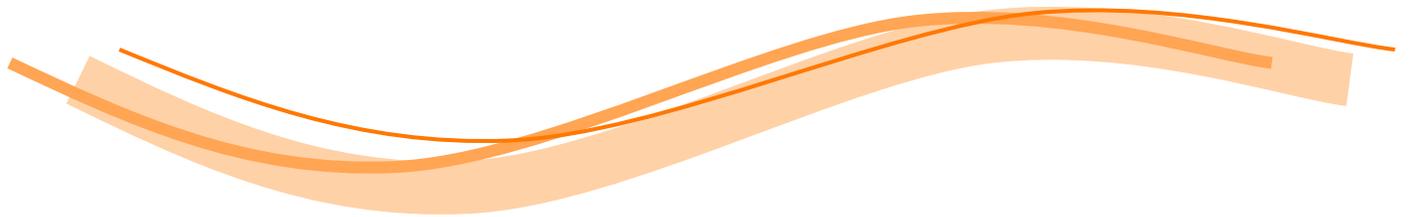




FORT HENRY, KINGSTON





FORT HENRY

History comes alive at Fort Henry! A perfect family day out, your visit is packed with exciting, interactive events - artillery demonstrations, Children's Military Muster Parades, 1860's schoolroom lessons and more! Have your photo taken in period costume Or if you are brave enough - enjoy a ghost tour.

Summer brings special events at the Fort. World Heritage Sunset Ceremonies are every Wednesday in July and August. These unique performances are an impressively interpreted hour and a half story of 1860's military music, drill and artillery manoeuvres. Pre show - enjoy a full sit down historic dinner, served by soldier servants, or a casual open air BBQ in the Fort.

Special events include the Fort Henry Tattoo and a visit by the US Marine Corp. This year, the Tattoo salutes the bicentennial of Flight in Canada. Some featured guest bands include: the Band of the Royal Hamilton Light Infantry, US Naval Ceremonial Drill Team, the Lorne Scots Pipes and Drums, the Pipes and Drums of Argyll and Sutherland Highlanders of Canada, the Fort Henry Drums and more. An exciting fireworks finale is the backdrop of the mass band finale.

The tradition of joint-performance with the US Marine Corp continues in two gala evening ceremonials. The Fort Henry Guard Drums, Drill Squad and Artillery Detachment meet the United States Marine Corps Silent Drill Platoon and The Commandant's Own Drum and Bugle Corps to present a truly professional, precise and never before seen, two hour evening performance celebrating our mutual military culture, traditions and cross-border friendships. A patriotic, fireworks finale will mark the end of the joint performances.

And this year – “Fort Fright” from September 25 to November 7, 2009 will recreate the biggest, scariest Haunted House you can image! We'll join the fun at Fort Fright with the Travel Show on Saturday 19 Sept, 2009 – listen if you dare! Find out more at www.fortfright.com

Fort Henry is both a museum and a spectacular historic site. Once inside the fortification's wooden gates visitors enter a marvelous reproduction of 19th century military life. The site offers guided tours, scenic views, and musical performances from a military band and military and marching demonstrations by the Fort Henry Guard. The Fort also plays host to numerous special ceremonies and events throughout the tourist season, so don't be surprised if you get a little unforeseen bonus during your visit. Fort Henry National Historic Site is one of Canada's premiere historic attractions, and has been designated

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	by the Government of Canada as a place of national significance. This place is part of the Family of National Historic Sites, one of more than 800 places across Canada which help define the important aspects of Canada's diverse but common heritage and identity.
NAME	The Fort was named after the point of land on which it stands. Point Henry, in turn, was named after Henry Hamilton who was the first Lieutenant Governor of Quebec.
HISTORY	<p>Fort Henry was built from 1832 to 1837 to replace an existing fortification from the War of 1812 era. Both forts were built to defend against Canada's enemy of those times – the United States! Situated atop Point Henry, the Fort protected the naval dockyard at Point Frederick, the entrance of the Rideau Canal and the town of Kingston, which was the major transshipment point along the supply route between Montreal or Ottawa and all points west.</p> <p>The British Army garrisoned Fort Henry until 1870 when Queen Victoria's troops were pulled out of Canada. Soon after, "A" Battery, School of Gunnery, followed by "B" Battery, took up residence in the Fort and remained there until 1891.</p> <p>During World War I, Fort Henry was superficially repaired and used as an internment camp for political prisoners. Following the war, the Fort fell into complete disrepair.</p> <p>Fort Henry was restored from 1936 to 1938 as a joint Federal / Provincial make work project costing over \$1 million. The Fort was opened as a museum and historic site "in the name of all British soldiers who served there" by Prime Minister Mackenzie King in August 1938.</p> <p>During World War II, Fort Henry became Camp 31, a Prisoner of War camp for enemy merchant seamen, soldiers, sailors and airmen. Reopened in 1948, Fort Henry has seen millions of visitors pass through its gates to watch the internationally acclaimed Fort Henry Guard perform.</p>
TODAY	Years later, Fort Henry continues its role as a museum and historic site to residents of Kingston and visitors from all around the world. Once inside the wooden gates, visitors enter the realm of 19th century military life, experience guided tours, scenic views, heart-pounding musical performances and precision military demonstrations by the Fort Henry Guard (a highly disciplined group of university student recruits trained as British soldiers from 1867). You will also see people representing the civilian population of the Fort as schoolteachers and soldiers' wives. The Fort also plays host to numerous special ceremonies and events that take place all season long.
WHAT'S NEW	An exhibit celebrating the Rideau Canal with highlights of the Kingston Fortification System, including the keystone fortress on Point Henry is open at Fort Henry. The exhibit helps to explain the story of the planning and construction of the canal and the related defenses. It's all the more

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topical now as the Rideau Canal and Kingston Fortification System has been awarded UNESCO World Heritage Status, the only such site in the province of Ontario.

