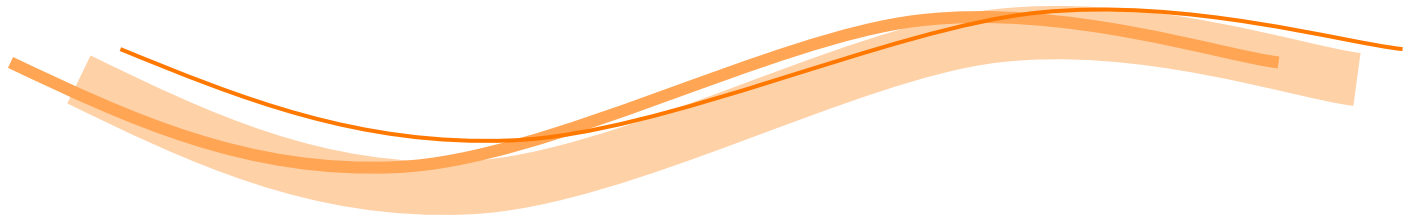




KINGSTON





<p>KINGSTON</p>	<p>Reload your curiosity at Kingston’s many extraordinary museums that chart its fascinating Marine, Military, Medical and Social history. 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>And reload your adrenaline as History comes alive at a military re-enactment at Fort Henry National Historic Site. A "must-see", Fort Henry is Ontario's only UNESCO World Heritage Site and history comes alive with costumed demonstrations, children's activities and dramatic sunset ceremonies until the end of August. 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.</p> <p>Reload your appetite, dining aboard the majestic Island Star as you cruise the famous Thousand Islands. Savour ethnic and home grown menus at a choice of over 200 restaurants, washed down with fine vintage wines from neighbouring Prince Edward County. And savour the small city charm as you wander the historic downtown streets, breathing in the stunning Victorian architecture.</p> <p>You can shop till you drop at unique boutiques, shops and markets. And feast on festivals such as the LimeCity Bluesfest (Aug 26 – 29, 2010) and much more! Kingston has great clubs and entertainment – including two great venues with fabulous year round programming: The K Rock Centre and the Grand Theatre.</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>Wander the walk-able waterfront paths - 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. Wander to Kingston this summer for your most unique getaway. Plan your city escape today – go to www.VisitKingston.ca</p>
<p>Location</p>	<p>At the eastern end of Lake Ontario, where the lake runs into the St. Lawrence River and the Thousand Islands begin.</p>
<p>Name</p>	<p>Kingston is nicknamed the "Limestone City" because of the many historic buildings built from limestone</p>

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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	24 degrees Centigrade and sunny (31 st July 2010)
Best time to visit	Kingston is truly a four season destination – great to visit at any time of year.

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 . \$13.50 adults. 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 and less by train. 290 km from Montreal – also about 3 hrs driving time.
Ferries	Wolfe Island: Wolfe Islander III ferry – 20 minutes, free , links to Simcoe Island and the U.S.; there are 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

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	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
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ACCOMMODATION TYPES	<p>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 the downtown marina. You can open your eyes to a lovely secluded garden setting or you can have a pool and playground right in your hotel.</p> <p>Of course, hotels that we have featured on the Travel Shows are particularly recommended: The Rosemount Inn, The Belvedere Hotel, Radisson Hotel Kingston Harbourfront, Holiday Inn Kingston Waterfront, the Four Points Sheraton, Hochelaga Inn and Holiday Inn Express Kingston (see below for further details on the last two).</p>
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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 boat offers 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. www.1000islandscruises.on.ca</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. www.hauntedwalk.com</p> <p>Confederation Tour Trolley: a great way to see Kingston for all the family. www.kingstonchamber.on.ca</p>
Teens	<p>The Skydeck is a unique attraction. The 130 metre tower offers a spectacular view of the 1000 Islands above the St. Lawrence River.</p> <p>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.</p>

