

NECTAR & PULSE®

LIFE IS A JOURNEY



Hello curious soul,

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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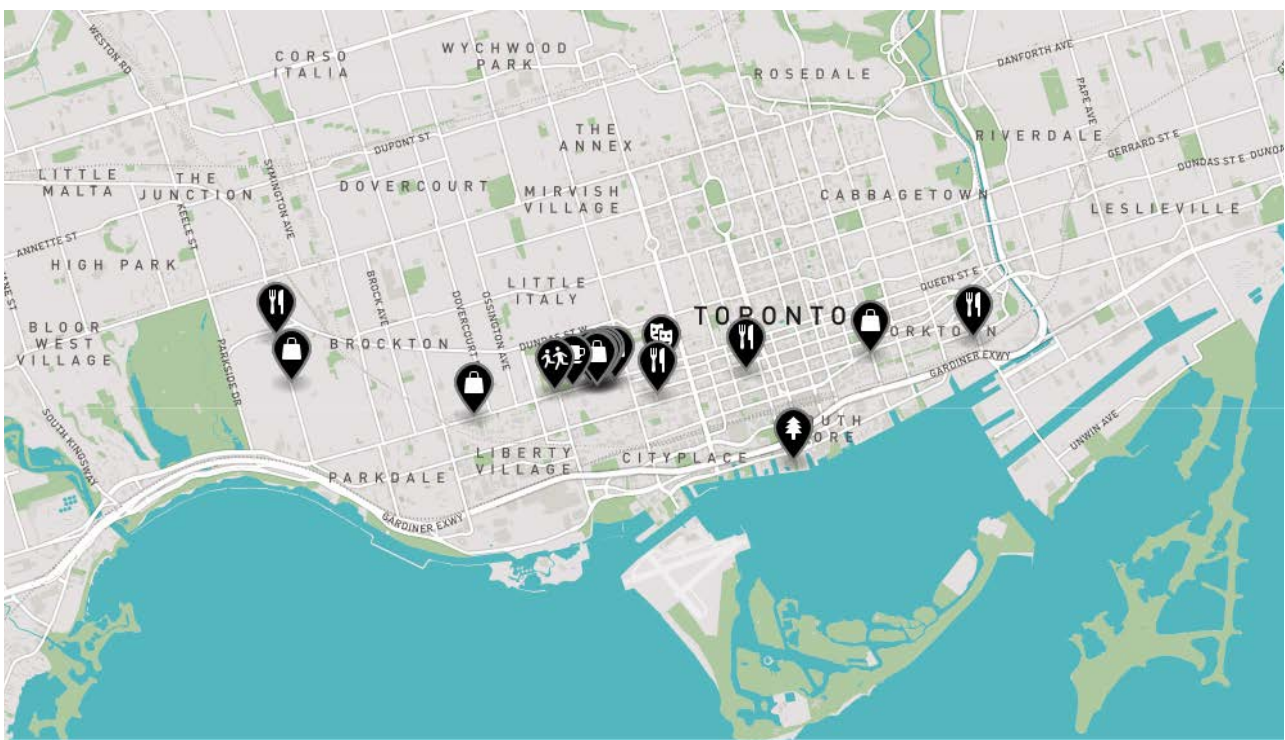
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24 HOURS IN

Toronto

BY DANIELA ANDREWS

Blogger | Adventurer | Woman of Action



MY PERFECT 24 HOURS IN TORONTO

My perfect 24 hours in Toronto would start off with a run on the boardwalk by the **Lake**. After working up an appetite I'd have brunch with friends at **La Cubana** and gorge on their Cuban breakfast.

I'd wander down **Roncesvalles**, popping into all the little indie shops and boutiques. Then I'd grab a blanket, a good book, some magazines, and a few sugary canelles from **Nadège** and I'd spend some time lying out in **Trinity Bellwoods Park**.

