



ULTIMATE BUSINESS TRAVELER'S GUIDE TO TORONTO

From client meetings to conferences, business travel is busy by nature. Time is at a premium when you're on the road for work and, at The Roehampton Hotel, we know that time spent searching for the necessities in an unfamiliar city could be better spent on more productive tasks.

Knowing where to find exactly what you need when you're on the road means less time searching and more time focusing on what's important.

For everything you might need, take a look at our Business Traveler's Guide to Toronto.

IN AND OUT: TORONTO'S AIRPORTS

Pearson International Airport (YYZ):
Pearson International is Canada's largest and busiest airport.

It is located 6301 Silver Dart Drive, Mississauga, and has two main terminals: Terminal 1 and Terminal 3. Make sure to confirm which terminal your airline departs from prior to arriving at the airport.

For domestic flights, you'll want to play it and safe and check in 90 minutes prior to your flight time. Make that 2 hours for international.

You've got a few options for getting to and from Pearson, including taxis and limos (about a \$60 flat rate fee from the airport to downtown), as well as Uber and Lyft and the UP Express Train, which gets you to the airport in about 25 minutes and costs around \$12.50 each way. During Toronto's busy rush hours, this might be your quickest means of transportation!

Pearson International Airport is about a 25-minute drive The Roehampton Hotel.

Billy Bishop Airport (YTZ):
Located on Toronto Island, Billy Bishop offers service to 20 cities in Canada and the US.

Located at 2 Eireann Quay, Toronto, Billy Bishop has only one main terminal. It's a small airport, so aim to check-in 60 minutes prior to your flight time.

Getting to Billy Bishop is easy and efficient. You can take the complimentary shuttle buses are available every 15 minutes from Union Station, hail an Uber or Lyft or jump on one of the TTC's (Toronto Transit Commission) streetcar lines. However you choose to get there, it's important to note that access to Billy Bishop requires the use of a short ferry ride or an underwater passenger tunnel. Account for extra travel time.

Billy Bishop is about a 20-minute drive from The Roehampton Hotel.

REFUEL AND REGROUP: GREAT CAFÉS FOR A QUICK MEETING



Istanbul Café & Espresso Bar

Located at 174 Eglinton Avenue East, about a 5-minute walk from The Roehampton Hotel, this lively and unique Turkish café serves a delicious mix of java and sweet and savory specialties are served at this inviting café. It's a perfect place to grab your morning cup of coffee or breakfast snack to get your day underway.



Dineen Coffee (Commerce Court)

If you find yourself downtown and in need of a cup of coffee or a cool place to meet a client, look no further than Dineen Coffee at Commerce Court. Designed by Louvre mastermind I.M. Pei, this Financial District café is the perfect place to impress clients while enjoying a delicious coffee or pastry at the same time. Located at 199 Bay Street in Toronto, Dineen is about a 15-minute drive from The Roehampton Hotel.

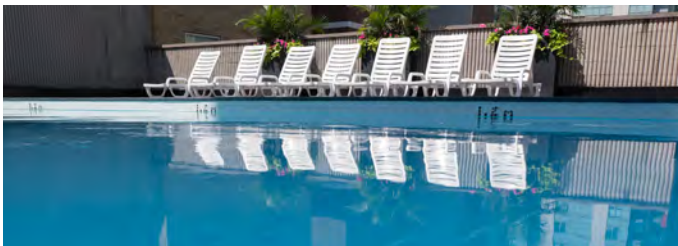


Quantum Coffee

Good beverages meet business environment in this high-tech coffee shop in the heart of downtown. A perfect place for a quick meeting or to get some work done, it shares space with local tech biz Brainstation and offers excellent coffee and espresso options. Located at the heart of downtown Toronto at 460 King Street West, Toronto, Quantum is about 17 minutes from The Roehampton Hotel.

HEALTHY BODY, SOUND MIND

Whether you like to start your day with a run or spend an afternoon in the weight room, there are no shortage of indoor and outdoor options for exercise in Toronto.



