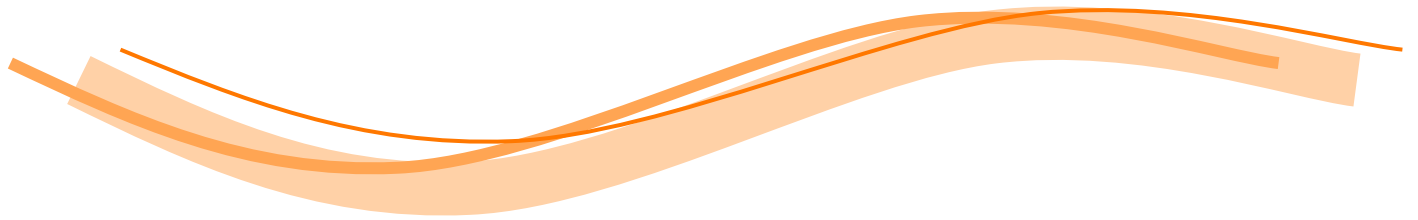




KINGSTON, ONTARIO





DESTINATION INFO	KINGSTON, ONTARIO
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 and sunny (23 June 2007)
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 . \$12 adult Relax and let our 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. Electronic translation available in 5 languages. Hourly departures
Distances	267 km from Toronto – 3 hrs
Ferries	Wolfe Island: Wolfe Islander III ferry – 20 mins, free , links to Simcoe Island and the U.S., two 9-hole golf courses Wolfe Island and Ferry Don't miss the ferry ride over to Wolfe Island and the village of Marysville. It's a pleasant journey across Kingston's harbour, where you'll arrive at your choice of a country store, dining at a gourmet restaurant or enjoying a drink at one of the bars.
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.

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Car Rental	All major car rental companies are available in Kingston
Buses	<p>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</p> <p>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</p>

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 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.</p>
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TARGET GROUPS	
Kids	<p>Kingston 1000 Island Cruises: Step aboard, the magnificent 1000 islands are a "must" on any visit to eastern Ontario. Our classic river boats offer the widest variety of cruises in the 1000 Islands region. Join one of our scheduled departures or allow us to 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. Our 3- hour "Heart of the Islands" cruise combines a voyage aboard our triple deck paddle-wheeler, the Island Queen, with live entertainment, and scenery second to none.</p> <p>The Haunted Walk: \$12 Join us for an evening tour of Kingston's ghost stories and darker past by lantern-light or try our Ghosts of the Fort haunted tour of Fort Henry.</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.</p>

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	Whether you visit for an early morning massage and esthetics or succumb to a full day of spa treatments.
Honeymoons & Weddings	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.
Seniors	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.

UNIQUES	<p>Did you know that Kingston...</p> <ul style="list-style-type: none"> 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 hours drive is a migratory route for over 325 bird species
Surprising	<p>Some Celebrated Locals</p> <ul style="list-style-type: none"> Dan Ackroyd Douglas Bowie (ACTRA award winning author of more than 30 films and TV dramas) Peter Trueman Don Cherry Mary Alice Downie (Award winning writer and editor of children's books) The Tragically Hip Georgette Fry (Juno nominated recording artist and song writer) David Usher Sarah Harmer Mary Lambert (Juno nominated children's performer)
History	<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</p>

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	<p>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.</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, 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. 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.</p> <p>Kingston is represented in the OHL by the Kingston Frontenacs</p>
Golf	The Kingston area is well known for its fine golf courses and for the

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	<p>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 Cataragui 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 Club. McQuillan won the 2005 Telus Edmonton Open.</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. Telephone: (613) 824-3846</p>
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.</p>
Hiking	<p>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.</p>
Cycling	<p>Great waterfront trails and level bike paths along the Rideau Canal; bike rentals are available too.</p>
Diving	<p>"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)</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 [2], the Festival of Trees, Feb Fest, the Limestone Classic, and the Chilifest.</p>
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	<p>The Kingston Symphony Orchestra performs at Kingston's Grand Theatre, as do several amateur and semi-professional theatre groups. (Following a successful fundraising campaign, the Grand Theatre has been closed for renovations and will reopen in the spring of 2008) Also in the city is Theatre Kingston (formerly Theatre Beyond), a professional company.</p>
<p>Arts</p>	<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> <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>The city is also Juno Award musicians' home: The Tragically Hip, Sarah Harmer, David Usher</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</p>