To work up an appetite you can visit **St. Lawrence Market** and gaze at all the delis, butchers, bakeries, produce stands, and more. When it was time for lunch (because, let's face it, it's all about the food), I'd head over to **Sud Forno** for their amazing pizza al taglio, on par with anything you'd find on the streets of Rome. If you're more of a Paris person, go and check out **Cluny Bistro**; it feels like walking into a scene from a French film.

Then I'd work off lunch with a walk along Queen Street West, picking up a few great finds at some of my favourite shops like **Fashionably Yours** for vintage, **Zane** for cool bags and accessories, **Kit & Ace** for athletic-inspired cashmere, **Heel Boy** for amazing shoes, **Oak + Fort** for contemporary women's design, and **Dutil** for all things denim.

You probably want to take home some Canadian souvenirs, and **The Drake Hotel's General Store** is the perfect place to find them. Since you're already there, pay a visit to the outdoor Sky Yard during the summer and the Lounge during winter for a light cocktail or a hot tea. On the way home I'd snap a few selfies against the colourful backdrops of **Graffiti Alley**.

After a late-afternoon siesta, I'd get ready and head out for dinner with a group of friends at **Byblos**. The eastern mediterranean menu is designed to share, so it's always best to go with a group. We'd stuff ourselves silly with wine, shakshouka, and sweet jeweled rice, and then walk a few blocks to **Gusto** for drinks on the all-season rooftop patio, gazing up at the stars.

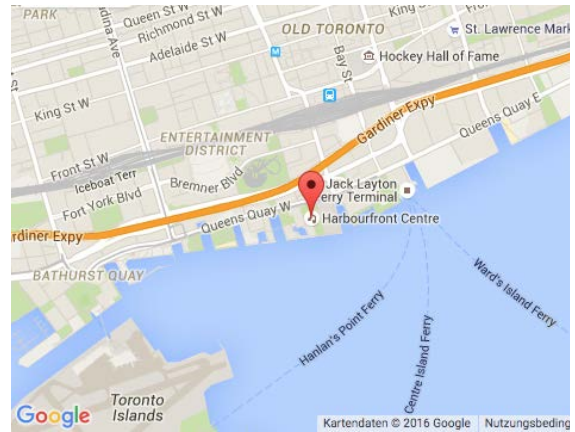
*Enjoy exploring,
Daniela*

LAKE ONTARIO

ESCAPE

Harbourfront Centre, Queens Quay West, Toronto, Ontario, Canada

The lake stretches from the east end of the city to the west and is a great place for a walk, a jog, or a bike ride. In the east end, near Ashbridge's Bay, you'll find a boardwalk and a stretch of beach, a popular spot during the summer months.

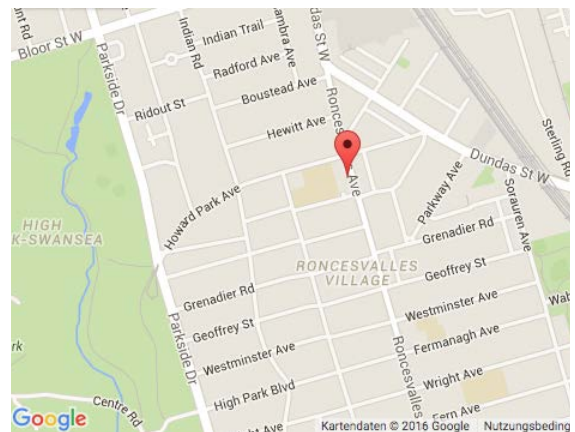


LA CUBANA

RESTAURANT

392 Roncesvalles Avenue, Toronto, Ontario, Canada
www.lacubana.ca

The original location of La Cubana is bright and airy and serves up brunch dishes with Cuban flair. The food is rich and perfect for a weekend treat.

