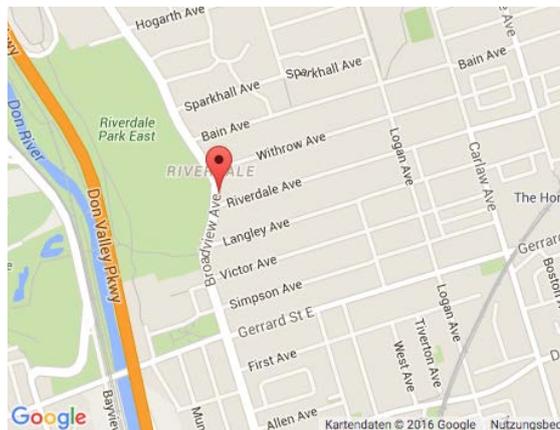
ROOSTER COFFEE HOUSE

CAFÉ

479 Broadview Avenue, Toronto, Ontario, Canada

www.roostercoffeehouse.com

My favourite coffee house in the city! Great coffee, yes, but it's also about the atmosphere and their views of the city from this prime location.

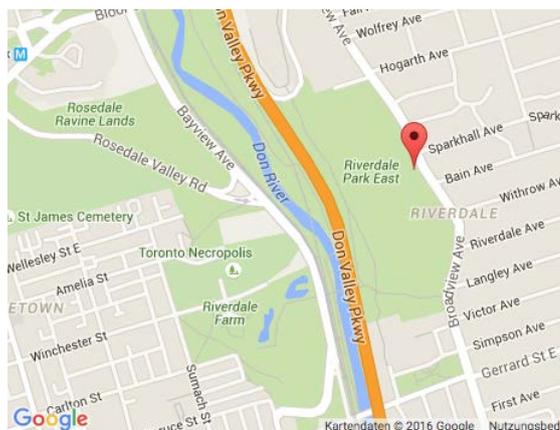


RIVERDALE PARK EAST

ESCAPE

Riverdale Park East, Broadview Avenue, Toronto, Ontario, Canada

This side of the park is a great spot to sit, wander, or take in the views of the city at sunset, while enjoying coffee with a friend.

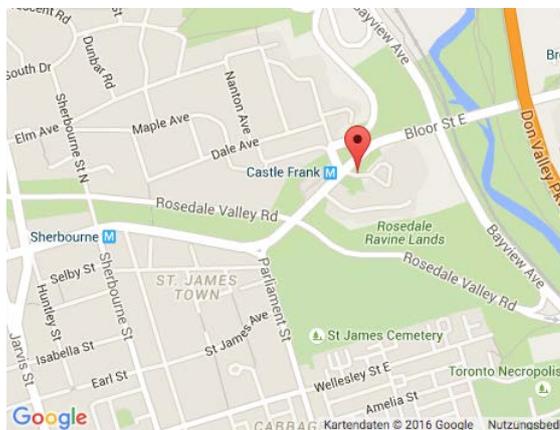


PRINCE EDWARD VIADUCT BRIDGE

ESCAPE

Prince Edward Viaduct Parkette, Bloor Street East, Toronto, Ontario, Canada

I recommend coming here in the evening when the sun has set and you have views of the city at night and the bridge's light.



BELLWOODS BREWERY

BARS & CLUBS

124 Ossington Avenue, Toronto, Ontario, Canada

www.bellwoodsbrewery.com

One of Toronto's best craft brewers! This space was once an old garage, which has since been converted into a restaurant and shop. One of my favourite spots to meet friends for drinks, dinner, or brunch.