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	<p>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>
<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>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</p> <p>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.</p> <p>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.</p> <p>International Hockey Museum Relive great memories with heroes of the past and present at the International Hockey Museum. Its collection of photographs and mementos celebrates 100 years. Located at Alfred and York streets in Kingston. Call 613-544-2355 for more information.</p> <p>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.</p> <p>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.</p> <p>Maclachlan Woodworking Museum Features displays and demonstrations that illustrate 19th century life...</p>

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	<p>Women at Work, Logging and Lumbering, Canadian Planemakers. Located on Hwy 2, 10 km East of Kingston. Call 613-542-0543 for more information.</p> <p>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/.</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>Kingston Buskers Rendezvous July 12- 15 2007 - Downtown Kingston truly comes alive as "the heart of the city" as street performers with talents ranging from fire eating, to sword swallowing, to comedy, perform for crowds of thousands. Festival & Events Ontario recognize this four-day festival as one of the Top 50 events in the province! Accessible to everyone, with a broad audience appeal this festival is absolutely FREE - you as an audience member decide how to pay a performer based on their act. The Kingston Buskers Rendezvous is consistently cited as one of the top 3 street performer festivals in North America.</p> <p>Limestone City Blues Festival August 23- 26 2007 - There's a stellar line-up this year featuring some amazing blues performances. The line-up, of course, wouldn't be complete without festival favourites performing in more than 15 downtown clubs, pubs and restaurants. Coco Montoya, David Gogo, Janiva Magness are all performing this year. All you need to enjoy four hot and sweaty days and nights of the blues is your festival admission bracelet - good for the duration of the festival and to all participating venues! A \$10 admission bracelet is good for all four days of the blues festival including: - Daily afternoon concerts in Confederation Park - Thursday Night's opening concert in Confederation Park - Friday Night's Princess Street concert - Saturday Night's concert in Market Square - "In The Clubs" - Nightly concerts in more than 15 participating downtown clubs - Sunday Brunch Blues</p>

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Also: September 29, 2007 – Chilifest!

<p>ATTRACTIONS</p>	<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 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</p>

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	<p>the St. Lawrence River, and is Canada's smallest national park. 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). Over 40 provincial, Federal and State parks are within 60 minutes' drive of Kingston.</p>
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 obtainable.</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 seatings in bleachers or in the balcony to view the sunset ceremonies. This package is priced from C\$54 to C\$66 for ages 19 and over, C\$46 for ages 5 to 18.</p> <p>Martello Towers: 1846 Oregon Crisis with US, 6 round towers, 2 open: Murney and Fort Frederick – 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 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, Gananoque</p>

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CUISINE	
Food	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.
Wine	Local wineries in Prince Edward County are closeby and tours and sampling are available. 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.
Restaurants	<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.</p> <p>Aquaterra by Clark Restaubistro The ultimate dining experience. Enjoy the best view in the city and let our professional staff guide you through the dynamic menu including a Prixe 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.</p> <p>Atomica (part of the prize pack) Kingston's best gourmet thin crust pizza. Specialties also include salads, pasta, antipasto and panini. Italian ice creams, desserts, coffee's and sodas. Original coctails, martini's and frozen drinks. Located at 71 Brock Street. Call 613- 530-2118.</p> <p>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.</p> <p>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.</p>

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**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.

Curry Original

Enjoy the delights of India in a beautiful historic building overlooking Lake Ontario. Now in Kingston West too! Located at 253a Ontario Street. Call 613-531-9376.

Eddy's Mediterranean Grill

Featuring small bites, fresh salads, and entrees including fresh grilled fish, lamb, pork, chicken and beef... are married with Mediterranean flavours. A great patio, late night menu and much more! Located at 393 Princess Street. Call 613- 531-9770.