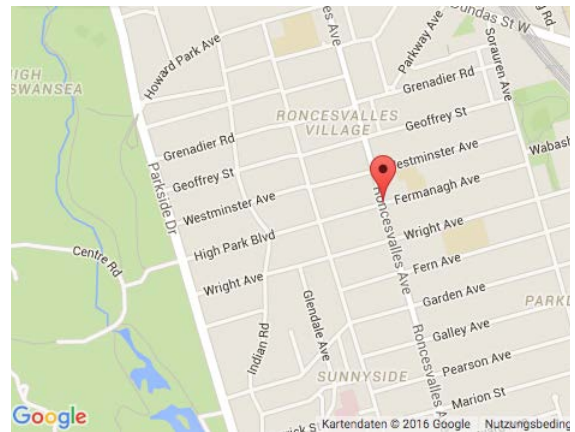


RONCESVALLES AVENUE

SHOP

Roncesvalles Avenue, Toronto, Ontario, Canada

The Roncesvalles neighbourhood is fiercely independent so you won't find any big box stores, just a selection of independent shops and boutiques for everything from organic foods, to gourmet cheeses, to antiques.

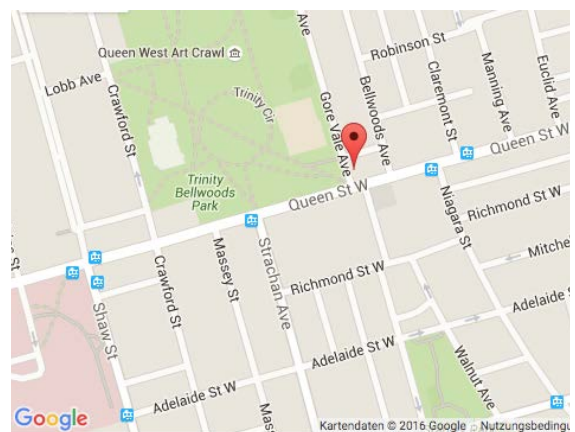


NADÈGE

CAFÉ

780 Queen St W, Toronto, Ontario, Canada
www.nadege-patisserie.com

Nadège makes arguably the best croissants in the city. There is often a lineup of people waiting to pick up some of the decadent desserts that look almost too perfect to eat, or an assortment of their colourful macarons. In the summer, sit on the patio and watch the action on Queen Street.

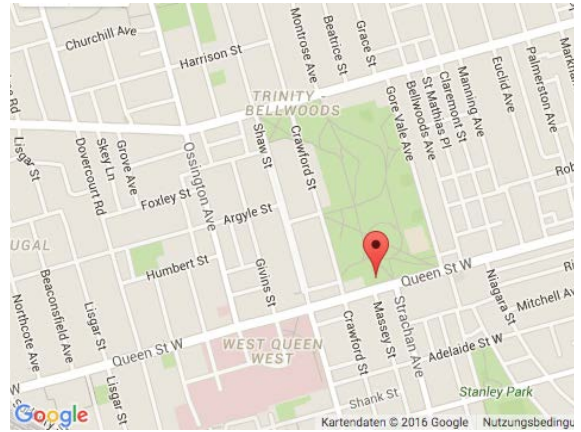


TRINITY BELLWOODS PARK

ESCAPE

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

Trinity Bellwoods Park stretches from Dundas Street in the north, to Queen Street in the south, and offers a welcome patch of green space downtown. When the weather is good the park is packed with families, couples, and friends, all vying for a spot under the sun.

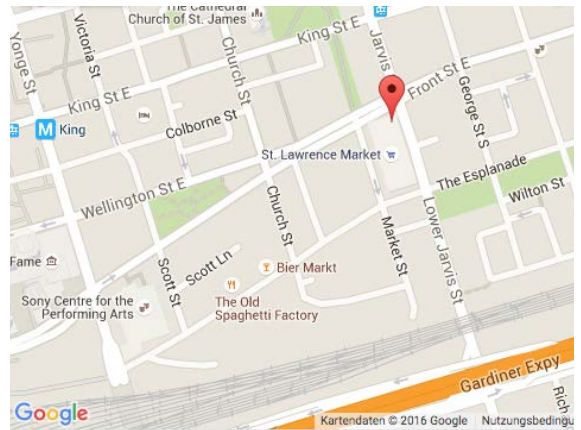


ST. LAWRENCE MARKET

SHOP

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

A huge food market.

