

IBA Annual Conference Toronto

November 2 - 7, 2025 | City Guide

Welcome to Toronto

Welcome to Toronto, Canada's economic powerhouse and capital of the province of Ontario. Known for its multiculturalism and thriving business landscape, Toronto offers diverse industries and innovative startups. With top-notch conference facilities, excellent transportation, and iconic landmarks like the CN Tower, it's an ideal destination for business tourism. Explore the bustling Financial District and diverse culinary scene between meetings, and discover why Toronto is a hub for networking and collaboration. The IBA Annual Conference will be held at the Metro Toronto Convention Centre in downtown Toronto from November 2-7, 2025.

Metro Toronto Convention Centre 255 Front St W, Toronto, ON M5V 2W6

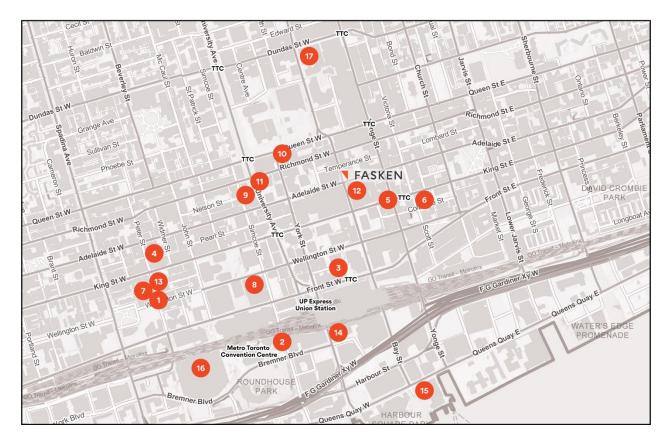
Quick November Facts: Average temperature in Toronto during November ranges from 2 to 9 degrees Celsius (35 to 48 degrees Fahrenheit). Good news is, snow is unlikely!

IBA Dress Code Recommendations: Business and business casual attire, plus a warm jacket and gloves.



Downtown Toronto Hotels

- 1. Bisha Hotel Toronto: 80 Blue Jays Way, Toronto, ON M5V 2G3 Bisha Hotel Toronto
- 2. Delta Hotels Toronto: 75 Lower Simcoe Street, Toronto, ON M5J 3A6 Delta Hotels Toronto
- 3. Fairmont Royal York: 100 Front St W, Toronto, ON M5J 1E3 Fairmont Royal York
- 4. Hyatt Regency Hotels: 370 King St W, Toronto, ON M5V 1J9 Hyatt Regency Hotels & Resorts
- 5. One King West Hotel & Residence: 1 King St W, Toronto, ON M5H 1A1 One King West Hotel & Residence
- 6. The Omni King Edward Hotel: 37 King St E, Toronto, ON M5C 1E9 The Omni King Edward Hotel
- 7. The Soho Hotel & Residences: 318 Wellington St W, Toronto, ON M5V 3T4 Soho Hotel Toronto
- 8. The Ritz-Carlton, Toronto: 181 Wellington St W, Toronto, ON M5V 3G7- The Ritz-Carlton
- 9. Shangri-La Toronto: 188 University Ave, Toronto, ON M5H 0A3 Luxury 5 Star Hotel in Toronto| Shangri-La
- 10. Sheraton Centre Toronto Hotel: 123 Queen St W, Toronto, ON M5H 2M9 Sheraton Centre Toronto Hotel
- 11. Hilton Downtown Toronto: 145 Richmond St W, Toronto, ON M5H 2L2 Hilton Toronto Hotels
- 12. The St Regis Toronto: 325 Bay St., Toronto, ON M5H 4G3 The St Regis Toronto
- 13. Le Germain Hotel Toronto Mercer: 30 Mercer St, Toronto, ON M5V 3C6 Le Germain Hotel Toronto Mercer
- 14. Le Germain Hotel Toronto Maple Leaf Square: 75 Bremner Blvd, Toronto, ON M5J 0A7 Le Germain Hotel Toronto Maple Leaf Square
- 15. The Westin Harbour Castle, Toronto: 1 Harbour Square, Toronto, ON M5J 1A6 The Westin Harbour Castle
- 16. Toronto Marriott City Centre Hotel: One Blue Jays Way, Toronto, ON M5V 1J4 Toronto Marriott City Centre Hotel
- 17. Marriott Downtown at CF Toronto Eaton Centre: 525 Bay St., Toronto, ON M5G 2L2 Marriott Downtown at CF Toronto



Cuisine & Restaurants

 Lee Restaurant – by Susur Lee: 497 Richmond St W, Toronto, ON M5V 1Y3 – Lee Restaurant – by Susur Lee

"Implementing classical French cooking that has been taken on a South East Asian spice route. Susur Lee's flagship restaurant for over two decades, offers a menu inspired by refreshing bright flavours with his renowned Signature Singaporean Slaw."