The Roehampton Hotel Gym and Pool

At The Roehampton Hotel, we offer our guests access to a 24-hour gym and season pool to ensure they are able to get up and start their day on the right foot, easily and efficiently.



GoodLife Fitness Toronto Dunfield

For a fitness kick on the go, the GoodLife Fitness centre at 110 Eglinton Avenue East featuring a full gym, squash courts and fitness classes and is open 24-hours. This GoodLife Fitness at Dunfield is about a 6-minute walk from The Roehampton Hotel.

AN OASIS WITHIN THE URBAN JUNGLE



The Don River Valley Park Trails

Spanning the distance of the Don River, the Don River Valley Park Trails connect Toronto's urban neighbourhoods and communities with a sprawling selection of walking, running and cycling trails. Beginning in midtown and spanning all the way down to Toronto's Corktown neighborhood, these extensive trails span kilometers, allowing for a quick jog or a long run.

While the Don River Valley Park Trails have many entrance points, the Moorevale Park entrance at 175 Moore Avenue, Toronto, is about a 4-minute drive or a 20-minute walk from The Roehampton Hotel.



Blythwood Ravine Local Park

About 15-minutes' drive from The Roehampton Hotel lies Blythwood Ravine Park, a beautiful, shaded stretch of forested trail, ideal for a quick run. This fantastic outdoor space is located at 1200 Mt. Pleasant Road, Toronto.

STAY FRESHLY DRESSED: QUICK-ACCESS DRY CLEANERS



When you're on the road for work, clothing options are limited which means you can't afford to go down a shirt or pair of pants. If you need a quick dry-clean, The Roehampton Hotel offers on-site, same-day dry cleaning and pressing services for the convenience of guests during their stay. For dry cleaning needs, call the Front Desk by pressing 0.

QUICK BUSINESS ESSENTIALS: NEARBY OPTIONS FOR PRINTING, STATIONERY AND EVERYTHING IN BETWEEN



TPH The Printing House

You never know when you might find yourself in desperate need of a printer. If you find yourself in a bind, The Printing House is a high-quality printing service that can accommodate any printing need, from small-scale prints to trade show and event printing to 3D printing. The closest TPH to The Roehampton Hotel is located at the Canada Square Building: 2200 Yonge Street, Toronto, about a 5-minute drive from The Roehampton Hotel, but TPH also has locations throughout Midtown and downtown Toronto.



Staples Business Depot

Located at 945 Eglinton Avenue East, East York, Staples offers stationery and technology supplies and offers printing, scanning and faxing services for on-the-go needs. If you find yourself in a pinch in the downtown core, don't worry – Staples has locations throughout Midtown and downtown Toronto.

TORONTO TRANSPORTATION: A QUICK GUIDE TO TORONTO'S MANY TRANSPORTATION OPTIONS

Getting from A to B in a big city like Toronto can be complicated. Luckily, our booming metropolis offers easy and efficient transportation options to fit any need, at any time.



The Toronto Transit Commission (TTC)

The Toronto Transit Commission is a quick, convenient and cost-efficient way to get around Toronto. While it is a large-scale public transit system designed to serve a massive metropolis, there are some tips that can make it easy to navigate. The TTC is divided amongst three main systems: the subway, buses and streetcars.

Toronto's subway lines run North-South through the city's core, through Midtown and into Uptown, via two main lines: the University Avenue line and the Yonge Street line, which both conjoin at Toronto's Union Station.

The subway also runs East-West along Bloor Street all the way from Kipling to Scarborough.

During Toronto's busy rush hours, public transit is often the quickest means of getting around the city. From the Roehampton Hotel, the subway is the quickest means of public transit into downtown.

From The Roehampton Hotel, a quick walk west along Eglinton Avenue will bring you to Eglinton Station. From here, board the southbound train on the Yonge Line, which will take you directly into the city's core.

In addition to the subway, the TTC offers comprehensive bus and streetcar lines that connect the city.

