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Living

Baked goat cheese with roasted
garlic at The Ritz-Carlton, Toronto



For more recipes, go to
www.everythingzoo.com/eat-play-stay.

InterContinental Toronto Centre

LOCATION On Front Street, within walking distance of Union Station, the city's main transit station and where the new express train will arrive from Toronto's Pearson International Airport. **EAT** Azure Restaurant and Bar, featuring Canadian flavours created by chef de cuisine Grace Di Fede. To honour the games and athletes, the restaurant will also be serving up smoothies (for the recipe, go to www.everythingzoo.com/intercontinental-smoothie). **PLAY** A 10-minute walk to dozens of TV screens at Real Sports Bar & Grill; a tunnel through a tank of tropical fish - and sharks! - at Ripley's Aquarium or a beer tasting at Steam Whistle Brewing in Roundhouse Park. **DON'T MISS** the city's nearby pro sports and concert venues, such as the Air Canada Centre, the Rogers Centre (for Toronto Blue Jays and Toronto Argos action) and a quick cab or streetcar to BMO Field (FC soccer) and Exhibition Stadium (Pan Am rugby matches). 416-597-1400; www.torontocentre.intercontinental.com

Shangri-La Hotel Toronto

LOCATION Adelaide Street and University Avenue, around the corner from Queen Street West, a neighbourhood ranked by *Vogue*, among others as a hot spot, and across the street from the Four Seasons Centre for the Performing Arts for ballet and opera. **EAT** Bosk for Canadian/Asian-inspired cuisine - and champagne, by the glass; High Tea and live music in the Lobby Lounge. **DON'T MISS** the Miraj Hammam Spa by Caudalie Paris Spa round the world in three hours treatment: Moroccan body exfoliation, Thai Yoga massage and finish up with a classic French facial, using Caudalie's Vinotherapie products. (For a review of the treatment, go to www.everythingzoo.com/hammam-spa-review.) www.shangri-la.com/toronto/shangri-la

The Ritz-Carlton, Toronto

LOCATION Wellington Street, just south of the King Street West Theatre District **EAT** Head to DEQ, the outdoor terrace-patio, which backs onto Simcoe Park, a nice bit of green space in this part of the city.