2. Canoe: 66 Wellington St W 54th floor, Toronto, ON M5K 1H6 – Canoe Restaurant – Inspired by Canada's Raw, Rich Land

"Savour a new season with Executive Chef Ron McKinlay's latest celebration of fresh Canadian flavours."

 Hy's Steakhouse & Cocktail Bar: 365 Bay St., Toronto, ON M5H 2V1 – Hy's Steakhouse & Cocktail Bar (hyssteakhouse.com)

"For 65 years, Hy's has defined the steakhouse experience in Canada. Featuring Prime Grade steaks, cold martinis and trademark warm hospitality, Hy's is a dining oasis."

 The Chase: 10 Temperance St FI 5, Toronto, ON M5H 1Y4 – <u>The Chase | Rooftop Restaurant Toronto (thechasetoronto.com)</u>

"Our culinary offerings are some of the finest in the city, and our team of professionals will ensure you and your guests are treated with the warmest hospitality. The restaurant's elegant but casual atmosphere will elevate any event, making it a truly special."

 The Shore Club: 155 Wellington St W, Toronto, ON M5V 3H1 – Home – The Shore Club Toronto

"Paying homage to art deco ocean liners, the Dining Room boasts soaring ceilings and luxurious, contemporary décor. The menu's classic yet contemporary steak and seafood dishes are influenced by the season's cues and creativity of Head Chef Nick Drake."

 Bymark: 66 Wellington St W, Toronto, ON M5K 1M6 –
Bymark Toronto | Restaurants Toronto Financial District | McEwan (mcewangroup.ca)

"Nestled in the atrium of the TD Towers, Bymark perfectly reflects the dynamic energy of Toronto's bustling Financial District with its unique main dining room anchored by a floor-to-ceiling wine cellar, intimate private dining rooms, modern bar, and spacious patio. With Yabu Pushelberg's timeless design and Chef McDougall's seasonal and ambitious menu, discerning guests can expect a memorable dining experience."



7. MARKED Restaurant: 132 John St, Toronto, ON M5V 2E3 – South American Restaurant Toronto | MARKED Restaurant

"Marked Restaurant invites you on an unforgettable dining adventure inspired by the flavours and vibrancy of South America. Since 2020, we have been committed to providing an immersive experience where culinary artistry meets warm hospitality, leaving you with memories to cherish."

 EPOCH Bar & Kitchen Terrace: 181 Wellington St W, Toronto, ON M5V 3G7 - <u>EPOCH Bar & Kitchen Terrace - Toronto's Hottest New Restaurant in the</u> <u>Heart of Downtown (epochtoronto.com)</u>

"We are inspired by the gastropub movement that shook the culinary world in the 90s. Our concept redefines pub culture and pays homage to innovative international dining. Our cocktails respect a notable past full of tradition, but with modern interpretations."

9. Jump Restaurant: 18 Wellington St W, Toronto, ON M5L 1G4 -Jump Restaurant - Nothing Short of a Phenomenon

"Jump offers rich, honest, and flavourful food and showcases modern North American cuisine with Italian influences. Subtly reinventing classic favourites, such as handmade pasta and excellent cuts of meat. Renowned for its selection of over 90 types of scotch, whiskey and bourbon and its spirit-forward cocktails, the Jump bar buzzes with warmth and excitement."

 CRAFT Beer Market Toronto: 1 Adelaide St E, Toronto, ON M5C 2V9 -<u>Toronto Restaurant | CRAFT Beer Market</u>

"Ontario's largest selection of draft beer with 160 taps."

 Amsterdam Brewhouse: 245 Queens Quay W, Toronto, ON M5J 2K9 -BrewHouse by the Lake – Amsterdam Brewery Shop (amsterdambeer.com)

"Our 14,000 square foot space is situated on the Toronto Harbourfront with four large patios and landscape views of the Toronto Islands."