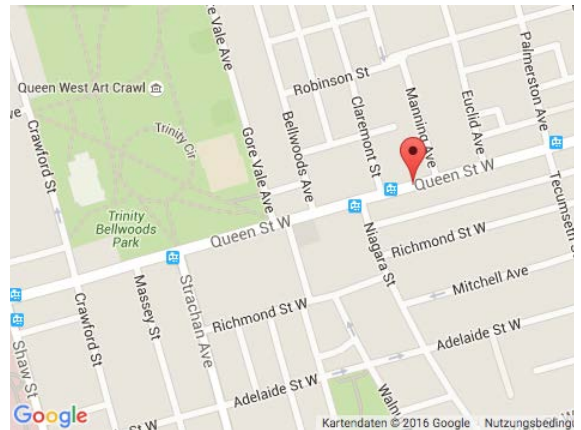


SUD FORNO

CAFÉ

716 Queen St W, Toronto, Ontario, Canada
www.terroni.com/terroni-toronto/sud-forno-queen

This two-level bakery/café is something straight out of Campo de' Fiori in Rome. It serves up cannoli, gelato, espresso, and fresh bread made in house. The pizza al taglio is the best in the city.

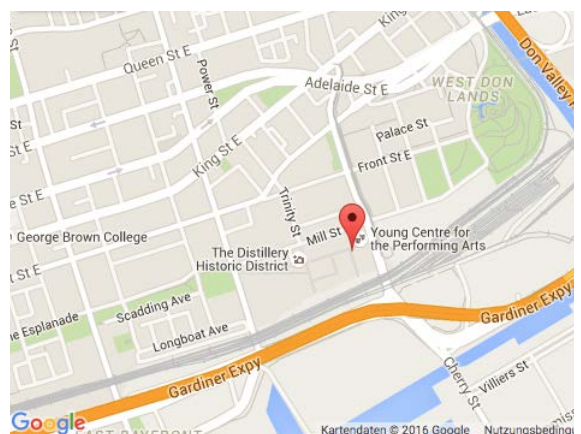


CLUNY BISTRO

RESTAURANT

35 Tank House Lane, Toronto, Ontario, Canada
www.clunybistro.com

A modern French bistro in the Distillery District.

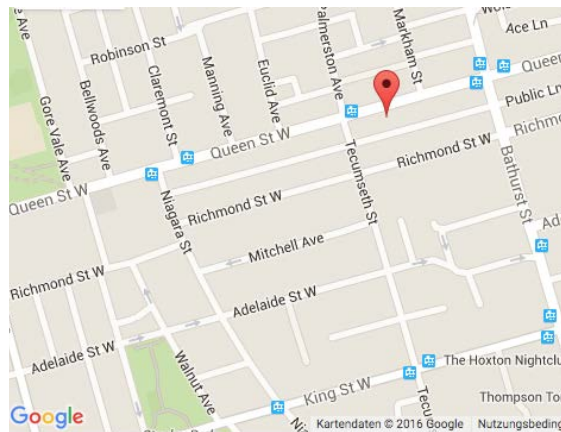


FASHIONABLY YOURS

SHOP

709 Queen St W, Toronto, Ontario, Canada
www.fashionablyyours.com/home.php

Fashionably Yours is a vintage consignment shop where you can find a great selection of designer brands like Céline, Prada, and Louis Vuitton, mixed in with contemporary labels.

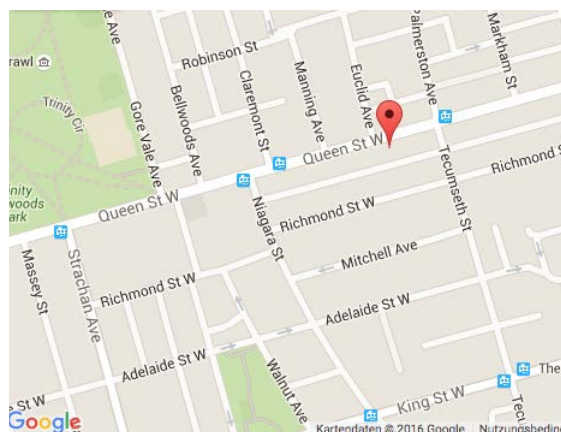


ZANE

SHOP

753 Queen St W, Toronto, Ontario, Canada
www.visitzane.com

Zane, the man behind this boutique, curates an incredible selection of bags, jewelry, and accessories at this Queen Street store. Men will love the selection of Happy Socks. Women will love the Rebecca Minkoff bags.