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	<p>Kingston Family Fun World Park: 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. http://www.funworldpark.com</p> <p>For something different with older teens, try geocaching. GeoTreasures has GPS rentals, and Geocaching supplies. If you don't know what Geocaching is, it is a worldwide game of hiding and seeking treasure. A geocacher can place a geocache in the world, pinpoint its location using GPS technology and then share the geocache's existence and location online. Anyone with a GPS unit can then try to locate the geocache. It is a fun activity you can do with your family or friends. GeoTreasures are at 123 Haskins Point Rd., Seelys Bay, ON Tel: (613) 484 – 7332 and website: http://www.geotreasures.net</p>
Romance	<p>Spas: Escape the world and experience the tranquility of the Dolce Bella Spa on the shores of the Cataraqui River, a part of the Rideau Canal system. Dolce Bella Spa is located in a historic building, in an old woolen mill. Cataraqui is an Indian word meaning "water over rocks", an ideal theme for this spa. Although only about a half mile from downtown Kingston, Canada's first capital, it feels like you are miles away. www.dolcebellaspa.com</p> <p>For refreshing and soothing spa treatments and packages, you can also 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: 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> <p>There's even a special 2010 Bride Guide handbook for those planning the perfect day!</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>Kingston was first settled in 1673 when Robert Cavelier de La Salle chose it for the governor of New France as the site of a fortified trading post named Fort Cataraqui. The fort, later renamed Fort Frontenac, was abandoned and destroyed by the Iroquois in 1689. In 1695, the French rebuilt the fort and held it until it was captured and destroyed by the British during the Battle of Fort Frontenac near the end of the Seven Year's War in 1758.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Until 2000, Canada's only federal correctional facility for women, the Prison For Women (nicknamed "P4W") was also located in Kingston.</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.</p> <p>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 émigré longshoreman. Dick Green was the longtime club professional for nearly 40 years at Cataraqui 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.</p>
Fishing	<p>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.</p>

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	Telephone: (613) 824-3846
Sailing	<p>“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. Ahoy Rentals: They specialize in sailing and sea kayaking excursions for groups sizes ranging from 2-6 people which can be tailored to your personal preference. If you've never sailed, that is not a problem, call or e-mail ahead for a 2 hour "Learn to Sail". Their one-on-one instruction allows flexibility to schedule at a time that is convenient for you. www.ahoyrentals.com</p>
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 from Ahoy Rentals at www.ahoyrentals.com
Diving	<p>“Best freshwater shipwreck diving in the world”: the visibility here extends to 40-100 feet, in part because the zebra mussels filter the water so effectively. There are 12 wreck sites e.g. The Comet, an 1861 steam-powered side wheeler. Limestone Dive Centre: 61 Yonge St., Kingston, ON, K7M 1E4 Tel: (613) 547 - 3483</p>

CULTURE	<p>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.</p>
Arts	<p>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.</p>

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	<p>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).</p> <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>
<p>Music</p>	<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>Theatres</p>	<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 call or visit http://www.grandtheatre-kingston.com . Located at Wellington at Johnson Street. Call 613-530-2050.</p>
<p>Museums</p>	<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>http://www.marmuseum.ca</p>

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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. Call 613-530-3122 for more information or visit

<http://www.penitentiarymuseum.ca>

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. I found this a charming and strangely moving place to spend a couple of hours.

<http://www.pc.gc.ca/eng/lhn-nhs/on/bellevue/index.aspx>

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

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	<p>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</p> <p>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.</p>
<p>Festivals</p>	<p>Limestone City Blues Festival August 26–29, 2010 www.kingstonblues.com The Limestone City Blues Festival will once again bring Downtown Kingston alive with the sounds of the blues August 26, 27, 28 and 29, 2010. The legendary Hubert Sumlin will headline the Springer Market Square stage Saturday night the 28th Opening will be the 2010 International Blues Challenge winner for Best Solo/Duet Artist, guitarist Matt Andersen. Bryan Lee and the Blues Power Band will headline the Princess Street (at Barrie) stage, Friday August 27th. There will be more than 50 shows in over a dozen participating venues (= over 100 hours of programming) - three afternoons of concerts in Confederation Park, live blues nightly in many downtown clubs, restaurants and cafes as well as brunch Blues. Get your \$10 admission bracelet from participating venues for all four days of the festival. Bracelets will be on sale by late June.</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>Kingston WritersFest Sept 22-26, 2010 www.kingstonwritersfest.ca Kingston WritersFest is back — September 22 to 26, 2010 — with an all-new stellar lineup of today's prize-winning authors and the exciting new voices of tomorrow. Check Authors on their website often to find out who is coming, and get the inside story on the writing life in the Author of the Week profiles.</p> <p>Studio Art Tour October, 2010 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>ATTRACTIONS</p>	<p>The Rideau Canal, National Historic Site and UNESCO World Heritage 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</p>
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	<p>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 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 millions of years ago, so the majority of the 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).</p> <p>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 – (an island is defined as above water 365 days a year plus supports 2+ trees) “The Garden of the Great Spirit” is its native name; St Lawrence Islands National Park comprises 21 different islands in the St. Lawrence River, and is Canada’s smallest national park. Journey along the scenic Thousand Islands Parkway and Bikepath, running for 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). There are over 40 provincial, Federal and State parks are within 60 minutes’ drive of Kingston.</p>

