

KINGSTON

Visitor

## *VISITOR GUIDE*

- › Signature experiences
- › Accommodations
- › Year-round activities
- › Unique finds

# *WELCOME/BOOZHOO/ TEKWANONWERA:TONS TO KINGSTON/KATAROH:KWI/ KEN'TARÓKWEN/CATARACOU*

Kingston remains on the ancestral homelands of the Huron-Wendat, Anishinaabe, and Haudenosaunee Confederacy.

We acknowledge the everlasting presence of these Nations and other First Nations, Métis, and Inuit who share this landscape today. We are grateful to reside in and remain visitors to this territory, while acknowledging our responsibility to honour the land, water, and skies with gentle respect and purifying preservation.

 **GreenStep** | Sustainable  
Tourism  
**Bronze Certified**  
VISITOR CENTRE



# VISITOR INFORMATION CENTRE

Our staff can help you make the most of your visit to Kingston, with advice on what to see and do, where to stay, and where to eat. They can also provide free maps of the city (including maps of walking trails and cycling routes).

## Connect with us

In person: 209 Ontario Street

By email: [visit@tourismkingston.com](mailto:visit@tourismkingston.com)

By phone: 613-548-4415 or toll-free 1-888-855-4555

Webchat: [visitkingston.ca](http://visitkingston.ca)

The Visitor Information Centre is open seven days a week. Call or check the website for current hours.

想了解更多金斯顿本地旅游资讯，请访问加拿大金斯顿旅游局中文官网：

[visitkingstoncn.ca](http://visitkingstoncn.ca)

您也可以关注金斯顿旅游局微信和微博平台(公众账号：加拿大金斯顿旅游局)关注最新金斯顿旅游动态，并可以在互动中解答您的疑问。



[VisitKingston.CA](http://VisitKingston.CA)

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The Visitor Information Centre is located in Confederation Park, in the former train station of the Kingston and Pembroke Railway.





# ATTRACTIONS

Home to Ontario's oldest public market and Canada's hippest live music scene, Kingston is a walkable city, where hidden alleyways contain antique markets and restaurant patios. With dozens of museums and historic sites, and dozens more unique shopping and dining experiences, Kingston offers you something old and something new around every corner.

- › Bellevue House National Historic Site
- › Breakwater Park
- › Canada's Penitentiary Museum
- › Fort Henry National Historic Site
- › Great Lakes Museum, home of the S.S. Keewatin
- › The Haunted Walk of Kingston
- › Isabel Bader Centre for the Performing Arts
- › Kingston City Hall
- › Kingston Food Tours
- › Kingston Grand Theatre
- › Kingston Pen Tours
- › Kingston 1000 Islands Cruises
- › Kingston Trolley Tours
- › Military Communications and Electronics Museum
- › Miller Museum of Geology
- › Museum of Health Care
- › PumpHouse
- › Rideau Canal
- › The Screening Room
- › Slush Puppie Place
- › The Tett Centre for Creativity and Learning

*Explore these and many more attractions: [visitkingston.ca](http://visitkingston.ca)*

The S.S. Keewatin, one of the world's last Titanic-era steamships, is docked at the Great Lakes Museum.



# FOOD & DRINK

Known for its culinary scene, Kingston has something for everyone. Whatever you're craving, you'll find it here, from bāo to roti, comfort food to haute cuisine.



A special  
Kingstonlicious  
meal from Miss  
Bao Restaurant +  
Cocktail Bar



Book a table or grab some takeout for a picnic by the waterfront. Take a guided food tour or take in a special “Kingstonlicious” culinary event.



*Find your perfect meal in  
Kingston: [visitkingston.ca/  
eat-drink](https://www.visitkingston.ca/eat-drink)*





Memorial Centre Farmers' Market

Kingston is located in the heart of Frontenac County farmland. Frontenac farms feed Kingston tables, and Kingston chefs utilize fresh, seasonal ingredients from local growers and producers.



DAFT Brewing is one of Kingston's unique breweries.



Kingston has a long history of beer brewing. The first breweries in the city operated in the 1790s. Rideau Street, in the city's downtown, was then known as Brewery Street.

Today, Kingston is home to seven beer makers and one cider maker, each with their own take on the craft.

You can sample some of Kingston's brews at bars, restaurants, and festivals across the city. Several beverage makers also offer take-home and delivery options.

***Explore locally made beverages:  
[visitkingston.ca/eat-drink/  
wineries-breweries](https://visitkingston.ca/eat-drink/wineries-breweries)***

# SPRING

Enjoy pancakes with warm maple syrup at Maple Madness at Little Cataraqui Creek Conservation Area. This family-friendly event takes place every March. Bring your family for a guided sugar bush tour, wagon rides, scavenger hunts, and more. And of course, sample some maple syrup!