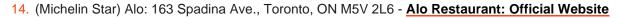
12. REIGN Restaurant – Bar & Bakery: 100 Front St W, Toronto, ON M5J 1E3 -Reign | Canadian Restaurant & Bar in Toronto, ON (reigntoronto.ca)

"Evoking the legacy of our hotel's storied past and vibrant new era, REIGN is our distinguished dining room in the heart of this noble manor house. Plating the rich harvest of Canada's bountiful produce, our culinary team crafts seasonal menus through local partners and sustainable farmers."

13. Louix Louis: 325 Bay St., Toronto, ON M5H 4G3 - LOUIX LOUIS | Home

"LOUIX LOUIS, located on the 31st floor of The St. Regis Toronto, is a place for daily indulgence, a stiff drink after work, an all-out spread with your favourite people, or something totally unexpected."





"Our cuisine is internationally inspired and celebrates the finest in seasonal ingredients paired with a genuine sense of welcome."

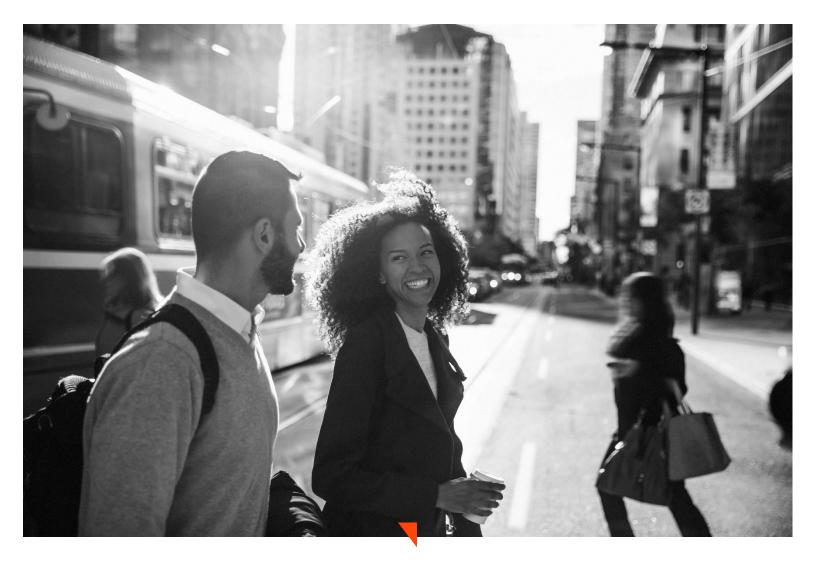
15. (Michelin Star) Don Alfonso 1890: 1 Harbour Square 38th Floor, Toronto, ON M5J 1A6 - Michelin Star Fine Dining Restaurant | Don Alfonso 1890 (donalfonsotoronto.com)

"Since opening, Don Alfonso 1890 Toronto has also been recognized with a number of prolific national and international awards and honours, including a Michelin Star in the inaugural Michelin Guide – Toronto 2022, Best Italian Restaurant in the World, outside of Italy and Meal of the Year by 50 Top Italy."

Please Note: Generally bars have a "last call" at 2:00 am



Generally an "appropriate" tip for satisfactory service is 15% - 20% of the bill before tax is applied. However, for exceptional service, you may want to consider tipping more. Anything below 10% could be considered insulting to the service.



Getting Around

- 1. Walking is recommended in the core area of the city, to and from hotels and to the MTCC. Downtown traffic can get very congested. The "PATH" is very convenient (see below)
- 2. Tangerine Bike Share Toronto Home | Bike Share Toronto
- a) System Map: Discover our 625 Stations System Map: Bike Share Toronto | Bike Share Toronto
- b) Must download Bike Share app to use
- c) "Pay As You Go Pass"
 - i) \$0.12/minute for classic bikes
 - ii) \$0.20/minute for e-bikes
- d) "Day Pass"
- e) \$15.00 for unlimited 90 minute rides on a classic bike for 24 hours