ACTIVITIES 2009

Event	Fort Level	10:00	11:00	NOON	1:00	2:00	3:00	4:00
Flag Raising/Lowering	Lower	10:10 Reveille						4:50 Retreat
Noon Gun Parade	Lower		11:50					
Artillery Firing	Lower			12:00			3:10	4:50
Fort Henry Guard Training	Lower	Throughout the day						
Sentry Change	Upper	10:30	11:30	12:30	1:30	2:30	3:30	4:30
English Tours Departure	Upper	10:30	11:00 11:30	12:30	1:00 1:30	2:00	3:30	4:00
French Tours Departure	Upper		11:30		1:30		3:45	
Garrison Parade	Lower						3:00	
Victorian Schoolroom Sessions	Lower	11:00		12:30				4:00
Write a "Letter from the Citadel"	Lower					2:30		
Mascot Walk About	Lower	Throughout the day						
Train as a Guard Muster Parade	Upper		11:00		1:00		3:30	
Equipment of the Empire: Includes A Rifle Firing Demonstration	Lower	10:30		12:15			3:45	
Crimes and Punishment of Private Atkins	Upper				1:15			
Children's Storytelling by Schoolmistress Macklin	Upper			12.45				
Garrison Pay Parade	Upper		11:35			2:30		
March of the Piper					1:00			
End of Day Ceremonial	Lower							4:45

OPENING HOURS

May 16 – Sept 20, 2009 10:00 a.m. - 5:00 p.m. Daily
 From 5 PM until 8 PM guests are welcomed to take a self guided tour with site map for only \$5.

Sept 25 – Nov 7, 2009 6:00 p.m. – 10:00 p.m. Tues to Sat
 Fort Fright

DIRECTIONS

Fort Henry is located in the City of Kingston, in Eastern Ontario, centrally located between the cities of Montreal, Ottawa and Toronto. The Fort overlooks Lake Ontario, and is located on County Road 2, just east of the downtown core.

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From Highway 401, take Exit 623 (County Road 15) south to the end and turn right on County Road 2. A left turn at the next traffic lights puts you at the Fort's information centre. As you continue up the hill towards the Fort, you will notice the buildings of the Royal Military College to your right, on the opposite bank of Navy Bay.

COSTS

Day Program (Monday - Sunday 10:00 am - 5:00 pm)		
Category	May 16-Aug. 31	Sept. 1-20
Adult	13.25	10.00
Seniors (65+)	11.00	9.00
Student (13 - 18)	9.75	8.00
Child (3 to 12)	6.50	5.50

Sunset Ceremonies July and August		Sunset + Day Program (purchase together)
Adult	18.00	25.00
Seniors (65+)	17.00	22.40
Student (13 - 18)	15.00	19.80
Child (3 - 12)	12.00	14.80
Group Rate (15 or more)	15.71	20.19

Fort Henry Tattoo Fees	
Adult	22.00
Seniors (65+)	20.00
Student/Child	17.00
Group Rate (15 or more)	17.14

Fort Henry US Marine Corps Visit Fees August 15 & 16, 2009	
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Adult	20.00
Seniors (65+)	19.00
Student (13 - 18)	17.00
Child (3 - 12)	14.00
Group Rate (15 or more)	17.62

Fort Fright

Sept. 25 -Nov. 7 , 2009

General Admission	9.00
Military Admission (with identification)	7.00
Group Rate (15 or more)	7.00

There's also some great deals at Fort Henry this year:

- NEW Admission Bundles – Fort admissions with discounted retail product and beverage
- NEW Photo Studio – “Come get SHOT at the Fort’ – dress up –take home memento
- NEW Season's Pass – great value: \$35 – 2 Sunset Ceremonies, unlimited Day Program visitation, \$2 off Day program guest admission, free parking and 15% off Garrison Store purchases
- New at the St. Lawrence Parks Commission this year - which runs Upper Canada Village, Fort Henry, Upper Canada Golf Course, Chrysler Park Marina and numerous campgrounds along the St. Lawrence River....Upper Canada Village, Fort Henry and Parks are launching an exciting new coupon promotion this year called "**Gimme 5**", where customers will be able to purchase online a "Gimme 5 Value Vacation Card" for only \$5, but in turn receive up to \$50 in savings (\$5 off ten different experiences in the SLPC) including: Upper Canada Village Day Admission; UCV Retail Stores; Alight At Night winter Light Festival; Fort Henry Day Admission; Fort Henry Sunset Ceremonies, Music Tattoo and US Marine Weekend; Fort Fright; The Fort Henry Stores; a Full day canoe or kayak rental or a round of 18 with a cart at Upper Canada Golf Course. Cards go on sale from June 1 to August 31 and a new "Gimme

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	5" web landing page will be posted on each of our SLPC web sites, where the cards will be sold through www.ticketweb.ca
FOOD	<p>Soldiers' Canteen: Throughout the main season, enjoy light lunches, snacks, confections, baked goods and beverages in the Soldiers' Canteen, conveniently located in the upper parade square of the Fort. Daily lunch specials are available during July and August. VIP dining available prior to select evening performances.</p> <p>Jessup Food & Heritage: Groups of 15 or more can step back in time to enjoy a taste of the past. Soldier servants will treat you as a guest of the Fort Henry Officers' Mess from the 1860s, and provide lively anecdotes alongside sumptuous food. This truly memorable event can be arranged at any time.</p> <p>Dinner and a Show: On the evenings of all Sunset Ceremony performances during July and August visitors may participate in two Dinner & Show dining packages. Packages include a three-course dinner served by soldier servants in the Officers' Mess followed by VIP seating or reserved bleacher seating for the Sunset Ceremony performance. A value-priced alternative is the barbeque meal served in the performance area prior to the Sunset Ceremony for just \$9.99 (inclusive) plus the price of admission.</p>
DISABLED ACCESS	With the exception of the underground firing chambers and the upper level exhibit rooms, Fort Henry is completely accessible to wheelchairs. The men's and women's washrooms have been specially equipped for wheelchair access, and the Garrison Store has a portable wheel chair ramp that can be installed upon request.
SHOPPING	<p>The Garrison Stores at Fort Henry offer visitors a variety of gifts and mementos of their visit. Set in three historic casemates, the Garrison Stores have something for everyone. Souvenirs, fine garments, giftware, books children's games and toys, toy soldiers, fine military collectibles and reproduction cannons reflect the diversity of products available.</p> <p>Speciality products such as the Sunset Ceremony video, the Fort Henry booklet and the Fort Henry Guard Fife and Drum CD and cassette are available by mail order year round.</p>

FORT HENRY EVENTS IN 2009	There's often something special happening at the Fort, so check their website and the details below...
Sunset Ceremonies	<p>Wednesday, July 8 at 7:30 PM</p> <p>Wednesday, July 15 at 7:30 PM</p> <p>Wednesday, July 22 at 7:30 PM</p> <p>Wednesday, July 29 at 7:30 PM</p>

