

Recommended Toronto Hotel Accommodations WHOLE LIFE EXPO 2005

Call the hotels directly to reserve your room. Prices may vary according to availability.

FAIRMONT ROYAL YORK HOTEL – 100 Front St W. 1-800-663-7229, 1-800-441-1414

Starting at \$269 for standard. 1365 rooms. 5 min. walk to MTCC. Fairmont Gold service. Health club with swimming pool, six restaurants, 24-hr. room service. Across from Union Station, connected to TTC & underground shops and services. Non-smoking floor. Windows open. Valet parking \$31 (in and out). www.fairmont.ca

(Note: We have negotiated a group rate of \$169 per night for our delegates who book their rooms between August 20th and Nov. 25th. When you call to book, mention Whole Life Expo to get the rate. Or make your reservation directly through our website at www.wholelifecanada.com)

INTERCONTINENTAL TORONTO CENTRE – 225 Front St.W. 416-597-1400, 1-800-227-6963

Starting at \$239 (up to \$269 on November 28). Located within Metro Toronto Convention Centre (MTCC) complex. Non-smoking rooms. Indoor pool, health club, parking, two licensed restaurants, bars, 586 deluxe rooms with full amenities. Windows do not open. Parking available in adjacent garage. To book online, visit www.torontocentre.intercontinental.com

(Note: We have negotiated a group rate of \$179 per night for our delegates who book their rooms between August 20th and Oct. 26th. When you call to book, mention Whole Life Expo to get the rate. Or make your reservation directly through our website at www.wholelifecanada.com)

TORONTO HILTON HOTEL - 145 Richmond Street West - (416) 869-3456, 1-800-267-2281

Starting at \$179 for Standard. 8 minute walk to MTCC. 4 Diamond Rating. Rooms have full amenities. Swimming pool, licensed restaurant, health room, parking available. www.visithiltontoronto.com

(Note: We have negotiated a group rate of \$129 per night for our delegates who book their rooms between August 20th and Nov. 8th. When you call to book, mention Whole Life Expo to get the rate.)

WESTIN HARBOUR CASTLE – 1 Harbour Square (Queens Quay, between Yonge & Bay)

416-869-1600 1-800-937-8461

Starting at \$189. Half hour walk to MTCC. 980 rooms downtown on the lake. Non-smoking rooms available. Sheets cleaned without soap on request. Balcony rooms on 5th and 6th floor have windows that open. Some other rooms with windows that open a few inches can be requested. Health club, sauna, steam rooms, whirlpool, massage centre, tennis & squash courts. Two restaurants. Parking \$17/day. www.westin.com

DELTA CHELSEA INN – 33 Gerrard St. W 416-595-1975 1-800-243-5732

Starting at \$159. Half hour walk/10 min. drive to MTCC. Windows open. Nine Living Well rooms available (starting at \$219) for chemically sensitive-HPA air filter, water filter, non-allergenic amenities, humidifier, carpet treatment for dust mites, special cleaning upon request when booking. Parking \$22 (in and out). Non-smoking rooms. www.deltahotels.com

QUALITY HOTEL – 111 Lombard St. (Adelaide & Jarvis) 416-367-5555 1-800-228-5151

Starting at \$108.86 (ask for corporate rate). Half hour walk/10 min. drive to MTCC. 196 rooms. Non-smoking floors. Includes continental breakfast. Parking \$15 (24 hr/in-out privileges). Fitness room Free coffee and coffee maker in room. Wheelchair access rooms. Some rooms have high-speed Internet.

HOLIDAY INN ON KING – 370 King St. W. (one block east of Spadina)

416-599-4000, 1-800-263-6364

Starting at \$143 (advanced purchase). 10 min. walk to MTCC. 425 rooms. Fitness centre, sauna, massage, room service, gift shops, banks, deli, underground parking, one restaurant and a smoking lounge. High-speed internet access in rooms. Non-smoking rooms. Windows do not open. Parking \$18 (24 hr/in-out privileges). www.hiok.com

HOTEL VICTORIA – 56 Yonge St.(between King & Front) 416-363-1666, 1-800-363-8228

Starting at \$110. 15 min. walk to MTCC. Windows do not open. Non-smoking rooms. Free continental breakfast. 56-room hotel. Paid parking in lot nearby. www.toronto.com/hotelvictoria

TRAVELODGE TORONTO DOWNTOWN WEST (FORMERLY EXECUTIVE MOTOR HOTEL) –

621 King St.W. (east of Bathurst) 416-504-7441

Starting at \$109.95 standard. Half hour walk/five min. drive to MTCC. Non-smoking rooms. Windows open. Free parking. Free continental breakfast. Free weekday newspaper. Free local calling. www.travelodgetorontodowntown.com.

STRATHCONA HOTEL – 60 York St. 416-363-3321, 1-800-268-8304

Starting at \$129. Restaurant in building. Pub with food open until midnight. Non-smoking rooms upon request. Five min. walk to MTCC. Parking nearby for \$12. www.toronto.com/strathconahotel

BED & BREAKFAST ASSOCIATION OF TORONTO 416-410-3938 — www.bninfo.com — info@torontobedandbreak-fast.com

TOURISM CONVENTION & VISITOR'S ASSOCIATION 416-203-2600 1-800-363-1990 www.tourismtoronto.com

TORONTO BED & BREAKFAST INC. 1-877-922-6522 www.torontobandb.com