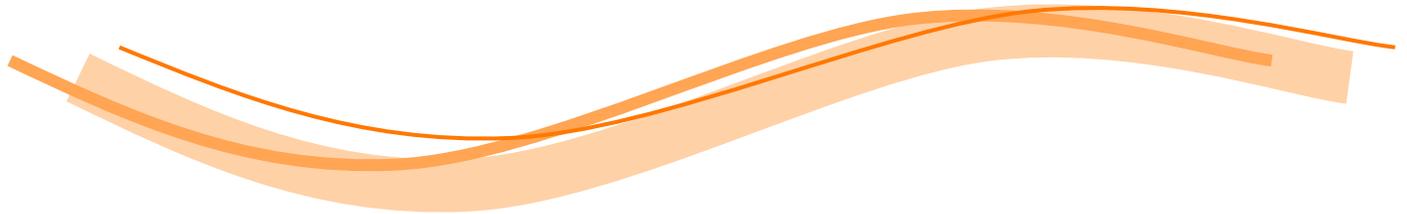




KINGSTON





KINGSTON

Explore Kingston – the fresh-water sailing capital of North America – with a vibrant waterfront culture and streets alive with music and events. This friendly city offers a lively getaway with history, stunning architecture, sightseeing, a vibrant downtown and excellent dining choices...

Whet your appetite by going to www.visitkingston.ca to find out about events and activities in Kingston. It's easy! Check out the "**Click, Pack & Go**" packages that offer great value combinations of accommodation, activities and events – and there are packages to suit everyone.

The **Kingston dining** experience can easily compete with the largest cultural and urban centres in North America. Savour ethnic and home grown menus at a choice of over 200 restaurants, washed down with fine vintage wines from neighbouring Prince Edward County. You will find pubs and patios, featuring everything from Eastern Ontario cuisine to dishes from around the world.

Kingston boasts its own vibrant Asian, Indian, Greek, Italian and Portuguese communities, which have had a delightful impact on the restaurant scene. In addition to global flavours, Kingston has access to farms and fields in the surrounding region offering fresh and often organic options year round. And with a blossoming viticulture industry nearby, find out why local wine makers are gaining national and international attention.

For a unique perspective on the Kingston culinary scene - take a tour with **Kingston by Fork**. The Homegrown Eats Tour starts in Kingston's historic market and explores Kingston's vibrant local food community. It concludes with a full 3-course lunch at the renowned AquaTerra Restaubistro, one of Kingston's premier gourmet restaurants. The lunch is made with locally-sourced and seasonal ingredients. The Taste of the World Tour explores tastes from all over the globe that can be found in the small downtown core of Kingston. It stops at various restaurants and stores to sample a delicious variety of food at each location.

Savour the small city charm as you wander the historic downtown streets, breathing in the stunning Victorian architecture. Or dine aboard the majestic Island Star as you cruise the famous Thousand Islands. Take in the many extraordinary museums that chart Kingston's 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.

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	<p>Dark Tourism is at its best as Kingston's Fort Henry - a UNESCO World heritage site - transforms into "Fort Fright", one of the Province's largest, scariest attractions! Hollywood-style animatronics and special effects, live scare actors and new sound and light technology are guaranteed to give you a sleepless night! Plus - witness the bizarre, the freakish and the absurd with hypnotist Buzz Collins and the new Spirits and Serpents experience. From September 22 through October 29, 2011, Fort Henry's ghoulish gates open Wednesday to Saturday evenings, from 6-10pm.</p> <p>You can shop till you drop at unique boutiques, shops and markets. And Kingston has festivals, great clubs and entertainment – including two great venues with fabulous year round programming: The K Rock Centre and the Grand Theatre.</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.</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	17 degrees Centigrade and sunny (17 th September 2011)
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 . \$14.50 adults (2011). Relax and let guides take you on a 50-minute exploration of Kingston's beautiful waterfront and charming limestone

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	<p>heritage with highlights including Fort Henry, the Royal Military College, Penitentiaries, Olympic Harbour, Bellevue House and Queen's University. Hourly departures.</p> <p>http://www.kingstonchamber.on.ca/Tourism/Trolley/Confederation-Tour-Trolley</p>
Distances	<p>267 km from Toronto - about 3 hrs driving time and less by train. 290 km from Montreal – also about 3 hrs driving time.</p>
Ferries	<p>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</p>
Trains	<p>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.</p>
Car Rental	<p>All major car rental companies are available in Kingston</p>
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 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, Holiday Inn Express Kingston, The Secret Garden Inn, the Four Points Sheraton and the Hochelaga Inn (see below for further details on the last two).</p>

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TARGET GROUPS	
<p>Kids</p>	<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 (Kids \$7) 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>
<p>Teens</p>	<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> <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>
<p>Romance</p>	<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</p>

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	<p>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 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 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>

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 hour's drive - is a migratory route for over 325 bird species
Surprising	<p>Some Celebrated Locals</p> <p>Dan Ackroyd Peter Trueman Don Cherry The Tragically Hip Georgette Fry David Usher Sarah Harmer</p>

