



SOLITUDE IN THE CITY

Within the hustle and bustle of Toronto's busy streets sits a red brick façade, which hides the wonder and solitude of the East at a very affordable price. The Annex Quest House is located in the trendy, Annex neighborhood of Toronto, on Spadina at Bloor, and is literally a stones throw from some incredible shopping, fabulous restaurants, and wonderful sights.

It is hard to believe that such a haven of solitude can exist in such an area, but it does, and one can think of no better place. Renovated in late 2003, the current owners transformed the former rooming house, and, by the spring of 2004, the Annex Quest House was ready to open its doors to the public. Inside there are eighteen beautifully appointed guest rooms that incorporate natural elements such as wood and copper with each bed displaying a different eye appealing bedspread that brings to mind the ancient art and tapestries of India. The design and décor of the lodge come from the Indian science of architecture and design called Vastu, which is said to be the influence and inspiration for Feng Shui. A minimalist approach frees the rooms of unnecessary clutter; however, small design accents add to the tranquil Eastern design.

Although no meals are served, healthy snacks are made available to the guests, such as Granola bars, fruit and bottles of water. These treats, along with access to passes at the Jewish Community Centre Health Club located just down the street, add to the holistic approach of a healthy mind and body. Being within a short walk or streetcar ride from the Royal Ontario Museum, Casa Loma, Art Gallery of Ontario, and the incredible shops of Yorkville, you will definitely need a couple of days to take it all in.

The Annex Quest House has made a place for itself in a busy city where sometimes we forget to stop and replenish ourselves. There's nothing wrong with taking in the sights and sounds of the city, but remember, in order to keep ourselves healthy, we need to take time out and just relax and revitalize.

BY JOHN WINDOW