Adult fares are \$3.25 and children under 12 ride for free. Fares are valid for transfers on directly connected routes however for second transfers and beyond, additional fares must be purchased.

If the TTC seem big and intimidating, don't worry – it offers a [Trip Planner](#) tool which makes plotting a journey easy.



Toronto Taxis

Catching a taxi in Toronto is unbelievably easy on account of the sheer volume of cabs available. If you're planning to call or schedule a taxi from The Roehampton Hotel, you can contact the hotel's Front Desk and our staff will be happy to schedule a taxi on your behalf. Alternatively, you can hail a cab with a number of companies including Beck Taxi at (416) 751-5555; Co-Op Cabs at (416) 504 2667 and City Taxi at (416) 740-2222.



Uber and Lyft

Toronto boasts a selection of two ridesharing options: Uber and Lyft. These app-based services can be a cost-effective way of getting around the city. However, you should expect surge charges and wait times during high-demand periods such as rush hour, during special events and in extreme weather.

ON-THE-GO OFFICE AND MEETING VENUES: TORONTO IS FULL OF OPTIONS FOR FLEXIBLE OFFICE SPACE AND MEETING ROOMS

Being on the road takes you out of routine in more ways than one. Simple things like booking a meeting room or finding a place to buckle down and get some work done become much more challenging when you're in another city. There are a number of top-notch options available offer convenient and professional solutions for these types of challenges.



The Roehampton Hotel

The Roehampton Hotel is proud to offer meeting rooms for our guests. We offer AV services and delicious catering for your meeting – whether two attendees or one hundred. Our meeting rooms are available for as low as \$200 per day.

To book a meeting room at The Roehampton Hotel, please contact the Front Desk at by pressing 0 or calling 1-800-387-8899.



iQ Office Suites

When you need a meeting space, an on-the-go office or an event space option that will wow your clients and present a true heir of professionalism (not to mention all-in-one convenience!), look no further than iQ Office Suites. Offering a full range of options for on-the-fly office space and meeting rooms at a number of convenient locations throughout the city, iQ offers professional, luxurious and top-of-the-line options at affordable prices.

Daily rates start at \$29 for office space and range from \$49 per hour to \$250 per hour for meeting space. <https://iqoffice.ca/>

TORONTO BUSINESS CENTRES: THE CITY'S MUST-KNOW CONFERENCE AND BUSINESS HUBS

Toronto is Canada's business hub, making it a hot spot for world-renowned conferences and international business.



The Roehampton Hotel

If you're staying with us and looking for a room in which to host a conference-style get together, look no further than your own hotel. At The Roehampton Hotel, we offer a selection of conference rooms, each able to accommodate up to 100 guests. We have options available for any need, with full AV services and catering available.



Toronto's Financial District

Located at 255 Front Street West, Toronto the Metro Toronto Convention Centre (MTCC) is a world-class convention complex offering stunning meeting spaces, including ballrooms and exhibit halls, in the heart of downtown. The MTCC is approximately 18-minutes' drive from The Roehampton Hotel and offers easy access to all the necessary amenities.



Toronto's Financial District

The heart of Canada's finance and banking industries, the bustling Financial District spans from Yonge Street to the east, University Avenue to the west, Queen Street to the north and Front Street to the south. The Financial District is home to high-rises housing everything from big banks to law firms and the Toronto Stock Exchange to restaurants, bars and cafes. Whether for business or just to experience the core of Toronto's business industry, Toronto's Financial District is about 20-minutes' drive – or a quick subway ride straight south – from The Roehampton Hotel.

THE PATH: TORONTO'S SUBTERRANEAN CITY

Beneath Toronto's Financial District lays The Path – a massive underground network comprised of nearly 30 kilometers of walkways, 1200 shops, restaurants, entertainment and services, all linking to more than 75 major attractions and office towers, six subway stations and nine hotels.

For those who use it frequently, the PATH provides an efficient means of getting around the major areas of Toronto's downtown and a sheltered walkway away from the elements. But beware, for those unfamiliar with The PATH, it can be a challenging maze to navigate.