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Gardens	<p>Lake Ontario Park 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 available.</p>
Castles/Forts	<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 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 seating in bleachers or in the balcony to view the sunset ceremonies. See the separate section below for full details.</p> <p>Martello Towers: Built in response to the 1846 Oregon Crisis with US, these are 6 round towers, two of them open: Murney and Fort Frederick, which have canons on rotating tracks.</p>

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 is in Kingston: 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>The Thousand Islands Charity Casino is just down the road at Ganonoque.</p>
Cruises	<p>The Sunset Sail with Ahoy Rentals (www.ahoyrentals.com) is highly recommended.</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, Portuguese, Italian, Indian, Thai, Chinese and</p>

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	<p>Szechwan, French, Tex-Mex, Japanese and Vietnamese as well as vegetarian, seafood, and pub fare.</p>
<p>Wine</p>	<p>Due to the combination of climate and soil, rich in Limestone, the City of Kingston is surrounded by many thriving vineyards and wineries in both Prince Edward County and Addington County. The area has come to be recognized as one of Canada's best producers of fine wine. Wine connoisseurs will be interested to learn that nearby Prince Edward County has officially been designated as Ontario's 4th Designated Viticultural Area (DVA). This eastern Ontario region produces some of the finest wines in the world such as Pinot Noir, Riesling, Chardonnay, Cabernet Franc and others, according to Ontario wine experts. There are a number of Prince Edward County wine tour routes suitable for a day trip from Kingston. A suggested route for those travelling to Kingston from the west, would be to start the tour off from the north west, driving down through the towns of Wellington, Bloomfield and Picton to Glenora Ferry, for a quick ferry ride across Picton Bay, and then on to Kingston.</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>
<p>Restaurants</p>	<p>Here are some suggestions:</p> <p>1000 Islands Dinner Cruise A Unique evening of ever changing scenery, candlelight dining and dancing with live entertainment in the 1000 islands. Fine wines 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. www.1000islandscruises.on.ca</p> <p>Fanatics Sports Lounge www.fanaticssportslounge.com Catch the action at this high-tech sports lounge in downtown Kingston. Offering a large variety of beer on tap and wall to wall high-definition televisions, two big screen high definition projectors and individual television monitors at some tables, Fanatics is a sport's lover's dream suitable for any occasion. A seasonal patio complete with HDTV's means you can sit outdoors and still see the game.</p> <p>The Kingston Keg www.kegsteakhouse.com At the corner of King and Clarence, this is a local favourite, especially for their juicy steaks. Call 613-549-1333</p>

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**King Street Sizzle**

Experience downtown Kingston's unique new dining sensation. It features an open kitchen; booths and banquettes; an inviting bar; and private rooms. It serves Portuguese food with a twist...
Call 544-6226.