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	<p>Wednesday, August 5th at 7:30 PM Wednesday, August 12th at 7:30 PM Wednesday, August 19th at 7:30 PM Wednesday, August 26th at 7:30 PM</p> <p>Fort Henry National Historic Site of Canada heats up Wednesday evenings throughout July and August with the World Famous, award winning Sunset Ceremonies! The Fort Henry Guard Drums, Drill Squad and Artillery Detachment present an hour and a half interpretive story of 1860s military music, precision drill and big-bang artillery maneuvers, including a mock battle! The show ends with a spectacular fireworks finale. The show is performed entirely by college and university students, sure to invoke patriotism and pride for all who experience it. The Fort Henry Guard carry on a world-famous tradition that began on July 20th, 1955.</p>
<p>1812 at the Fort</p>	<p>1812 Overture Weekend Friday July 17th and Saturday July 18th Starting at 8:00 p.m. The Kingston Symphony and the world renowned Fort Henry Guard take part in live performances of Tchaikovsky's 1812 Overture with 1860's cannon firing accenting the musical strains of the Symphony Orchestra. The show includes a fireworks finale in conjunction with the end of the performance. Tickets available through the Grand Theatre Box office at 613-530-2050.</p>
<p>Fort Henry Military Tattoo</p>	<p>Fort Henry Tattoo Saturday July 25th Starting at 7:30 p.m. The Tattoo is one of Fort Henry's premier events and showcases the drill and musical skills of the Fort Henry Guard combined with drill and musical skills from international acts. The special celebratory evening includes a fly past of the Canadian Air Force and a dazzling fireworks finale. This year's Tattoo celebrates the Centennial of Flight in Canada. Guest performers include: Argyll and Sutherland Highlanders of Canada Royal Hamilton Light Infantry Band US Naval Drill Team BrassWerks Canada DanceSport HMCS Ontario The Lorne Scots Regiment Pipes & Drums Trenton General Service Band Cameron Highlanders of Ottawa</p>
<p>United States Marine Corps Joint Ceremonials</p>	<p>Saturday, August 15th and Sunday, August 16th Starting at 7:00 p.m. The tradition of joint-performance partnership continues in two gala evening ceremonials at Fort Henry National Historic Site of Canada. The Fort Henry Guard Drums, Drill Squad and Artillery Detachment</p>

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	<p>meet the United States Marine Corps Silent Drill Platoon and The Commandant's Own Drum and Bugle Corps to present a truly professional, precise and never before seen, two hour evening performance celebrating our mutual military culture, traditions and cross-border friendships. A patriotic, fireworks finale will mark the end of the joint performances.</p>
<p>Big Gun 5km Run</p>	<p>Big Gun Run Sunday August 23rd Registration starts at 8:00 A.M. Two kilometre walk starts at 8:45 A.M. Five kilometre run starts at 9:00 A.M. Cost: \$30.00 to register. Any fundraising above \$30.00 registration fee is waived for the participant and all donations over \$10.00 get a charitable tax receipt. Join us at Fort Henry for the Big Gun Run a 5km foot race or 2 km walk around the Point of Fort Henry in support of Easter Seals Ontario, raising money to help kids with physical disabilities. This scenic route showcases the World Heritage Site locations in the Kingston Fortifications Network and is an exciting run for a great cause!</p>
<p>Reflections of the War of 1812- Siege on Fort Henry</p>	<p>Saturday August 22nd and Sunday August 23rd From 10:00 a.m. to 5:00 p.m. See the Fort of the past as it is animated by over 50 re-enactors from the War of 1812 showcasing how life would have been for Canada's first Soldiers. Events include a naval attack on the Fort from Navy Bay, a speaker's series, and interactive demonstrations.</p>
<p>Fort Fright!</p>	<p>Fort Henry double dares you to enter the eerie gates into the frightening experience of Fort Fight - Eastern Ontario's largest new fall event! The screams begin September 25th and continue every Tuesday, Wednesday, Thursday, Friday and Saturday evening from 6:00 pm to 10:00 pm until November 7th "Ghosts of the Fort" Tours also available. These 40 minute tours of the real-life ghost stories of Fort Henry are offered by the Haunted Walk of Kingston.</p>

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KINGSTON	<p>Kingston, Ontario - fresh-water sailing capital of North America – offers a lively summer getaway with a vibrant waterfront culture and streets alive with music and events.</p> <p>Cruise Kingston harbour or wind through the Thousand Islands while enjoying live entertainment, your favourite beverage or a sunset dinner cruise.</p> <p>A “must-see” is Fort Henry, Ontario’s only UNESCO World Heritage Site – where history comes alive with costumed demonstrations, children’s activities and dramatic sunset ceremonies.</p> <p>The city has two great venues with fabulous year round programming: the new K Rock Centre and the Grand Theatre with the Prince Edward County Music Festival in September.</p> <p>Tour the city sites and museums aboard the historic Confederation Tour Trolley - including Canada’s first Prime Minister’s House, the Royal Military College and more.</p> <p>Or enjoy the green spaces and hiking trails just ten minutes outside the city. Bird watchers delight in the many species found in this area and trails take you by marshlands and across wooden foot path bridges.</p> <p>You can shop till you drop at unique boutiques, shops and markets. And feast on festivals with the Busker’s Rendezvous, LimeCity Bluesfest, Canadian Olympic Sailing Regatta and much more!</p>
Location	At the eastern end of Lake Ontario, where the lake runs into the St. Lawrence River and the Thousand Islands begin.
Name	Kingston is nicknamed the "Limestone City" because of the many historic buildings built from limestone
Population	117,000 for the City of Kingston 152,000 for Metro area
Language	English
Currency	Canadian Dollar
Tipping	10-15%
Time zone	Eastern Time Zone

CLIMATE	
General climate	Because of its proximity to Lake Ontario, Kingston typically enjoys less extreme temperatures than areas inland.
Today’s weather	19 degrees Centigrade with sun and clouds (4 July 2009)
Best time to visit	Kingston is truly a four season destination – great to visit at any time of year.