3. TTC (Toronto Transit Commission) - TTC.ca

- Presto Card highly recommended. Can be purchased from select retail stores (Shoppers Drug Mart), Fare vending machine, Ticket vending machine, Customer service outlets (located in the subway stations)
- b) Credit Cards and cash/coins can be used as well
- c) Includes 3 subway lines (Line 1: Yonge University, Line 2: Bloor Danforth, Line 3: Sheppard)
- d) Toronto also has a unique streetcar system, one of the few in North America
- e) Cash Fares (Cost of 1 trip. Does not include the slight upcharge with debit/credit):
 - i) Adult: \$3.35
 - ii) Youth (13-19): \$2.40
 - iii) Seniors (65+): \$2.30
 - iv) Children under 13 ride for free
 - f) Maps:
 - i) TTC SubwayStreetcarMap 2021-11.pdf (SECURED)
 - ii) TTC_SystemMap_2024-03.pdf (SECURED)
 - iii) TTC_DowntownMap_2024-03.pdf (SECURED)

4. UP Express – UP Express – Miss The Traffic, Not Your Flight

- a) "The UP Express is North America's first dedicated air-rail link, offering a 25-minutes journey from end to end, no matter what's happening on the roads or in the weather."
- b) 4 Stations:
 - i) Union Station (Downtown 8 minute walk to MTCC)
 - ii) Bloor Station
 - iii) Weston Station
 - iv) Pearson Station (Airport) [Watch for signs "Train to Downtown"]
 - Located in Terminal 1
 - Upon arrival in Terminal 3, there is a Skytrain to take you to Terminal 1
- c) Fares add language about discount with Presto card which can also be used with TTC





- i) Children 12 and Under Free
- ii) Adult One-Way: \$12.35 Round-Trip: \$24.60
- iii) Senior One-Way: \$6.20 Round-Trip: \$12.40
- iv) Group Pass: \$25.00 for 3, \$32.50 for 4, and \$40.00 for 5

5. The PATH – <u>PATH – Toronto's Downtown Pedestrian Walkway –</u> <u>City of Toronto</u>

- a) "The PATH is a mostly underground pedestrian walkway network in downtown Toronto that spans more than 30 kilometres of restaurants, shopping, services and entertainment. The walkway facilitates pedestrian linkages to public transit, accommodating more than 200,000 business-day commuters as well as tourists and residents. The PATH provides an important contribution to the economic viability of the city's downtown core."
- b) Key entrances include Union Station, and Bay St. & Dundas
- c) Map 8d9e-path-map-feb-2021.pdf (toronto.ca)
- d) Fun Facts
 - i) The path has 3.7 million square feet of retail space, and generates \$1.7 billion in revenue annually
 - More than 75 buildings are connected to the PATH. Six subway stations, three major department stores, and nine hotels are all accessible through the PATH
 - iii) The PATH provides links to some of Toronto's most popular tourist and entertainment attractions, including the Hockey Hall of Fame, Roy Thomson Hall, the Scotiabank Arena and CF Toronto Eaton Centre. City Hall and Metro Hall are also connected through the PATH
- 6. Pearson Airport has 2 terminals. Terminal 1, and 3 (There is no Terminal 2)
- 7. Travel Options from Pearson Airport to Downtown Toronto:
- a) UP Express \$12.35 \$40.00 (Dependant on passengers etc.)
- b) Uber Roughly \$40 \$50
- a) Airport Taxis or Limos Approximately \$80 to the downtown core. Pickup locations are clearly marked outside of the Terminals







Things to see and do around Toronto

- Aga Khan Museum: 77 Wynford Dr, North York, ON M3C 1K1 The Aga Khan Museum
- Art Gallery of Ontario (AGO): 317 Dundas St W, Toronto, ON M5T 1G4 -Home | Art Gallery of Ontario (ago.ca)
- CN Tower: 290 Bremner Blvd, Toronto, ON M5V 3L9 CN Tower
- Canada Ripley's Aquarium: 288 Bremner Blvd, Toronto, ON M5V 3L9 -<u>Ripley's Aquarium of Canada in Toronto | Tickets, hours, events (ripleys.com)</u>
- Casa Loma: 1 Austin Terrace, Toronto, ON M5R 1X8 Home Casa Loma
- Hockey Hall of Fame: 30 Yonge St, Toronto, ON M5E 1X8 Hockey Hall of Fame (hhof.com)
- Distillery District (Collection of coffee shops, galleries, restaurants, art studios, boutiques, and performance spaces) The Distillery Historic District Official Website (thedistillerydistrict.com)
- Royal Ontario Museum: 100 Queens Park, Toronto, ON M5S 2C6 Royal Ontario Museum (rom.on.ca)
- Niagara Falls Day Trip: Niagara Falls Tourism (bookdirect.net)
- Entertainment District (Shows, culinary, sporting events, pubs, high-energy nightclubs) -Toronto's Entertainment District | Attractions & Nightlife (destinationtoronto.com)
- Toronto Zoo: 2000 Meadowvale Rd, Toronto, ON M1B 5K7 Toronto Zoo | Plan Your Visit
- High Park: 1873 Bloor St W, Toronto, ON M6R 2Z3 High Park Toronto
- Toronto Maple Leafs (Hockey Team); Scotiabank Arena 40 Bay Street, Toronto, ON M5H 2L2
- Check the above link early in summer 2025 for games during the IBA Conference.
- Toronto Raptors (Basketball): Scotiabank Arena 40 Bay Street, Toronto, ON M5H 2L2
 - Check the above link early in summer 2025 for games during the IBA Conference.
- Visitacity Link: Things To Do in Toronto 50 Attractions | Visit A City