Tapping sugar maple trees for their sap in the springtime is an ancient tradition in this region, originating with the Indigenous Peoples, who traditionally harvested and celebrated the gift of “sweet water.” Learn more at the Maple Madness interpretative talks and demonstrations.

In May, Kingston parks, community spaces, and gardens come alive with tulips, daffodils, lilacs, and more.

Explore the Queen's University campus, where you will see curated gardens set against the backdrop of historic limestone buildings. The green space in front of Summerhill, Queen's oldest building (1839), was also once the site of Canada's first botanical garden. Today, this space is home to the Queen's arboretum, featuring a wide variety of trees.

### Spring things to see and do

- › Creative Kingston Walking Tours
- › Hike or cycle the K&P Trail
- › Kingston Food Tours
- › Kingston Public Market and Memorial Centre Farmers' Market
- › Maple Madness
- › PumpHouse
- › Queen's University arboretum

# SUMMER

There's so much to do in Kingston in the summer, from golfing and boating to diving and fishing to hiking and biking. Kingston's waterfront trail is easy to navigate on foot or by bike. Keep an eye out for the wayfinding signs along the trail, which will provide directions and teach you about the history of the region. If you didn't bring your bike or kayak, don't worry. You can rent one!

Discover the unique shopping experiences in Kingston's walkable downtown. You can explore the city and learn its history with a guided trolley tour and take in the beauty of the Thousand Islands on a sightseeing boat cruise.

A number of hotels and inns offer special packages that bundle Kingston experiences and attractions with your stay.

*Find your perfect Kingston package:  
[visitkingston.ca/packages](https://visitkingston.ca/packages)*



Cool off this summer with a dip in the pool – or in the lake. Breakwater Park in downtown Kingston offers an accessible lakeside beach, as well as picnic amenities. Grass Creek Park, in the city’s east end, also offers a large sandy beach and swimming area (plus an off-leash area for your canine friends). To the west, Lake Ontario Park, Kingston’s largest urban waterfront park, has a cobble beach, splash pad, beach volleyball court, and boat launch. Kids will enjoy the wading pool at McBurney Park and the Culligan Water Park at the Memorial Centre.

## Summer things to see and do

- › Ahoy Rentals
- › Bellevue House
- › Blue World Marine Adventures
- › Breakwater Park
- › Fort Henry
- › Indigenous markets
- › Kingston Buskers Rendezvous
- › Kingston Pen Tours
- › Kingston Pride
- › Kingston 1000 Islands Cruises
- › Kingston Trolley Tours
- › Movies in the Square
- › S.S. Keewatin



# SELF-GUIDED WALKING TOURS

Experience Kingston's rich music, literature, and film histories with a self-guided walking tour. Explore the music venues where some of Canada's best bands got their start. See behind-the-scenes photos of films shot in Kingston. Visit the places that have inspired award-winning novels. Each of these music, literature, and film tours takes you on a creative journey through Kingston.



*Learn more: [visitkingston.ca/  
walking-tours](https://www.visitkingston.ca/walking-tours)*



# disco



*From jazz  
to blues, pop  
to classical,  
discover  
music made  
in Kingston*

Kingston is filled with music.  
Enjoy live music outdoors,  
in clubs, and in concert halls,  
seven days a week.

*[visitkingston.ca/music](http://visitkingston.ca/music)*



# ONLY IN KINGSTON

Kingston's walkable historic downtown is full of unique shopping experiences, from antiques to apparel, food to fine art.



Cooke's Fine Foods dates back to 1865, when it was known as the Italian Warehouse.

You can also pick up mementos of your Kingston stay – including work by local makers – at the Visitor Information Centre (209 Ontario St.)



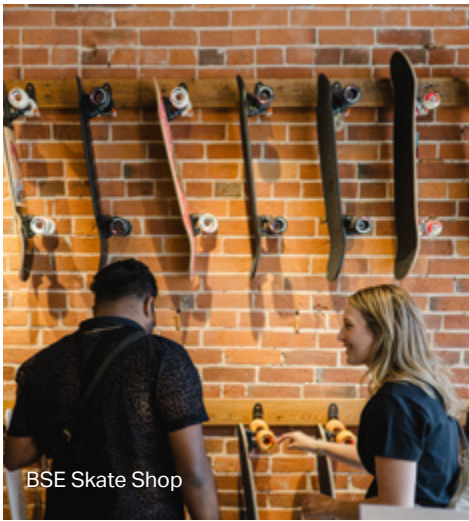
[visitkingston.ca/kingston-shop](https://visitkingston.ca/kingston-shop)







Merch market at Musiikki Cafe



BSE Skate Shop



Something Else Records



The Elm Cafe

# AUTUMN

Autumn is the perfect time of year to take in Kingston's architecture and historic sites. Take a guided tour or explore on your own.