Frankie Pestos

Authentic Italian and Mediterranean fare. Fine and casual dining, affordably priced, in a little Italy atmosphere. Pastas, gourmet pizza, salads, antipasto and freshly prepared daily specials. Located at 167 Ontario Street. Call 613-542-1071.

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.

The Grizzly Grill

The Grizzly offers an interesting assortment of fresh seafood, pastas, grilled meats, pizza and a variety of appetizers - from alligator to spring rolls! Unique rustic atmosphere. Located at 395 Princess Street. Call 613-544-7566.

Gusto

This is the place to dine and unwind. Our chef takes pride in the fact that everything, from our sauces to our pizzas, pastas and entrees, are made using only the freshest ingredients. Located at 424 Princess Street. Call 613-533-1616.

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**The Keg**

The Keg Steakhouse and Bar, downtown Kingston's newest addition. Located at 300 King Street E. Call 613 549-1333.

King Steet Sizzle Restaurant and Bar

Downtown Kingston's newest dining sensation features cosy banquettes and booths, open kitchen and two private rooms. Located at 285 King Street E. Call 613- 544-6226.

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.

Kirkpatrick's

Traditional Irish pub, named after Kingston's first Mayor, Thomas Kirkpatrick. Featuring reasonably priced pub fayre including homemade meat pies and freshly prepared daily specials. Large selection of draught beer - Guinness is our specialty. Located at 76 Princess Street (down the alley Rochleau Court) Street. Call 613-544-1966.

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.

Minos Restaurant

The Papadakis family is proud of its good old fashioned cuisine and service. Enjoy fresh seafood, steak, salads and traditional desserts that will make your mouth water. Located at 248 Ontario Street. Call 613-548-4654.

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 our patio umbrellas. Fabulous breakfasts, lunches and theme dinners or cocktails and lite bites. Located at 44 Princess Street. Call 613- 544-7790.

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.

Tango

Kingston's finest tapas bar and restaurant in the heart of downtown. A delightfully creative menu where old and new world tastes collide. Tango offers stylish, yet casual dining atmosphere for lunch and dinner.. Located at 331 King Street E. Call 613- 531-0800.

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	<p>White Mountain Ice Cream Celebrating 20 great years in Kingston! Complete your day with Kingston's original waffle cone filled with scoops of the finest all natural ice cream available. Tempt you tastebuds with frozen fruity yogurt treats or all natural sugar free lactose free smoothie. Located at 176 Ontario Street. Call 613-545-3474.</p> <p>Windmill's Imaginative, enticing dinner choices in a sophisticated yet unpretentious atmosphere. Fabulous dinner menu, weekday lunch/brunch, Saturday and Sunday brunch and weekday breakfast always served. Located at 184 Princess Street. Call 613-544-3948.</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	Phone (613) 544-2725 for Kingston Tourism (613) 531-5290 for Kingston Accommodation Partners Inc., 151 Wellington Street, Suite #2, Kingston, ON
Website	www.visitkingston.ca for Kingston attractions www.kingstoncanada.com

HOTEL PRIZE PARTNER	Four Points Sheraton, 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, 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 Wake-up Service Available Room Service Golf Courses Nearby

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	Covered Parking Facilities Sauna
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.

RAIL PRIZE PARTNER	<p><u>VIA Rail</u></p> <p>Saturday Savings in the Québec City-Windsor corridor - Get a 50% discount</p> <p>From June 3 to September 9, 2006 inclusive, travel on Saturdays in the Québec City-Windsor corridor and save 50 % in Comfort class (economy) on one-way trips where the adult regular fare is \$76 or less...eg Kingston-Toronto</p> <p>Like adults, both seniors and students enjoy the 50% discount on the adult regular fare, a much greater savings than the respective 10% or 35% discount to which they are normally entitled.</p> <p>Children between 2 and 11 years of age receive an additional 50% discount on those special fares. Plus, you may combine the Saturday Savings fares with VIA's "Kids Travel Free!" promotion where applicable.</p> <p>You can take advantage of this promotion to travel between any two cities in the Corridor; as long as the adult regular fare for your trip is \$76 or less (this translates roughly into a trip of 3 hours or less).</p>
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