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Activities

Activities

It takes more than a little slush and a chilly zephyr to keep Torontonians from being active. They propel themselves into all kinds of outdoor activities in all seasons – in summer, cycling, blading and running along lakeshore trails, hiking up the city's ravines and paddling on Lake Ontario; in winter, ice-skating, skiing and snowboarding, or trekking out to the ski resorts around Ontario. Hardcore cyclists skitter across icy February roads; dogged hockey players skate over artificial ice in the July heat.

If you're not feeling so intense, the lakefront beaches and ravine trails will keep you happy, walking or cycling for kilometres. Or head over to the Rogers Centre (p53) or Air Canada Centre (p50) to watch the fortunes of T.O.'s pro sports teams ebb and flow.

Torontonians are quick to adopt the latest fitness and healthy lifestyle crazes. Whatever they're doing in Los Angeles or Vancouver, you're sure to find it here, too. Treat yourself to a Thai massage, twist yourself silly with yoga, indulge in an organic spa or ink yourself in with a new tattoo.

OUTDOOR ACTIVITIES

It's probably stating the obvious, but most organized outdoor activities happen during summer, from late May to early September. Winter sports pick up the slack between November and March. Contact **Toronto Parks & Recreation** (☎ 416-392-1111; www.city.toronto.on.ca/parks) for a seasonal activity Toronto fun guide, or browse its voluminous website for all kinds of activities. Equipment rentals are available at **Europe Bound Outfitters** (p151), where baby carriers, binoculars, backpacks, trekking poles, ice-climbing gear and snow shoes can be hired for around \$10 per day. See also **Mountain Equipment Co-op** (p151) and **Hogtown Extreme Sports** (p151).

CYCLING, IN-LINE SKATING & RUNNING

For cyclists, in-line skaters and runners, the **Martin Goodman Trail** (Map pp234–5) is the place to go. This paved recreational trail stretches from The Beaches through Harbourfront to the Humber River in the west. Along the way at Cherry St, you can connect to the **Don Valley mountain bike trails** (Map p231). On the **Toronto Islands** (p75) the south-shore boardwalk and the interconnecting paved paths are car-free zones. You can also cycle or skate around **hilly High Park** (p77). If you fancy a longer trek, the **Martin Goodman Trail** is part of

the **Lake Ontario Waterfront Trail** (www.waterfronttrail.org), stretching 450km from east of Toronto to Niagara-on-the-Lake, where you pick up the paved recreational trail alongside **Niagara Parkway** (p181).

Recommended maps for cyclists include **MapArt's Toronto with Bicycle Routes** (\$3.95) and the **Official Lake Ontario Waterfront Trail Mapbook** (\$9.95). A recreational cycling club, the **Toronto Cycling Network** (☎ 416-760-4191; www.tbn.on.ca) is an excellent informational resource, with organized rides open to nonmembers for a small fee. Check the website or call for in-line skating events.

Rental

Toronto's **Community Bicycling Network** (Map pp240–1; ☎ 416-504-2918; www.comunitybicyclenetwork.org; Queen West, 761 Queen St W; ☎ noon–6pm Mon–Fri; ☎ 501) runs **BikeShare** (www.bikeshare.org). For adult/student \$50/30 per year, members can borrow and return a single-speed yellow bike from any of 16 centrally located hubs for up to three days.

Europe Bound Outfitters (Map pp234–5; ☎ 416-601-1990; 47 Front St; \$30 per day; ☎ 10am–7pm Mon–Fri, to 6pm Sat, 11am–5pm Sun; ☎ 503) rents mountain bikes and tandem bikes with helmets. Bicycles and in-line skates can also be rented from the following:

High Park Cycle & Sports (Map p230; ☎ 416-614-6689; Greater Toronto Area, 2878 Dundas St W; bike hire per day \$30; ☎ varies; ☎ Keele)