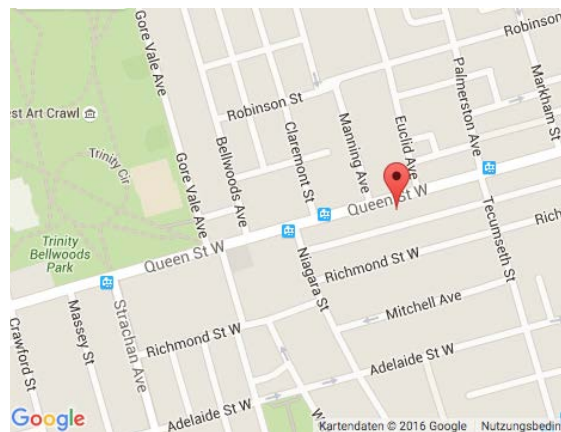


KIT & ACE

SHOP

779 Queen St W, Toronto, Ontario, Canada
www.kitandace.com/gb/en

Kit & Ace is a Canadian label offering technical cashmere in the emerging “athleisure” style. Designs are basic but the fabrics are amazingly soft to the touch.

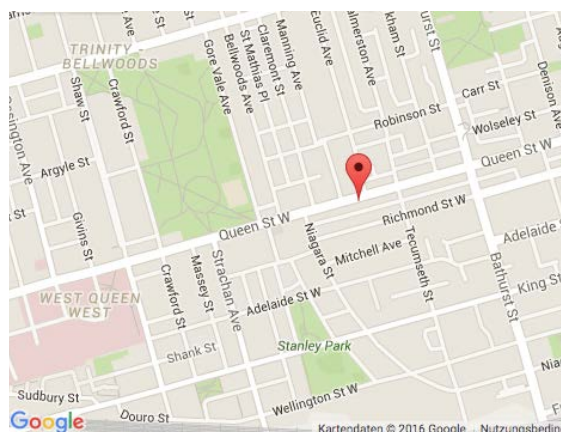


HEEL BOY

SHOP

773 Queen St W, Toronto, Ontario, Canada
www.heelboy.com

Heel Boy stocks men’s and women’s shoes from well-known and up-and-coming brands. They’ve got a finger on the pulse of fashion, making this a great source for contemporary styles at a great price point.

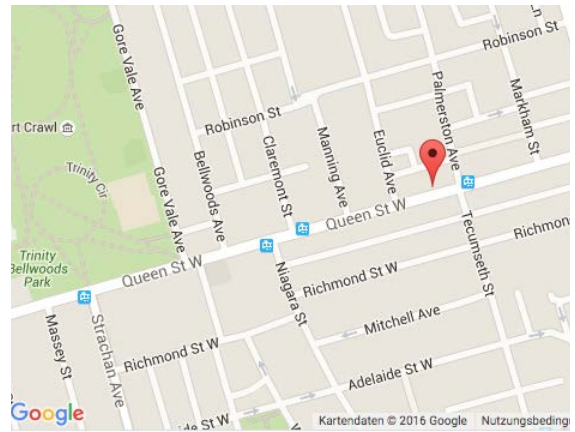


OAK + FORT

SHOP

666 Queen St W, Toronto, Ontario, Canada
www.oakandfort.ca

This relative newcomer to the Toronto retail scene has become a fast favourite with the downtown crowd. Think Scandinavian style with clean lines and neutral palettes.