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<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 Catarauqui. 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, 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>
<p>Books</p>	<p>Frommer's Canada</p>
<p>Prisons</p>	<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>
<p>Must Sees</p>	<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>

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SPORTS ACTIVITIES	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
Golf	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.
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 www.nickelsfishingcharters.com
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. 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
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

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	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.</p> <p>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.</p> <p>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> <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>
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>

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<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. http://www.marmuseum.ca</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 or visit http://www.penitentiarymuseum.ca</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. 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</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</p>

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	<p>International Hockey Museum. Its collection of photographs and mementos celebrate 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... 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 or visit http://www.c-and-e-museum.org</p>
<p>Festivals</p>	<p>Kingston Fall Fair September 15-18, 2011 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 22-25, 2011 www.kingstonwritersfest.ca Kingston WritersFest is back—September 22 to 25, 2011—with a spectacular lineup of today's prize-winning authors and the exciting new voices of tomorrow. This year, in addition to our many Canadian writers, we will feature South African-born Nobel Laureate J.M. Coetzee in conversation with the brilliant American novelist, screenwriter, and translator, Paul Auster.</p>

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	<p>Studio Art Tour October, 2011 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>
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<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 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>
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<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>
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Parks	<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>
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 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</p>

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	there's always plenty to do in the evenings here!
Casinos	The Thousand Islands Charity Casino is just down the road at Ganonoque.
Cruises	The Sunset Sail with Ahoy Rentals (www.ahoyrentals.com) is highly recommended.

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 Szechwan, French, Tex-Mex, Japanese and Vietnamese as well as vegetarian, seafood, and pub fare.</p> <p>Kingston By Fork: A Taste of the World Walking Tour Wednesdays and Fridays Start time: 1:00 pm This walking tour highlights tastes from all over the globe that can be found in the small downtown core of Kingston. The tour will be stopping at eight restaurants and stores where you will sample a delicious variety of food at each location. Although lunch is not included, you might be feeling quite full by the end of it! The tour will last about two hours and will meet in Springer Square, behind the City Hall, just across from Tir Nan Og Irish Pub. \$20 for adults; \$15 for students/seniors.</p>
Wine	<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.</p> <p>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.</p>

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	<p>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>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 Prixe Fixe option, or savour the Table d'Hote, a four course dining option with optional wine pairing. On Sunday, 10am - 2pm indulge in their spectacular brunch. Reservations recommended. Located at 1 Johnson Street. Call 549-6243.</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>Olivea Restaurant www.olivea.ca Olivea [O-li-và-y-a] is a contemporary Italian trattoria serving rustic Italian and Mediterranean food. They are dedicated to supporting local farmers and growers. Their dining room is fun and lively, overlooking downtown Kingston's Farmers Market in the summer and the public skating rink in the winter.</p> <p>Café Aroma www.aromawinebar.com Proprietors Sue Cummins & Chef Gurkan Sayic invite you to experience their restaurant / wine bar featuring modern interpretations of classic comfort fare along with a creative fusion of global flavours. The menus change and evolve frequently using the freshest seasonal ingredients available.</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> <p>King Street Sizzle Experience downtown Kingston's unique new dining sensation. It features an open kitchen; booths and banquettes; an inviting bar; and</p>

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private rooms. It serves Portuguese food with a twist...
Call 544-6226.

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 542-4978.

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

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.

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	<p>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 Catarauqui 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	<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>

CHRIS' HOTEL IN KINGSTON	<p>Four Points by Sheraton 285 King Street East, Kingston, ON K7L 3B1 Phone: (613) 544-4434 Website: www.fourpoints.com/kingston</p>
Location	<p>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.</p>
Facilities	<p>Free High Speed Internet access in Business Centre Indoor heated lap pool, sauna and Whirlpool Wake-up service and room service available Covered parking</p>

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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.

ACCOMMODATION PRIZE PARTNER CJAD 800	Hochelaga Inn 24 Sydenham St. South, Kingston, Ontario K7L 3G9 Phone: 1-877-933-9433 Website: http://www.hochelagainn.com
Location	This gem of an inn offers first class accommodations and service in the fashionable historic Sydenham District of Kingston, located in the centre of the famous Limestone City. We are just steps from the beautiful waterfront, Queen's University and Kingston's stylish and trendy boutiques. 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 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 is truly a gem.
Facilities	Included with your accommodations at Hochelaga Inn is free parking, a healthy continental buffet breakfast, complimentary tea, coffee and delicious home-made cookies available throughout the day, and free wireless internet in your guest room
Accommodation	Guests may choose from 21 attractive guest rooms and suites at this historic Kingston bed and breakfast inn. All rooms are non-smoking. 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. Whether you stay in one of their economical Executive rooms or in a luxurious Deluxe, Tower or Jacuzzi room, at Hochelaga Inn, friendly service, complimentary coffee and cookies and a delicious, healthy breakfast are always included.
Dining	The Inn is within walking distance of a number of excellent restaurants. It also serves a healthy continental breakfast to all guests.

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