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 Dominico

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

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	<p>542-4978.</p> <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. www.lechiennoir.com</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 Cataraqui Street. Call 613-549-5759.</p> <p>Wooden Heads Kingston's funkier 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	<p>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.</p>
Brochures	<p>(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</p>
Website	<p>www.visitkingston.ca for Kingston attractions www.kingstoncanada.com</p>

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HOTEL PRIZE PARTNER Newstalk 1010	Holiday Inn Express Kingston Address: 11 Benson Street, Kingston ON K7K 5W2 Tel: 1-613-546-3662 Fax: 1-613-546-3167 Web: www.hiexpress.com/hotels/us/en/kingston/ygkes/hoteldetail
Location	Hotel guests can expect a memorable visit to this comfortable and affordable lodging, with free Internet access in every room and easy access to downtown Kingston, nearby businesses and local attractions. Guests can find plenty to do around town. Nearby places of interest include Fort Henry, the International Hockey Hall of Fame and the K-Rock Centre.
Facilities	There is a luxurious indoor pool and hot tub complete with a 24 hour fitness facility.
Accommodation	Rooms have free High Speed Internet access. Complimentary fridge and microwave are provided, as well as 37" flat screen televisions.
Restaurants	The Holiday Inn Express & Suites Kingston offers guests a full hot and cold buffet breakfast which boasts everything from yogurt and fresh fruit to bacon and eggs.

HOTEL PRIZE PARTNER CJAD 800	Hochelaga Inn Address: 24 Sydenham St. South, Kingston, Ontario K7L 3G9 Fax: (613) 549-7870 Tel: 877-933-9433 www.hochelagainn.com Historic Kingston Ontario bed & breakfast Central to Kingston attractions and Queens University Classic luxurious accommodation with modern conveniences Beautiful gardens and unique historic Kingston architecture Walk to themed restaurants and downtown Kingston shopping
Location	These first class accommodations are in the fashionable historic Sydenham District, located in the centre of the famous Limestone City, just steps from the beautiful waterfront, Queen's University and Kingston's stylish and trendy boutiques.
Facilities	From the moment you approach Hochelaga Inn you will be struck by the beauty of this century home, with its massive central turret, decorative brick-work, multiple gables and windows, extensive ginger breading, and lovely gardens. Lovingly maintained Hochelaga Inn's interior is every bit as impressive as its outer façade. This Kingston bed and breakfast guests feel immediately at home as they enter into the warm and inviting centre hall reception area, where cookies and hot beverages are always available. Each of the distinctive and tastefully decorated guest

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	rooms and suites are furnished with antiques, as are the inn's lounges and breakfast room. High ceilings, architectural detail, and comfortable furnishings combine to create a bed and breakfast inn that you will want to return to again and again.
Accommodation	<p>The Hochelaga Inn, an 1800's Victorian style home, derives its name from the Iroquois word for the area now known as Montréal. The Inn was built in 1879 by John McIntyre, and his wife Harriet, who was related to Sir John A. MacDonald, Canada's first Prime Minister. Following McIntyre's death, the house was purchased by the 'Hochelaga Foundation', a segment of the Bank of Montréal, to provide traveling executives with a place to rest.</p> <p>In 1985, the house was converted into a bed and breakfast hotel. Each of the twenty-one rooms have been uniquely decorated and outfitted with all of the modern conveniences one would expect from a much larger hotel.</p> <p>Guests may choose from a number of attractive guest rooms and suites. Every room is unique and tastefully decorated with antiques. All Hochelaga Inn rooms have comfortable queen or king beds, private baths, cable television and free wireless high-speed internet. Many rooms offer amenities such as romantic fireplaces, Jacuzzi tubs, cozy terry robes and spacious sitting areas. Complimentary coffee and cookies and a delicious, healthy breakfast are always included.</p>
Restaurants	There are many first class restaurants nearby.