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GETTING THERE	
Flying time	There are 5 flights per day between Kingston's Norman Rogers Airport and Pearson International; flight time is 40 minutes
Trolley Buses	Discover Kingston aboard the Confederation Tour Trolley . \$12 adult Relax and let guides take you on a 50-minute exploration of Kingston's beautiful waterfront and charming limestone heritage with highlights including Fort Henry, the Royal Military College, Penitentiaries, Olympic Harbour, Bellevue House and Queen's University. Hourly departures
Distances	267 km from Toronto - about 3 hrs driving time
Ferries	Wolfe Island: Wolfe Islander III ferry – 20 minutes, free , links to Simcoe Island and the U.S.; there's also two 9-hole golf courses
Trains	Via Rail provides business and leisure travelers with convenient rail service to and from the City of Kingston. With 22 departures and arrivals daily, Kingston's station offers connections to and from major city centres such as Montreal, Ottawa and Toronto. For a listing of fares and schedules, visit the Via Rail website at www.viarail.ca or call 1-800 VIA-Rail.
Car Rental	All major car rental companies are available in Kingston
Buses	Coach Canada / Trentway-Wager Bus Lines operates 25 daily departures and arrivals at the City of Kingston terminal, to and from major city centres such as Toronto, Cornwall, and Peterborough, Coach Canada / Trentway-Wager provides passenger, charter and cargo services to and from the City of Kingston. For more information on bus schedules and fares please call (613) 547 - 4916 or visit www.coachcanada.com Voyageur Bus Lines provides service to and from the Kingston terminal. There are nine daily departures and arrivals providing convenient connections to Ottawa. Voyageur Bus Lines also provides cargo services via Parbus Courier Service. For more information on both of these services call (613) 547-4916 or visit www.greyhound.ca
ACCOMMODATION TYPES	Visitors will be delighted with the choice in hotel and motel accommodations in Kingston. You can wake up and enjoy a front-row view of cruise ships, tour boats and pleasure craft on sparkling Lake Ontario. Or you can enjoy breakfast and watch the boaters' activity at our downtown marina. You can open your eyes to a pool and lovely secluded garden setting or you can have a pool and playground right in your hotel. Of course, hotels that we have featured on the Travel Shows are particularly recommended: The Rosemount Inn , The Belvedere Hotel and the Four Points Sheraton (see below for further details)

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TARGET GROUPS	
Kids	<p>Kingston 1000 Island Cruises: Step on board the magnificent 1000 islands - a "must" on a visit to eastern Ontario. This classic river boats offer the widest variety of cruises in the 1000 Islands region. Join one of the scheduled departures or customize a memorable cruise event to your particular needs. See the historic harbour of Kingston, Canada's first capital with a 90 minute tour of the Kingston waterfront and surrounding islands. The 3- hour "Heart of the Islands" cruise combines a voyage aboard the triple deck paddle-wheeler, the Island Queen, with live entertainment, and scenery second to none.</p> <p>The Haunted Walk: \$13 Join them for an evening tour of Kingston's ghost stories and darker past by lantern-light or try the Ghosts of the Fort haunted tour of Fort Henry.</p> <p>http://www.hauntedwalk.com/kingstontours</p>
Teens	<p>Family Fun: The Skydeck is a unique attraction. The 130 metre tower offers a spectacular view of the 1000 Islands above the St. Lawrence River; Lake Ontario Amusement Park: A fun filled amusement park in a beautiful setting - 13 rides from bumper cars, ferris wheel, bumper boats, tilt-a-whirl and more; Kingston Family Fun World: 3 Screen drive in featuring the latest hit movies - 1/2 mile lit go kart track - 6 cages batting tent and 18 hole mini golf.</p>
Romance	<p>Spa: Escape the world and experience the tranquility of Spa at the Mill, located in Historic Woolen Mill along the shores of the Cataraqui River. Whether you visit for an early morning massage and esthetics or succumb to a full day of spa treatments.</p> <p>For refreshing and soothing spa treatments and packages, try the Vinotherapy Spa at Rosemount Inn. With its beautiful, relaxing atmosphere, Chef-created spa cuisine and unique Vinotherapy wine-based products, you are sure to leave feeling pampered, polished and revitalized. View the complete spa menu of massages, wraps and other treatments here:</p> <p>http://www.rosemountinn.com/spa_treatments.htm</p>
Honeymoons & Weddings	<p>Great inns, romantic Victorian B&B's, sunsets over the lake, sumptuous dining, easy access...a great recipe for weddings and a great location for a peaceful honeymoon.</p> <p>For a wedding venue in Kingston: Imagine an intimate gathering of your closest friends and family. Picture period antiques, beautiful gardens and fine dining. Gather your wedding guests all together in The Rosemount Inn & Spa, and spend a memorable weekend of relaxing moments and celebration. They will take care of the details, whilst you spend time with your loved ones during this special time.</p>
Seniors	<p>A lovely destination to wander round the shops, see the sights on the Trolley Tour and take in the scenery and history of one of Canada's most cultured cities.</p>

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<p>UNIQUES</p>	<p>Did you know that Kingston... was Canada's first capital was the birthplace of Ontario's brewing industry is the fresh-water sailing capital of the world has the best fresh-water shipwreck diving in the world is the birthplace of the world famous 1000 Islands Salad Dressing was the original birthplace of Hockey in 1870 is home to North America's oldest operating 19th century canal is home to Canada's oldest operating Farmers' Market that there are actually 1,864 islands within the 1000 Islands that there are 4 wilderness conservation areas within the city limit and over 40 provincial, federal, and state parks within an hour's drive is a migratory route for over 325 bird species</p>
<p>Surprising</p>	<p>Some Celebrated Locals Dan Ackroyd Peter Trueman Don Cherry The Tragically Hip Georgette Fry David Usher Sarah Harmer</p>
<p>History</p>	<p>The French originally settled upon a traditional Mississaugas First Nation site called Katerokwi (Cataraqwi in the common transliteration which uses French pronunciation rules, is pronounced CAT - AH - RAH - KWAY) in 1673 and established Fort Cataraqwi, later to be called Fort Frontenac. The fort was captured and destroyed by the British in the Battle of Fort Frontenac near the end of the Seven Years' War in 1758. A receiving centre for fleeing refugees from the American Revolution, it became the primary community of south-eastern Upper Canada. New settlement from the United Empire Loyalists and Mohawks from the Six Nations in New York, led by Molly Brant (the sister of Six Nations Leader Joseph Brant - Thayendanegea), formed a significant part of an expanding population in the area at the end of the 18th century. During the War of 1812, Kingston was the base for the Lake Ontario division of the Great Lakes British naval fleet which engaged in a vigorous arms race with the American fleet based at Sackett's Harbor, New York for control of Lake Ontario. After the war, Britain built Fort Henry and a series of distinctive Martello towers to guard the entrance to the Rideau Canal. Fort Henry still stands and is a popular tourist destination. Kingston's location at the Rideau Canal entrance to Lake Ontario, after canal construction was completed in 1832, made it the primary military and economic centre of Upper Canada. Incorporated as a town in 1838,</p>

