

# 14<sup>TH</sup> ANNUAL CONFERENCE

1-5 September 2023



## TOP ATTRACTIONS IN TORONTO THE BEST 10 THINGS TO DO

### 1 – High Park

Parks, Gardens & Beaches – City of Toronto

Recognized as one of the most environmentally significant areas, over one-third of High Park remains in a natural state. Environmental management efforts within the Ravine Strategy and Biodiversity Strategy ensures the protection and preservation of this park. A jewel in the city’s park system, residents and visitors can enjoy its many wildlife, attractions, playgrounds and natural features year-round.

### 2 - Toronto Island Park - Opening hours: 10:00 AM – 8:00 PM

Toronto Island Park – City of Toronto

Park consisting of four main islands and containing trails, beaches and children’s amusement rides.

### 3 – CN TOWER - Opening hours: 10:00 AM – 8:00 PM

CN Tower

At a height of 553.33 m (1,815 ft., 5 in), the CN Tower is Canada’s National Tower, an engineering Wonder, award-winning dining & entertainment destination, and Toronto’s “must-see” for over 4 decades. Rocket to the top in a thrilling 58 second ride aboard glass fronted elevators. Spectacular views overlooking up to 160km (100 miles) from 3 observation levels including, the LookOut Level with floor-to-ceiling panoramic Window Walls, the world famous Glass Floor including Outdoor SkyTerrace and SkyPod, the highest of them all. Experience the thrilling EdgeWalk, the World’s Highest Outdoor Walk on a Building. Enjoy award-winning Canadian cuisine and breathtaking revolving views at 360 Restaurant, the perfect place for entertaining or celebrating. Plus, visual displays and exhibits on the history of the CN Tower, KidZone play area and unique Canadian artisan and souvenir shopping in the Gift Shop. Don’t miss the architectural illumination of the Tower each night from dusk to dawn.



#### **4 – St. Lawrence Market - Opening hours: 10:00 AM – 8:00 PM**

[St. Lawrence Market : About Us \(stlawrencemarket.com\)](http://stlawrencemarket.com)

All roads to good food lead to St. Lawrence Market, a city landmark more than two centuries old. Two hundred vendors sell everything from local mustard to fresh pasta, lobster to artisanal bread.

It's one of the world's great markets – each merchant a square on a lively and authentic patchquilt. The mothers, sons, fathers and daughters whose hard work and passion for food and their craft make up the collective story of the Market. You're here, and part of the story. There's so much to see, taste and discover.

#### **5 – Royal Ontario Museum – Opening hours: 10:00 AM – 8:30 PM**

[Royal Ontario Museum \(rom.on.ca\)](http://rom.on.ca)

Opened in 1914, the Royal Ontario Museum (ROM) showcases art, culture, and nature from around the globe and across the ages. One of North America's most renowned cultural institutions, Canada's largest museum is home to a world-class collection of more than six million objects and specimens, featured in 40 gallery and exhibition spaces. As the country's preeminent field research institute and an international leader in new and original findings in biodiversity, palaeontology, earth sciences, the visual arts, material culture and archaeology, the ROM plays a vital role in advancing our global understanding of the artistic, cultural and natural world.

#### **6 – Art Gallery of Ontario - Opening hours: 10:30 AM – 5:00 PM**

[National Gallery of Canada](http://nationalgallery.ca)

With a collection of more than 90,000 works of art, the Art Gallery of Ontario (AGO) is among the largest and most distinguished art museums in North America. An international landmark, the AGO is also one of Canada's most innovative cultural destinations. Highlights of the Gallery's world-class collection include iconic Canadian and Inuit works, along with European and contemporary art – all on view in a spectacular building transformed by renowned Toronto-born architect Frank Gehry. After spending time with the AGO's vast collection, be sure to enjoy a meal or glass of wine at the Gallery's award-winning restaurant FRANK. Visit shopAGO for a unique collection of artful gifts, one-of-a-kind jewelry, and beautiful art books

#### **7 – Casa Loma - Opening hours: 9:30 AM – 5:00 PM**

[Home - Casa Loma](http://home-casaloma.com)

Canada's majestic castle and Toronto's premier historic attraction. In 1911, Sir Henry Pellatt engaged noted architect E.J. Lennox to help him realize a lifelong dream, the creation of an Edwardian castle on the top of a hill overlooking Toronto. It took 300 men nearly three years to complete the nearly 200,000 square foot castle at a cost \$3,500,000 (at the time). Situated on 5 acres, Casa Loma was the largest private residence in Canada. Sir Henry Pellatt with his wife Lady Mary enjoyed Casa Loma for less than ten years before financial misfortune forced him to abandon his home. The tour of the castle is self-guided. Visitors can experience the castle at their leisure with the aid of multimedia audio guides.



## 8 – Niagara Falls Day Tour from Toronto

[Niagara Day Tour | Niagara Falls Tours from Toronto, Canada](#)

Explore Niagara Falls your way on a stress-free day trip from Toronto, and enjoy a 1 hour stop in the historic town of Niagara-on-the-Lake. Explore the falls at your own pace during roughly three hours of free time, and upgrade to include a cruise up the Niagara River into the basin of the Canadian Horseshoe Falls for extra close-up views.

## 9 – Toronto Aerial Tour with Niagara Winery Tasting Tour

[iflyToto - Flight Escapes](#)

Add some opulence to your Canadian vacation on a 5-hour winery tour by plane and luxury transportation. After you get into a VIP mood at the Buttonville Airport, take to the skies. Enjoy exceptional aerial views en route to Niagara, then transfer to a limo bus. Sample some of the region's best wine at an award-winning winery, as you take in the picturesque rural scenery. Then return to Toronto in time for dinner.

## 10 – 14 Minute Helicopter Tour Over Toronto

[Toronto Heli Tours | We Show Off Toronto](#)

See the city of Toronto and the surrounding area on this stunning helicopter flight. Soar over the largest city in Canada with an exclusive sightseeing tour of Toronto's downtown skyline and beyond, including the iconic CN Tower, Casa Loma, High Park and the beautiful waterfront. This incredible flight covers almost 22 miles (35 km) and includes one keepsake digital photo (delivered online) plus a printed souvenir picture. A variety of departure times are available throughout the day to fit into almost any schedule.



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**WE THANK COLE INTERNATIONAL INC.,**  
our Official Host for our 14<sup>th</sup> Annual Conference  
in Toronto, Canada.

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TORONTO