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<p>FORT HENRY</p>	<p>Fort Henry National Historic Site of Canada in Kingston, Ontario is an icon of Canadian history and, along with the Rideau Canal and the Kingston Fortifications, it is Ontario's only UNESCO World Heritage Site</p> <p>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.</p> <p>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 maneuvers. Pre show - enjoy a full sit down historic dinner, served by soldier servants, or a casual open air BBQ in the Fort.</p> <p>In July enjoy the Kingston Symphony's performance of the 1812 Overture, and the Fort Henry Tattoo showcasing the drill and musical skills of the Fort Henry Guard combined international acts. The special celebratory evening will be celebrating the 100th Anniversary of the Canadian Navy. And don't miss the Night at the Proms in August bringing a night of music and British fun.</p> <p>Upper Canada Village, Fort Henry's sister site just west of Cornwall, engages visitors in an 1860's community, filled with active trades and farming. There is constant activity to see and learn from at Upper Canada Village; from the spinning of wool in a log home, to the grinding of wheat into flour in a steam powered mill. Tradesmen demonstrate their skills by forging iron, shaping and soldering tinware, crafting furniture, shoeing horses and more. Throughout the Village costumed interpreters are busy in homes, shops and on the streets, tending to livestock in the barns and farmyards.</p> <p>Special events at Upper Canada Village include the Heritage Festival in July, an authentic 1860's festival. You can attend authentically re-created 19th century weddings, funerals, christenings and elections. And don't miss the new River Rush event in August.</p> <p>Both Forth Henry and Upper Canada Village offer admission bundles with discounts on shopping and drinks, season passes, great shopping and casual or fine dining.</p>
<p>NAME</p>	<p>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</p>

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	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!</p> <p>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.</p> <p>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	<p>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.</p> <p>The Fort also plays host to numerous special ceremonies and events that take place all season long.</p>
WHAT'S NEW	<p>Summer Gift Giving Show Saturday August 7th & Sunday August 8th 10:00 a.m. - 5:00 p.m. Come to Fort Henry August for the first ever Summer Gift Giving Show. The Gift Giving Shows offer unique venues, unique gifts, and unique events. The participating artists are truly one-of-a-kind, offering the best of fine craft and fine art. Come and enjoy the beautiful views and the great one-of-a-kind event at Fort Henry.</p>

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ACTIVITIES 2010

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 2010

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 for 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.
 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.

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COSTS 2010	<table border="1"> <tr> <td colspan="3" style="text-align: center;">Day Program (Monday - Sunday 10:00 am - 5:00 pm)</td> </tr> <tr> <td style="text-align: center;">Category</td> <td style="text-align: center;">May 22-Sept. 5</td> <td style="text-align: center;">Sept. 6 -19</td> </tr> <tr> <td>Adult</td> <td style="text-align: center;">14.25</td> <td style="text-align: center;">10.00</td> </tr> <tr> <td>Seniors (65+)</td> <td style="text-align: center;">13.00</td> <td style="text-align: center;">9.00</td> </tr> <tr> <td>Youth (5 - 18)</td> <td style="text-align: center;">9.95</td> <td style="text-align: center;">7.00</td> </tr> <tr> <td>Child (2 to 4)</td> <td style="text-align: center;">3.00</td> <td style="text-align: center;">3.00</td> </tr> </table>	Day Program (Monday - Sunday 10:00 am - 5:00 pm)			Category	May 22-Sept. 5	Sept. 6 -19	Adult	14.25	10.00	Seniors (65+)	13.00	9.00	Youth (5 - 18)	9.95	7.00	Child (2 to 4)	3.00	3.00
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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>																		
DISABLED ACCESS	<p>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.</p>																		
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>Specialty 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>																		
UPPER CANADA VILLAGE	<p>Upper Canada Village is a sister attraction to Fort Henry, downriver on the St Lawrence. It is a recreated 1860s riverside community on approximately 70 acres. The Village includes over 40 heritage buildings, many recovered from the area prior to the Seaway flooding in 1958. Costumed historical interpreters and artisans engage over 150,000</p>																		

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	<p>visitors and students each year with the sights and sounds of 1860s village life and social activities, featuring talks and demonstrations at the tinsmith's, broom-maker's, at the farms, in the printing office, at the cheese factory, woolen factory, sawmill, flour mill and bakery. Horse-drawn boat and wagon rides add to visitors' enjoyment. Fresh-baked bread, cheddar cheese and other goods produced by Village artisans are available for purchase in the Village Store. The Village has the highest Michelin Green (Travel) Guide rating – 3-stars recognizing the site as "highly recommended" and designated one of only a few "Principal Sites" to visit in Canada.</p>
WEBSITES	<p>www.forthenry.com for info on the Fort www.ticketweb.ca to buy tickets www.fortfright.com for information on "Fort Fright" Sept -Nov 2010 www.uppercanadavillage.com for the Village www.ontariotravel.net for general Ontario Travel Information</p>

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