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	<p>Kingston had the largest population of any centre in Upper Canada until the 1840s. Kingston was incorporated as a city in 1846. Kingston was the first capital of the united Canada's before Confederation from 1841 to 1844, and hosted the first meeting of the Parliament of the United Canada's on June 13, 1841. The city was considered too small and lacking in amenities, however, and its location made it vulnerable to American attack. Consequently, the capital was moved to alternating locations in Montreal and Toronto, and then later to Ottawa in 1857.</p>
Books	Frommer's Canada
Prisons	<p>Kingston has the largest concentration of federal correctional facilities in Canada. Of the nine institutions located in the Kingston area, seven of them are located within the municipal boundaries of the city. Until 2000, Canada's only federal correctional facility for women, the Prison For Women (nicknamed "P4W") was also located in Kingston. In 1995, Louise Arbour was appointed to lead the Commission of Inquiry into Certain Events at the Prison for Women in Kingston. As a result of the commission's report, the facility was closed in 2000</p>
Must Sees	<p>Rideau Canal System – part of Ontario's first UNESCO World Heritage Site</p> <p>If you haven't toured the famous Rideau Canal, a short drive out Montreal Street past Highway 401, and then the first right-hand turn, will deliver you to the Kingston Mills Lock Station, the first on the Rideau as it winds its way toward Ottawa.</p>

SPORTS ACTIVITIES	<p>Although contested, Kingston lays claim to being the birthplace of ice hockey. This claim arises from a game played in 1886 between Queen's University and the Royal Military College of Canada, and is recognized by the Canadian Amateur Hockey Association. The rivalry between Queen's and RMC is the world's oldest in hockey. Kingston is represented in the OHL by the Kingston Frontenacs</p>
Golf	<p>The Kingston area is well known for its fine golf courses and for the many strong players it has produced. The Kingston Golf Club, established in 1884, was a founding member of the Royal Canadian Golf Association in 1895. The first winner of the Amateur Canadian Golf Championship that same year was Kingstonian Thomas Harley, a Scottish emigre longshoreman. Dick Green was the longtime club professional for nearly 40 years at Catarauqui Golf and Country Club, which has one of Canada's top courses (designed by Stanley Thompson). Green, a superb player and teacher, also designed several courses in Eastern Ontario, including Smiths Falls, Glen Lawrence, Amherstview, Garrison, Rivendell, and Colonnade. Matt McQuillan, now a professional player on the Canadian Tour, was born and raised in Kingston, and developed his game at the Garrison Golf and Curling</p>

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	Club. McQuillan won the 2005 Telus Edmonton Open.
Fishing	Nickel's Charters: they have enjoyed a high degree of success in catching fish: Lake Trout, averaging 8 to 9 lbs with upper limits to 22 lbs. The Salmon average 13 lbs with highs of 34 lbs with larger available with luck. Rainbows and Browns average 6 to 7 lbs with upward ranges of 14 lbs for Rainbows and 25 lbs for Browns. Telephone: (613) 824-3846
Sailing	"Freshwater Sailing Capital of the World" The city is famous for its fresh-water sailing, and hosted the sailing events for the 1976 Summer Olympics. CORK — Canadian Olympic-training Regatta, Kingston — now hosted by CORK/Sail Kingston Inc. is still held every August. Kingston sits amid excellent cruising and boating territory, with easy access to Lake Ontario, the St. Lawrence River, and the Thousand Islands including the St. Lawrence Islands National Park. Kingston is also home to the youth sail training ship called the St-Lawrence 2.
Hiking	From city parks and paths to more serious trails in the Shield Country to the north of the City, Kingston has lots to offer hikers.
Cycling	Great waterfront trails and level bike paths along the Rideau Canal; bike rentals are available too.
Diving	"Best freshwater shipwreck diving in the world": visibility 40-100 feet; 12 wreck sites eg The Comet 1861 steam-powered side wheeler (zebra mussel filters water)

CULTURE	Kingston has developed a thriving artistic and entertainment life. The city hosts several festivals during the year, including the Limestone City Blues Festival, the Kingston Canadian Film Festival, Fanfayr, the Kingston Buskers' Rendezvous, Kingston Sheep Dog Trials, Kingston Jazz Festival, Kingston Dragon Boat Festival, Canada DanceSport, Reelout Queer Film Festival, the Festival of Trees, Feb Fest, the Limestone Classic, and the Chilifest. The Kingston Symphony Orchestra performs at Kingston's Grand Theatre, as do several amateur and semi-professional theatre groups. Also in the city is Theatre Kingston (formerly Theatre Beyond), a professional company.
Arts	The Agnes Etherington Art Centre - One of Canada's most attractive museums. A suite of three elegantly furnished rooms in a 19th century house. Open year-round, located at the corner of University and Queens Crescent. Call 545-2190. Eclectica Gallery - Canadian art, fine crafts and one-of-a-kind gifts. Elegant to the whimsical, fancy to functional, in the heart of Kingston's Heritage Market. Located at 300 King Street East (at Clarence). Call 542-GIFT (4438).

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	<p>Union Gallery - Featuring contemporary art by Queen's University BFA students, Queen's Alumni, members and other professional artists. Located on the first floor of the Stauffer Library, Queens University (at University and Union Avenue). Call 545-6000 ext 5384 for more information.</p>
Music	<p>The city has spawned several musicians and musical groups, most of whom are known mainly within Canada, but a few of whom have achieved international success. These include John Kay, lead singer, harmonica player, and occasional guitarist of the heavy metal late 60s/early 70s band Steppenwolf, members of The Tragically Hip, The Mahones, jazz singer Andy Poole, Bedouin Soundclash, Sarah Harmer, The Arrogant Worms, The Headstones, The Inbreds, David Usher (formerly of Moist), and Kingston is the birth place of Bryan Adams. Singer Avril Lavigne, from nearby Napanee, began her career after gaining notice singing at a Kingston fair and bookstore. The first winner of the television series Canadian Idol was Kingston native Ryan Malcolm.</p> <p>The city is also Juno Award musicians' home: The Tragically Hip, Sarah Harmer, David Usher</p>
Theatres	<p>Grand Theatre - Originally called Martins Opera House, the building at 218 Princess Street was destroyed by fire in 1898, restored in 1902 and then sold to a man named A J Small. More changes to the building followed. In the 1930s it was renamed Kingston's Grand Theatre. Today it is Kingston's premier venue for live performances by Canadian and international artists. Call 530-2050 for more information.</p> <p>Domino - The Domino Theatre Group is dedicated to providing Kingston audiences with quality entertainment, while allowing amateurs a chance to act. In the first few years of the group's existence, actors performed mainly in halls and in churches. Then in 1964 they moved into a waterfront address. Today the Domino Theatre Group can now be found at 370 King Street. Call 549-2735 for more details.</p> <p>Theatre 5 - This established, local theatre presents a varied program throughout the year. Located at 370 King Street West. Call 546-5460 or 530-2050 for information.</p> <p>Wellington Street Theatre - For information and tickets, please give us a call or visit us at http://www.grandtheatre-kingston.com. Located at Wellington at Johnson Street. Call 613-530-2050.</p>
Museums	<p>Marine Museum of the Great Lakes: Tall tales, high adventure, bold exploration and mighty enterprise highlight the story of Canada's great inland seas. The museum's facilities include a library, reading room, archives and a book & gift shop.</p> <p>The Penitentiary Museum: Explore the history of Canada's federal penitentiaries. The museum is located in the former Warden's residence of Kingston Penitentiary, built by inmate labour between 1870 and 1873.</p>

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Call 613-530-3122 for more information

Bellevue House

From 1848-1849, Bellevue was home to Canada's first prime minister, Sir John A Macdonald. The estate has been restored to represent the period, and during the summer months tour guides will greet visitors in their period costumes. Bellevue House is located at 35 Centre Street in Kingston. Call 545-8666 for more information.