TORONTO'S BEST BREAKFAST



Emma's Country Kitchen

If you're looking for a delicious breakfast option to start your day, we recommend Emma's Country Kitchen. A neighborhood favourite, this charming restaurant serves all-day breakfast and a limited run of house-made donuts on weekends.

Located at 810 St Clair Avenue West, Toronto, Emma's Country Kitchen is about a 10-minute drive from The Roehampton Hotel.



Saving Grace

If you want to impress a client or colleague and make yourself look like a Toronto pro, stop by Saving Grace for breakfast. Located at 907 Dundas Street West, Toronto, this local favourite breakfast spot churns out delicious food in an understated restaurant vibe. Saving Grace offers a delicious mix of sweet and savory breakfasts in a simple and quirky space.



Eggspectation

Toronto's downtown core is loaded with food options, but if you want a safe bet for great food that your colleagues or clients will love, we recommend Eggspectation. This stylish breakfast chain and trusted Toronto establishment serves a lengthy list of egg-focused breakfast options and, located at the heart of the financial district at the South Tower of Bell Trinity at 483 Bay Street, it's a convenient central meeting spot.

MUST-TRY LUNCH OPTIONS



Momofuku Noodle Bar

Located 190 University Avenue, Momofuku is a great place to take your clients if you want to impress them and let them know you're up for something a little bit different. Unique, delicious and outside the box, David Chang's famous Momofuku Noodle Bar serves dishes of ramen, steamed buns and more in a multi-venue glass cube space.

Momofuku Noodle Bar can get busy, so we recommend a reservation.



The Chase

If you want to thoroughly impress a client – or even if you just want to be thoroughly impressed yourself – look no further than The Chase. This beach house-inspired eatery offers a seafood-heavy menu with a raw bar and small plates in a beautiful and unique venue.

Located at 10 Temperance Street, The Chase also offers an unbelievable patio that will wow even the most seasoned foodies.



Canoe

When it comes to an elevated dining, Canoe is high on our list – no pun intended! Canoe is legendary in Toronto, and for good reason. Sitting atop the TD Centre Tower, on the 54th floor, this stylish restaurant offers inventive Canadian cuisine and exceptional views.

We definitely recommend booking in a reservation at Canoe – it's a popular spot and it fills up fast.

TORONTO'S CULINARY AND COCKTAIL SCENE: MUST-VISIT RESTAURANTS FOR WOWING CLIENTS



If there's one thing Toronto does exceptionally well, it's food and drinks. Whether a breakfast or lunch meeting, a formal dinner or catching up over cocktails, when it comes to finding the right restaurant for impressing clients, there are no shortage of options.

THE CITY'S MOST ELEVATED DINNER SPOTS



Harbour Sixty

Toronto's waterfront is a prized location and this restored 1917 Harbour Commission building offers a stunning backdrop for some of the best steak in Toronto. Harbour Sixty is an iconic Toronto steakhouse. Offering destination dining with classic fare and an extensive wine list in wood-accented, old-world environs. Located at 60 Harbour Street, this is where you go if you want to wow the client who's had everything, or to close that career-defining deal.

Harbour Sixty fills up fast, so make a reservation to guarantee your table.



Cibo Wine Bar

If you love Italian food, you're in the right place at Cibo Wine Bar. A local favourite located conveniently in Toronto's Midtown neighborhood, Cibo Wine Bar offers an authentic and delicious Italian experience. And best of all, with a location at 2472 Yonge Street, Cibo's midtown restaurant is less than 5-minutes' drive from The Roehampton Hotel.



Dandy Lion

Ranked at #6 on Canada's 100 Best Restaurants list, this small, 30-seat room packs a ton of charm in its simple design. But the real reason the restaurant is full night after night is its unbelievable food. This Toronto staple offers inventive dishes with global influences served in a minimally-decorated venue boasting exposed brick.

Located at 1198 Queen Street West, this west-end eatery is the place to be if you want to show your colleagues and clients a great time with an elevated experience.

