

PUMP UP THE ADRENALINE

Surprise! Canada's largest city has plenty for thrill-seekers.

With its towering skyscrapers and 5.5 million residents, TORONTO is known as a center of commerce and culture, but it also has a variety of activities for adventure-seekers. Whether you're an extreme adrenaline junkie or just looking for a little rush, Ontario's capital has thrills aplenty.

Knock this off your bucket list: walk 1,168 feet above ground – that's 116 stories – around the roof of one North America's tallest buildings. At the CN Tower's EdgeWalk (\$195; edgewalkcntower.ca), daredevils get harnessed in and take a 30-minute, "hands-free" walk around a 5-foot-wide ledge.

It only lasts about eight minutes, but a tour with Toronto Heli Tours will be eight minutes of pure adrenaline 2,000 feet in the air. Tours start at Billy Bishop Toronto City Airport; you'll fly over the city's most iconic buildings, including the CN Tower, at speeds averaging 100 miles per hour (from \$99; helitours.ca).

If you prefer being closer to the ground, try your hand at ax throwing (batlegrounds.com), or feel the wind in your hair during an electric bike ride on Toronto's shoreline (ezriders.ca/rentals).

See Lonely Planet's *Canada* guidebook and seetorontonow.com for more information.

FOR STUNNING
SCENIC VIEWS, VISIT THE
SCARBOROUGH BLUFFS, A
9-MILE STRETCH OF GLACIAL
CLIFFS ALONG THE LAKE
ONTARIO SHORE,
IN THE EAST END
OF TORONTO.

Scarborough
Bluffs, Toronto

GET THERE

If you can get a flight into Billy Bishop Toronto City Airport, on Air Canada or regional airline Porter (flyporter.com), take it. The airport, on Toronto Island, gives you traffic-free access to Toronto: it's a short walk through a pedestrian tunnel or a hop on a ferry to the city proper.

STAY

To be in the middle of it all, you'll have to pony up. Try Le Germain Hotel (from \$250; germaintoronto.com), a boutique hotel in the central entertainment district, or trendy Thompson Toronto (from \$229; thompsonhotels.com).

DO

You'll have to work for your meal with the Culinary Adventure Company. A chef guides guests in a wooden canoe (you have to help row) to the Toronto Islands and prepares a gourmet picnic there. On the way back, enjoy the stunning view of the Toronto night skyline (\$149 per person; culinaryadventureco.com).