City Hall

Next to the old market and with a fine view of the waterfront, City Hall on King Street was originally intended to be Canada's first parliament building. But by the time construction was completed (when TK), Kingston was no longer the capital. Guided and self-guided tours are available.

International Hockey Museum

Relive great memories with heroes of the past and present at the International Hockey Museum. It's collection of photographs and mementos celebrate 100 years. Located at Alfred and York streets in Kingston. Call 613-544-2355 for more information.

Kingston Archaeological Centre

Offering an impressive display representing more than 8,000 years of Kingston region. Located at 72 Gilmore Ave in Kingston. Call 613-542-3483 for more information.

Kingston Mills Blockhouse

Experience the life of an 1839 soldier in the restored Blockhouse. Discover more of the Rideau River's past in the visitors bureau. Local history will come alive at the Kingston Mills Lock Station. Admission is free. The Blockhouse is located on Kingston Mills Road, 1.5 kilometres north of Highway 401. Call 359-5377 for more details.

Maclachlan Woodworking Museum

Features displays and demonstrations that illustrate 19th century life... Women at Work, Logging and Lumbering, Canadian Planemakers. Located on Hwy 2, 10 km East of Kingston. Call 613-542-0543 for more information.

Marine Museum

Celebrate nearly 300 years of shipbuilding in Kingston. The Marine Museum occupies four connected buildings, each with various exhibits and artifacts. Permanently berthed alongside the museum is the decommissioned Canadian Coast vessel Alexander Henry, which also offers tours. The museum is located 55 Ontario Street. Call 542-2261 for more details, or visit the museum's website at <http://www.marmus.ca>

The Military Communications and Electronics Museum

North America's largest specialized communications museum. Explore communications history from 1867 to modern day. Located at 95 Craftsman Blvd. CFB Kingston. Call 613-541-5395 for more information.

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Festivals	<p>Limestone City Blues Festival August 27–30, 2009 www.kingstonblues.com The Limestone City Blues Festival will once again bring Downtown Kingston alive with the sounds of the blues August 27, 28, 29 and 30, 2009. For the first time ever, an opening night concert for the Limestone City Blues Festival will be held at the K-Rock Centre. Thursday August 27th will feature Blues & guitar legend Robert Cray with special guest star, blues & gospel legend Mavis Staples. Tickets are \$35 and go on sale at the <u>K-Rock Centre</u> Friday, June 26, 2009 at noon. This year will deliver another year of blues greatness. The main stages at The Hub and in Springer Market Square will feature Garrett Mason, Delta Highway, Fathead and Shemekia Copeland. The regular \$10 admission bracelet will be available from participating venues beginning July 2 and will be good for all outdoor concerts and participating clubs during the four day festival</p> <p>Kingston Fall Fair September www.kingstonfair.com The event showcases agricultural displays, an indoor horse show, cattle shows, 4-H shows, grain competitions, home-crafts, baking, grandstand attractions, musical entertainment, and a midway with rides & games.</p> <p>Studio Art Tour Oct 17-18, 2009 www.townandcountrystudiotour.com Tour the scenic countryside and unique areas of Kingston Ontario and visit local artists in their studios. It's a great way to get to know the art and the artists!</p> <p>Pumpkinfest Oct 31, 2009 www.cityofkingston.com Celebrate the harvest at the MacLachlan Woodworking Museum with games, pumpkin carving and entertainment.</p>
ATTRACTIONS	<p>The Rideau Canal, National Historic Site was built during the great canal building era of the 19th century and has survived intact to modern times as an operating canal. To visit the Rideau Canal is to study the natural environment and the history of this part of Canada. It was built in the wilderness where technology was unknown and provided a secure transportation route that opened the area to immigration and settlement and to the development of various industries such as farming and milling.</p> <p>At Kingston Mills and other lock stations, Parks Canada offers tours and other activities. Spirits Rising presents campfire style ghost stories. Through a series of tales - complete with music, theatre, special effects and things that go bump in the night - the Rideau Canal's lively, amusing and sometimes frightening past is relived.</p> <p>Bellevue House National Historic Site was built in the 1840s, and is a fine Canadian example of the Italianate villa style. John A. Macdonald, a</p>

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	<p>young Kingston lawyer and politician, moved his wife and infant son to the house in 1848 to prosper from the fresh air and pleasant view. Macdonald went on to become a Father of Confederation and Canada's first Prime Minister. Today the house and grounds have been restored to that period, and costumed staff offers a glimpse of the family's daily life. On select days during the week, visitors can enjoy a variety of teas and desserts in the beautiful surroundings of the Bellevue House garden.</p> <p>Historic plaques are scattered throughout the city. Local cemeteries are sure to delight genealogists and historians. The library houses historic volumes that can be carefully perused. The local museums all have lots of stories to tell about different aspects of the city's heritage.</p>
<p>Beaches</p>	<p>Kingston stands on a solid limestone foundation, deposited thousands of years ago by ancient geological activity. Therefore the majority of our shoreline consists of huge rocky embankments. However, fantastic sandy beaches are only a short car or ferry ride away. Wolfe Island boasts Big Sandy Bay, while Grass Creek Park is located eastbound (approximately 10 km) on Highway 2, near the MacLachlan Woodworking Museum.</p> <p>Leo Lafleur Memorial Pool is a seasonal outdoor pool operating during July and August. This 30-metre pool includes the largest outdoor waterslide in Kingston (303 York Street). The Artillery Park Aquatic Centre is a year-round aquatic and fitness centre that includes a 25-metre pool with sauna, fitness centre and gym.</p>
<p>Parks</p>	<p>1000 Islands: 1864 actually – (island = above water 365 days/yr plus support 2+ trees) “The Garden of the Great Spirit” native name; St Lawrence Islands National Park comprised of 21 different islands in the St. Lawrence River, and is Canada’s smallest national park.</p> <p>Journey along the scenic Thousand Islands Parkway and Bikepath, running for 22 miles (37km) from Gananoque to Brockville; or take the picturesque St. Lawrence Recreational Trail which follows the shoreline of the River from Morrisburg to Cornwall (50km).</p> <p>Over 40 provincial, Federal and State parks are within 60 minutes’ drive of Kingston.</p>
<p>Gardens</p>	<p>Lake Ontario Park</p> <p>A multitude of activities for young and old are available at Lake Ontario Park. Swim, play mini-golf or stroll the appealing pathways around the area. The Lake Ontario Amusement Park is located in the vicinity, and offers several rides and events. Camping is obtainable.</p>
<p>Castles/Forts</p>	<p>Fort Henry, erected in 1812 and largely unchanged since its reconstruction in the 1830s, commands a high promontory overlooking the harbor and town. May 18 to August 31, the Fort Henry Guard and their goat mascot, David, perform 19th-century drills, musters, and parades. Regular programming includes music and marching displays</p>

