

grandmothers
Advocacy Network



Mouvement de soutien des
grands-mères

Hello Friends! 2024

**Making a Difference - Embracing our Grandmother Power!
May 13-15 2024**

Before You Arrive – Destination: Toronto!

With the indispensable help of the GTA GRANs, we have put together this brief GRAN “travel guide” to assist with your pre-trip planning for your stay in Toronto.

Venue

The gathering venue for our *Hello Friends!* program is in the heart of downtown Toronto at the **International Living and Learning Centre (ILC)** of Toronto Metropolitan University (TMU) -- formerly Ryerson University.

International Living and Learning Centre (ILC)
240 Jarvis Street
Toronto, ON
M5B 2L1

ILC Reception Desk Phone Numbers:
416-979-5301 (May to August)
416-979-5284 (September to April)

[Click here](#) for a map of the ILC’s location in downtown Toronto and [here](#) for a campus map.

Important note: We have been advised that the external doors of the Centre are locked at all times with a reception desk staffed 24/7. Upon arrival each day, you will need to use the intercom at the front or back door to gain access to the building. Those booking accommodations at the ILC will have a room key they can scan to enter.

Arrival and Transportation

We are sadly not in a position to provide airport pickups, however, the [Union Pearson Express](#) provides a comfortable 25-minute train ride from Pearson International Airport to **Union Station** in downtown Toronto.

From Union Station you can transfer to the **Yonge Street Line** of the Toronto subway system and travel to **Dundas Station** which is within walking distance (680 metres) of the ILC.

The ILC is a 30-minute walk or 10-minute taxi ride from Union Station which is also a hub for the [Union Pearson Express](#), the [GO Train](#), and the [Toronto Transit System](#). Many folks also find [Uber](#) an easy and affordable way to get around the city.

Accommodation Options

Billeting

For those who requested billeting on their registration form, you will be hearing from our Billeting Coordinator, Sandy Milakovic, by email. She will match you with a host. If you have questions or special needs, Sandy can be reached at sjmtoller@hotmail.com.

Residence Rooms at the ILC

GRAN has reserved a block of rooms at the ILC designated for *Hello Friends!* participants, but **you** are responsible for making your own reservation and payment. The International Living and Learning Centre has single rooms with bath available for us from the night of May 12 onward at a reduced rate of \$95+tax per night.

To book a residence room online [click here](#) and select the **International Living/Learning Centre (ILC)** then follow these steps:

Step 1: Click on **Special Codes or Rates** in upper right of screen

Step 2: Click on the **small arrow** beside **Promo Code** and select **Group Code** from the drop-down menu. Enter Code: **HF2024** Click on **Apply**.

Step 3: Use arrows to scroll to the calendar for May. Click on your arrival date on the May calendar and then your departure date. Then click **Search**.

Step 4: Review your booking details and click **Book Now** to complete the booking process with your name, address, and payment.

(As extra support to help you navigate the online booking process, the ILC has provided us with screenshots illustrating these steps. You'll find them as the last three pages of this info guide.)

If online booking isn't your thing, you can book over the phone with one of the university's guest service agents at **416-979-5301**. However, they have told us that the service for booking by phone will not be available until May 3.

Hotel Options

Listed below are a number of nearby hotels (within 10 to 15 minutes walking distance) that are in the \$200 per night range:

Chelsea Hotel

33 Gerard St W, Toronto

Tel: 416-595-1975

chelseatoronto.com

Cambridge Suites Toronto

15 Richmond St E, Toronto

Tel: 416-368-1990

cambridgesuitestoronto.com

Double Tree Hilton

108 Chestnut St, Toronto

Tel: 416-977-5000

hilton.com

Marriott Downtown at CF Toronto Eaton Centre

525 Bay St, Toronto

Tel: 416-595-9200

marriott.com

Courtyard by Marriott

475 Yonge St, Toronto

Tel: 416-924-0611

marriott.com

Restaurants near Toronto Metropolitan University

This is not an exhaustive list, but some suggestions to get you started. A Google search of “restaurants near Toronto Metropolitan University” will yield you many more!

The Pickle Barrel at 312 Yonge Street. <http://picklebarrel.ca>

Sushi Style 80 Dundas Street 416-599-7899. <https://www.sushistyle.ca/>

Bangkok Garden at 18 Elm. <https://www.bangkokgarden.ca>

Fran's Restaurant has two locations at 200 Victoria Street (24 hours) 416-304-0085 and 20 College Street (24 hours). 416-923-9887 Toronto's favourite diner. Big breakfast bliss!

<https://fransrestaurant.com>

George Brown College School of Culinary Arts has three options: student-run restaurant, café, and grab-and-go meals.

- **The Chefs' House** at 215 King Street East. 416-415-2260.
<https://www.thechefshouse.com> Monday to Friday Lunch from 11:30. Last seating at 1:15 pm. Dinner from 5:30 pm. Last seating at 8:30pm
- **CHCA Café** at 300 Adelaide Street East, 2nd Floor. Monday-Friday 7:30 a.m. to 4 p.m.
- **Chef on the Run** 416-415-2515. Call for weekly specials for lunch. Monday-Friday 10:00 a.m. to 2:00 p.m.

The Croissant Tree at 625 Church Street 416-925-8379. Great for breakfast and lunch 7 days a week from 8:30-3:00 pm. <https://www.thecroissanttree.ca>

Café Landwer at 165 University. 647-748-1165. Open from 8:00 a.m - 10:00/11:00 p.m. Inspired by Mediterranean & Italian cuisine. <https://www.landwer.ca>

Marvelous by Fred (Aux Merveilleux de Fred) at 224 Queen Street – renowned bakery showcasing traditional specialities from Flanders (e.g., the Merveilleux dessert, meringues, waffles and cramiques). A short walk south of the Art Gallery of Ontario (AGO) or just west of the Four Seasons Centre (ballet & opera). Highly recommended for a unique experience! Reasonable prices. <https://marvelousbyfred.ca>

Salad King (a TMU student favourite) Thai cuisine at 340 Yonge Street. Opens at 11:30 am daily. Just north of Yonge & Dundas. <https://www.saladking.com>

Tim Hortons at 256 Jarvis Street/175 Dundas Street, 111 Carlton
<https://locations.timhortons.ca>

Exploring Toronto

Check out these websites for ideas for free-time activities while you're in the city.

Destination Toronto – Great source for places to go and things to do, arts and entertainment, food and shopping, and more!

<https://www.destinationtoronto.com>

BlogTO is one of the best websites for everything Toronto.

<https://www.blogto.com>

Toronto Life (magazine)

<https://torontolife.com>

City of Toronto

<https://www.toronto.ca>

Authentik Canada

<https://www.authentikcanada.com/ca-en/blog/visit-toronto-in-24-hours>

<https://www.authentikcanada.com/ca-en/blog/10-must-see-photo-spots-in-toronto>