Canadian Foods: Our quirky fast food

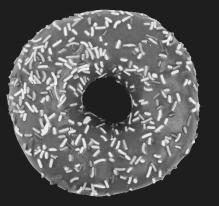
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Tim Hortons Essentials (168 Locations in Toronto)

- Double Double" Refers to a coffee with 2 creams and 2 sugars
- "Can I get a medium Double Double please?"
- "Timbit" Refers to little round balls the missing part of your doughnut!
- "Can I have __ Timbit(s)"

Poutine

French Fries topped with cheese curds and gravy





How big is Canada, really?

Canada is the second largest country in the world, at 9.985 million square kilometers (3.8 million square miles)

Toronto - Vancouver is a 45-50 hour drive/5 hour flight

Toronto – Halifax is a 17.5 hour drive/2 hour flight

Toronto - Montreal is a 5.5 hour drive/1 hour flight

Toronto - Ottawa is a 4.25 hour drive/0.75 hour flight

Canada is 5x bigger than Mexico

Canada is 33x bigger than Italy

Canada is 20x bigger than Spain

Canada is 1.5x bigger than Brazil

What else should I know about Canada?

Average temperature in Toronto during November ranges from 2 to 9 degrees Celsius (35 to 48 degrees Fahrenheit)

Toronto's city has a population of 3 million people. 6.5 million people total in the Greater Toronto Area. This puts Toronto as the 4th most populated city in North America, only behind Mexico City, New York, and Los Angeles

> Main industries include Finance, Mining, Real Estate, Technology, Biology, Manufacturing, Agriculture etc.

Power plugs and sockets (outlets) of type A and type B are used. The standard voltage is 120 V at a frequency of 60 Hz



Brief history of Toronto

Toronto was founded as the Town of York and capital of Upper Canada in 1793 after the Mississauga's sold the land to the British in the Toronto Purchase. The city was renamed Toronto in 1834, from a Huron word meaning 'meeting place'. For over 12,000 years, Indigenous people have lived in the Toronto area. Since then, Toronto has grown into Canada's Financial and Business Capital.

Ontario: population, how it compares to the rest of the country, our government, its economy, etc.

- Ontario population: 15.99 million
- Canada's population: 41 million
- Canada's gross domestic product (GDP): \$2.138 trillion USD/\$2.919 trillion CAD
- The Toronto Region generates 50% of Ontario's GDP, and 20% of Canada's GDP
- Canada is a constitutional monarchy and a parliamentary democracy, founded on the rule of law and respect for rights and freedoms. The government acts in the name of the Crown but derives its authority from the Canadian people.
- Before the arrival of Europeans, First Nations in what is now Canada were able to satisfy all of their material and spiritual needs through the resources of the natural world around them. At many public events there is a recognition of Canada's First Nations. Typically in Toronto there will be an acknowledgement of the Anishinaabeg, the Haudenosaunee and the Huron-Wendat peoples.

Two official languages

• English/French – in Toronto, English is the prevalent language

Fun Facts

Canada has the longest coastline in the world, measuring over 200 000 km. The coastline makes up almost 57% of the world's total coast line

Canada's national animal is a Beaver

The coldest ever recorded temperature in Canada is -63 degrees Celsius

Canada has two national sports. Hockey in the Winter, and Lacrosse in the Summer

Canada has one of the longest highways in the world. The Trans-Canada Highway, which spans 7821 km from St. John's to Victoria and connects the whole of Canada

Canada occupies 6 time zones



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