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	<p>by the fife-and-drum band, exhibitions of infantry drill, and mock battles of tall ships, many of them brought to a close with the firing of the garrison artillery and the lowering of the Union Jack. Parts of the fort - the officers' quarters, men's barracks, kitchens, and artisans' shops - have been restored to show the military way of life as it was around the year 1867. The most imposing events are the "Sunset Ceremonies," elaborate military tattoos with martial music performed Wednesdays at 7:30pm in July and August. On those nights, an extra treat is a three-course dinner served in the officers' dining room followed by seatings in bleachers or in the balcony to view the sunset ceremonies.</p> <p>Martello Towers: 1846 Oregon Crisis with US, 6 round towers, 2 open: Murney and Fort Frederick – canons on rotating tracks</p>
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OTHER ACTIVITIES	
Shopping	<p>Downtown Kingston is "The Heart of the City" - a vibrant and prosperous full service commercial and entertainment centre featuring over 100 restaurants, 200 plus specialty stores</p> <p>The Antique Market (same location as Farmer's Market) happens on Sundays during the summer</p>
Markets	<p>Canada's oldest operating farmers' market: since 1801 in Market Square, adjacent to City Hall</p>
Nightlife	<p>First class entertainment and a lively pub and music scene mean that there's always plenty to do in the evenings here!</p>
Casinos	<p>Thousand Islands Charity Casino, Ganonoque</p>

CUISINE	
Food	<p>Kingston boasts an amazing array of excellent dining establishments. Culturally diverse, we offer cuisine from all corners of the world, including Greek, Portugese, Italian, Indian, Thai, Chinese and Szechwan, French, Tex-Mex, Japanese and Vietnamese as well as vegetarian, seafood, and pub fare.</p>
Wine	<p>Local wineries in Prince Edward County are close by and tours and sampling are available.</p> <p>Kingston Brewing Company (KBC) is located on Clarence St. near the intersection of Ontario St. As implied by its name, this pub brews its own beer and offers many seasonal beers. Notable brews from KBC include White Tail, Dragon's Breath, and the pub's own apple cider. KBC also offers beers from other companies, including Guinness, and other well known brands. They have a monthly "Brewer's Whim" which is usually a Canadian microbrew.</p>
Restaurants	<p>Here are some suggestions:</p> <p>1000 Islands Dinner Cruise</p> <p>A Unique evening of ever changing scenery, candlelight dining and dancing with live entertainment in the 1000 islands. Fine wines</p>

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compliment a delicious three course choice menu that is freshly prepared on board. The Island Star Sunset Dinner Cruise gets rave reviews. Boarding 6pm and departing 6:30pm. Departures from 1 Brock Street. Call 613-549-5544.

Aquaterra by Clark Restaubistro

The ultimate dining experience. Enjoy the best view in the city and let professional staff guide you through the dynamic menu including a Prix Fixe option, or savour the Table d'Hote, a four course dining option with optional wine pairing. On Sunday, 10am - 2pm indulge in our spectacular brunch. Reservations recommended. Located at 1 Johnson Street. Call 549-6243.

Barricks Banquet at Fort Henry

Open year round, with a banquet hall that holds up to 125 people. Dining Thursday, Friday, Saturday starting at 5:30 pm and Sunday Brunch from 10:30 am - 2:30 pm. Call 530-2550.

Bistro Stefan

Tantalize the senses at Bistro Stefan, one of Kingston's best dining experiences. Savour the superb cuisine and sample vintage wines by the glass in the Bistro's relaxed and inviting French country setting. Located at 1217 Princess Street in the Best Western Fireside Inn. Call 613- 549-2211.

Casa Dominicco

Located downtown in the market square, this outstanding restaurant offers the finest in fresh, authentic Mediterranean cuisine. If you are just there for a brief visit, try a cappuccino or a vintage wine while watching the downtown scene. The restaurant is at 35 Brock Street. Call 545-0870.

Chez Piggy

This is a popular landmark with a quaint, out-of-the-way atmosphere. Enjoy microbrewery beers, cocktails and vintage wines by the glass or bottle in the garden patio or cozy limestone bar and restaurant. The building was once a livery stable. Join visitors, academics, artists and local business people to savour the season over specialty food and drinks. Open daily until 1:00 am. Downtown at 68R Princess Street. Call 549-7673.

General Wolfe Hotel

The General Wolfe is synonymous with fine dining. Featuring a delectable choice of appetizers, main courses, desserts, specialty coffees. Spectacular views: skylines and sunsets. Located on Wolfe Island, a short ferry ride away. Call 613- 385-2611.

Kingston Brewing Company

Ontario's first brewery restaurant and Canada's first wine pub. Excellent food. The restaurant is at 34 Clarence Street, near the waterfront. Call 542-4978.