Reservations are strongly recommended.

THE BEST BARS AND LOUNGES TO UNWIND WITH A COCKTAIL



Bar Raval

Listed at number 9 on Canada's 100 Best list, a visit to this standing room-only Spanish-themed bar is an education in food and beverage. Located at 505 College Street, this beautiful venue filled with African mahogany founded by renowned chef Grant van Gameren, Bar Raval is a must-try Spanish pinxtos bar which features Gaudi-esque wood panels and a Barcelona feel.



DW Alexander

If you're looking for an elevated and outstanding venue for cocktails with a favourite client, DW Alexander is a safe bet. Old-time charm meets modern cocktail technique in this unique and charming speakeasy. Located in the city's Old Toronto neighborhood at 19 Church St, DW Alexander is a plush, inviting bar in an 1870s warehouse, serving cocktails and upscale pub food.



Civil Liberties

Boasted on Toronto Life's list of best cocktail bars, Civil Liberties is a great spot for a hand-crafted cocktail once the day's work is done and you're looking for a place to unwind. Located at 878 Bloor Street West, this inconspicuous cocktail bar might throw you for a loop due to its lack of blatant signage. But when you arrive at Civil Liberties, you'll know – it's emblazoned with an awning stating, "This Must Be the Place!" This outstanding Midtown cocktail lounge offers signature drinks and Indonesian-inspired bites in a petite and stylish venue.



Granite Brewery

After a long day's work, convenience is often king. And sitting at 254 Eglinton Avenue East, this neighborhood brewpub is just a stone's throw from The Roehampton Hotel and boasts front and back patios and homestyle and English-inspired fare. With Granite Brewery, you can go from dinner table to hotel room by foot in a matter of minutes.

TORONTO ATTIRE Guide



In large part, Torontonians take great pride in their appearance and do not do away with business formalities such as attire. On an average weekday in Toronto's downtown core, it's not uncommon to see a room full of people in formal business attire. Even if it's more dressed up than you usually tend to opt for, dressing up rather than dressing down in Toronto is never a bad call!

TOURIST FOR A DAY – TORONTO'S MUST SEE DESTINATIONS

If you find yourself with some time to be a tourist in Toronto, there are a few must-see local attractions to add to your list!



The CN Tower

Built in 1976, this iconic building has become a staple on the Toronto skyline. Venture to the top of this 550-meter tower for the best view the city has to offer.



The Royal Ontario Museum

The Royal Ontario Museum is a museum of art, world culture and natural history. This must-see museum is one of the largest museums in North America, and the largest in Canada.



The Art Gallery of Ontario

It would be a disservice to visit Toronto and not stop by the AGO. Its collection includes close to 95,000 works spanning the first century to the present day.



Ripley's Aquarium

The Ripley's Aquarium provides an experience like none other. Take a stroll through submerged tunnels where sharks swim overhead and view some of the world's most exotic ocean life.



Hop-On, Hop-Off Tour Bus

To get the best of everything Toronto has to offer, jump aboard the city's Hop-On Hop-Off Tour Bus for an opportunity to see a little bit of everything.



The Distillery District

The pedestrian-only Distillery District, set in quaint 19th century buildings that once housed a large whiskey distillery, draws crowds to its cobblestone streets lined with hip indie restaurants, bars and boutiques. Art lovers come for the galleries, outdoor sculptures and dance, music and stage performances at the area's several theatres. In December, the annual Toronto Christmas Market takes over the streets.

THE ROEHAMPTON HOTEL IS HAPPY TO HELP

As a proud Toronto establishment, The Roehampton Hotel is pleased to provide its guests with valuable and helpful insight to ensure they get the most out of their stay and are eager to provide the best experience possible. If you have any questions about where to go in Toronto, don't hesitate to ask – our staff will be more than happy to help!

To learn what else the city has to offer, visit theroehamptonhotel.com/guides for even more of The Roehampton Hotel's comprehensive Guides to Toronto.