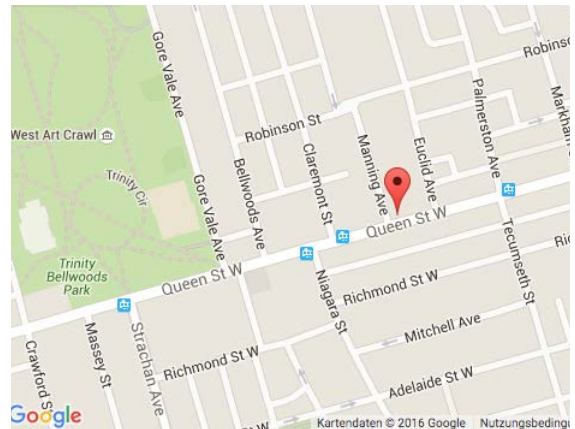


DUTIL

SHOP

704 Queen St W, Toronto, Ontario, Canada
www.dutildenim.com

Exclusively denim, from top to bottom. The small store is stacked with jeans, shirts, jackets, and shorts, from brands like Nudie, APC, Cheap Monday, Rag & Bone, and Levi's special edition Made & Crafted.

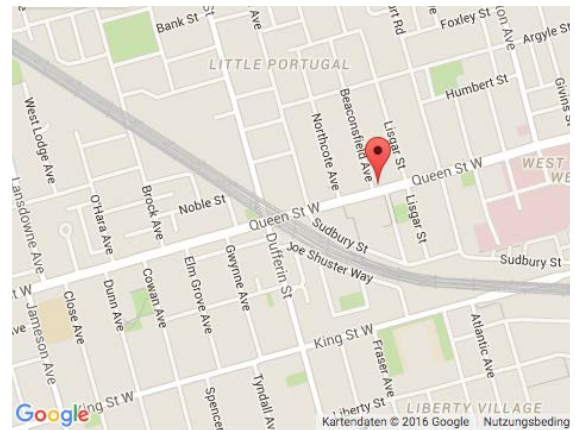


THE DRAKE HOTEL

SHOP

1150 Queen Street West, Toronto, Ontario, Canada
www.thedrakehotel.ca

A Toronto institution for arts and culture.

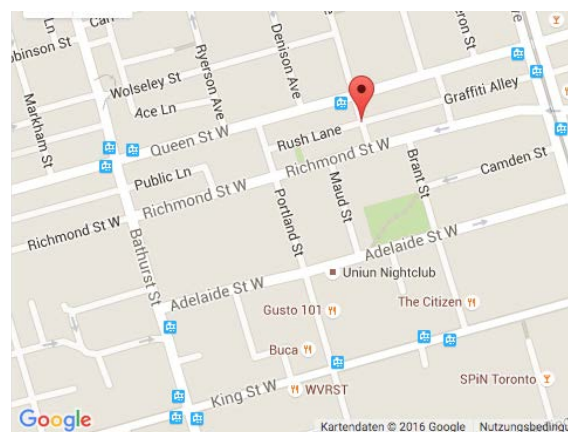


GRAFFITI ALLEY

PLAYGROUND

Graffiti Alley, Toronto, Ontario, Canada

Graffiti Alley runs parallel to Queen Street West from Spadina Avenue to Portland Street. It's a colourful display from some of the city's most talented graffiti artists and a cool way to take in free art in the city.



BYBLOS

RESTAURANT

11 Duncan Street, Toronto, Ontario, Canada
www.byblostoronto.com

Plates here are large and designed for sharing, so come with a group to maximize the number of amazing things you can try. The sweet jeweled basmati rice is a must. Then layer on shakshouka, eggplant, labneh, and lamb or whatever else tickles your fancy.



GUSTO

RESTAURANT

101 Portland Street, Toronto, Ontario, Canada
www.gusto101.com

Gusto is amazing for brunch, lunch, or dinner, but at night it buzzes with a packed house of the cool King West crowd. The space (a former mechanic shop) is industrial chic and the rooftop glass-enclosed patio makes it an all-season hot spot.