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	<p>Le Chien Noir One of Kingston's most popular dining establishments, featuring French bistro classics - steak frites, duck confit, mussels and contemporary cuisine prepared using fresh, high quality ingredients. Located at 69 Brock Street. Call 613-549-5635.</p> <p>Pan Chancho Bakery and Cafe Kingston's finest cafe/bar in the heart of downtown Kingston. Relax in the groovy atmosphere inside or outside under patio umbrellas. Fabulous breakfasts, lunches and theme dinners or cocktails and light bites. Located at 44 Princess Street. Call 613- 544-7790.</p> <p>The River Mill Located on the inner harbour, The River Mill offers a special view from every table. An extensive, fresh and seasonal a la carte menu. Live piano music Friday and Saturday evenings, vintage wines, and a renowned Caesar salad prepared tableside are among the restaurant's other attractions. Located at 2 Cataragui Street. Call 613-549-5759.</p> <p>Wooden Heads Kingston's funkiest downtown restaurant offers a contemporary dining alternative in an upbeat atmosphere — indoors or on the courtyard patio. Listen to your favourite tunes while enjoying unique Mediterranean-style tapas or the specialty of the house — gourmet, thin-crust pizza from a woodburning oven. The options for pizza toppings are endless. Located at 192 Ontario Street. Call 549-1812.</p>
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MORE INFO	Visitor Information - Stop by the Kingston Tourist Information Office, 209 Ontario St., Kingston, ON K7L 2Z1 (tel. 613-548-4415), in the old railroad station on the waterfront across from City Hall. Its attendants can help you find lodging and sell tickets for the bus tours that start out front.
Brochures	(613) 544-2725 for Kingston Tourism (613) 531-5290 for Kingston Accommodation Partners Inc. , 151 Wellington Street, Suite #2, Kingston, ON Online Visitors Guide: 1-866-66KEDCO (53326) or reception@kingstoncanada.com
Website	www.visitkingston.ca for Kingston attractions www.kingstoncanada.com

HOTEL PRIZE PARTNER	Four Points Sheraton, Kingston 285 King Street East · Kingston , Ontario K7L 3B1 Phone: (613) 544-4434 Website: www.FourPoints.com/Kingston
Location	Located just steps from many historic sites and scenic wonders, our hotel provides easy access to the world-famous 1000 Islands, Confederation Trolley Tours, live theatre, and more. Queen's University,

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	the Royal Military College, City Hall, and Kingston General Hospital are also nearby.
Facilities	Free High Speed Internet Access in Business Center Indoor Heated Lap Pool Whirlpool and Sauna Wake-up Service Available Room Service Golf Courses Nearby Covered Parking Facilities
Accommodation	The Four Points by Sheraton Kingston features 171 well-appointed guest rooms and suites, each offering picturesque views of Kingston or Lake Ontario.
Restaurants	Downtown Kingston's newest dining sensation, King Street Sizzle Restaurant & Bar features Mediterranean cuisine, cozy banquettes and booths, an open kitchen, and contemporary décor. Two private rooms – Street Side and Back Side – boast plasma TVs and are a great choice for meetings or special occasions. Take a seat at the bar and enjoy a glass of Kingston's coldest draught beer from their ice tower or sit on The Sidewalk at Sizzle (seasonal) and dine al fresco.

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VIA RAIL	VIA Rail www.viarail.ca or phone 1 888 VIA-RAIL \$304 Toronto to Kingston return Business Class (July 2009) \$110 Toronto to Kingston return Promotional Fare (July 2009)
Details	VIA Rail Canada runs more than 480 trains per week over a 14,000-kilometre network linking more than 450 locations in Canada - that adds up to about four million passengers per year on VIA trains! - Connected - Wireless Internet service available in-stations and on select trains lets you email, chat with loved ones or do some research. Get 24 hours of service for as little as \$8.95 (July 2009) - Convenient - Priority boarding, a delicious meal included in the price of your ticket and complimentary newspapers create stress-free travel. - Choice - Facing seats , at-your-seat power outlets for your portable computer and premium lighting create a fine ambience before - and after - your vacation.
Free Kids Offer	Here's a great new offer from VIA for this summer: Purchase a ticket for a traveller 18 years of age or over (at the best adult, senior, youth or student fare), and receive a free ticket for a child of 11 years of age or under for the same trip. Even tiny tots can benefit. Usually, children under two years of age travel free as long as they are sitting on your lap, but this promotion lets them enjoy their own seat at no extra cost! Here's the not-so-small print: <ul style="list-style-type: none"> • Maximum one free child ticket for each paying adult, senior, youth or student ticket. • Offer valid for travel in Economy class only. • Applies to trips made between June 1 and September 15, 2009 • To get a free child's ticket, you must purchase a ticket for a passenger 18 years of age and over. • Tickets must be purchased together and must be for travel on the same trains, on the same dates and between the same stations. <p>Seeing the country with the whole family has never been so accessible. Go for a change of scenery, and enjoy the extras that make all the difference: priority boarding, light meals and snacks at reasonable prices, power outlet for laptop or games, crafts for the kids, as well as plenty of room to relax.</p>
Express Deals	Express deals are available every Wednesday – check for the latest at http://www.viarail.ca/summer-fares/landing/?lang=en&o=14 Save up to 75% off your fare for last minute trips, including Montreal to Toronto.
VIA Getaways	VIA have partnered with some of the best tour operators in Canada to offer a wide range of rail based packages across the country. Check www.trainpackages.ca/en_index.html Some of these include a stay at

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	the Delta Chelsea as part of the Toronto trip.
VIA Preference	VIA Préférence is the fastest way to travel for free. Every dollar you spend earns you up to 3 VIA Préférence points. With free travel starting at only 550 VIA Préférence points, earning reward travel is easy and points add up fast — especially when VIA Préférence offers new members 500 welcome bonus points. In addition to rewarding you with free travel, you can take advantage of exclusive promotional offers for VIA Préférence members too.
VIA and the Environment	As Canada's national passenger rail service, VIA's mandate is to provide efficient and cost effective train travel to more than 450 communities across Canada. The more people choose the train, the better for the environment. Travellers also turn to VIA Rail as an alternative means of travel that is respectful of the environment. While the transportation industry was responsible for more than 26 % of greenhouse gas (GHG) emissions produced in Canada in 2005, VIA was responsible for only 0.03 % (this compares to motorists who produced 13 % of all greenhouse gas emissions in Canada) As a green choice, VIA has great potential to reduce congestion and the production of greenhouse gases on the highways linking Canada's major urban centres and provide integrated intermodal transportation with a small ecological footprint
Seniors	Special Seniors (60+) deals are available too, so seeing the country has never been so accessible. Simply pack your things, hop on the train, and enjoy the journey (as well as the price). A unique experience awaits you on board, where you'll discover what service really means: priority boarding for travellers with reduced mobility, light meals and snacks at reasonable prices, reclining seats, cosy four-seat compartments.
Youth	Special Youth Fares for those aged between 18 and 25 are available – http://www.viarail.ca/summer-fares/landing/?lang=en&o=6&WT.mc_id=_auto_Q2cordor_s-tl_en_090515 For example: Montreal to Toronto is from \$55 one way. (July 2009)
VIA Gift Cards	Via has gifts cards available in \$25 or \$100 denominations, as well as flex cards.

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