Today, some of these historic limestone buildings are home to restaurants, bookstores, boutiques, and more.

Kingston is called "the limestone city" as so many of its historic downtown buildings were built using locally sourced limestone.





Take a guided tour of downtown Kingston and hear about the city's spooky past with The Haunted Walk of Kingston.

Kingston is home to more than 20 museums, national historic sites, art galleries, and archives. Explore geology, Canadian history, hockey, technology, medicine, and more. Enjoy hands-on learning with the kids or savour a quiet moment with a favourite painting.

### **Autumn things to see and do**

- › Fort Fright at Fort Henry
- › Ghost and Mystery Trolley Tour
- › The Haunted Walk of Kingston
- › Improbable Escapes
- › Kingston WritersFest
- › Music in the Park
- › Open Farms
- › Pumpkinferno at Kingston Pen
- › Thrifting and antique shopping



*Explore these and many more experiences:  
[visitkingston.ca/see-do](https://www.visitkingston.ca/see-do)*

# WINTER

## Kingston loves winter.

As the winter evenings grow darker, downtown Kingston lights up in response. Enjoy the ambiance as you window-shop. Take a ride in a horse-drawn carriage. Bring your skates and take a spin around the public rink at Springer Market Square.

Outside of downtown, there are plenty of other opportunities for you to get active in Kingston this winter! Go cross-country skiing, snowshoeing, ice fishing, or tobogganing.





Stoked Sauna Co.

Plan a winter getaway in Kingston with a Stoked Sauna session, Kingstonlicious meal, or other special event.

### **Winter things to see and do**

- › Art After Dark
- › Holiday markets
- › Kingston Canadian Film Festival
- › Kingstonlicious
- › Reelout Queer Film Festival
- › Stoked Sauna Co.
- › Winter lights in downtown



*Discover more winter activities:  
[events.visitkingston.ca](https://events.visitkingston.ca)*

# GETTING HERE

## By car

- › Via Highway 401 westbound, take exit 623.
- › Via Highway 401 eastbound, take exit 615.
- › Scenic eastbound route: take Highway 33 along Lake Ontario into Kingston.
- › From Cape Vincent, N.Y., take Horne's Ferry to Wolfe Island, then the Wolfe Island Ferry to Kingston.

## By train

- › VIA Rail offers service to Kingston from Montreal, Ottawa, and Toronto. Visit [viarail.ca](http://viarail.ca) or call 1.888.VIA-RAIL.

## By bus

- › Megabus offers service to Kingston from South Eastern Ontario, Toronto, Ottawa, and Montreal. Visit [ca.megabus.com](http://ca.megabus.com)
- › Flixbus offers service to Kingston from Windsor, Chatham, Toronto, Hamilton, Oshawa, and Ottawa. Visit [flixbus.com](http://flixbus.com)



## By boat

Kingston has both city-operated and privately owned marinas.

- › Confederation Basin Marina (City of Kingston):  
613-546-4291 ext. 1823 (seasonal)
- › Portsmouth Olympic Harbour (City of Kingston):  
613-546-4291 ext. 1827
- › Collins Bay Marina (West end): 613-389-4455
- › Treasure Island Marina (East end): 613-548-1239

Getting around Kingston is easy. While many attractions are within walking distance of the downtown core, you have other transit options as well. Kingston has accessible transportation options, as well as accessible tours and attractions.

**Learn more: [visitkingston.ca](https://www.visitkingston.ca)**



# *EXPLORE KINGSTON AND THE 1000 ISLANDS FROM A UNIQUE VANTAGE POINT.*

## **Sail Kingston**

- › See Kingston's natural history and setting from the water
- › Learn about remarkable fortifications, shipwrecks, and classic architecture
- › Pass UNESCO world heritage sites including Fort Henry

**Take a one-hour Kingston – Discovery cruise**

## **Sail the 1000 Islands**

- › Cruise from downtown Kingston into the world-famous 1000 Islands
- › Wind your way through small cottage islands and see grand estates
- › Enjoy live entertainment and dining options: brunch, lunch, or dinner

**Take a three-hour 1000 Islands – Heart of the Islands Cruise**

*Book your cruise today.*  
*1000islandscruises.ca*



Historic



# ACCOMMODATIONS/ HÉBERGEMENT

Hotels, motels, and historic inns – Kingston has a wide variety of options for your stay. You can also book a licensed short-term rental. Please verify the availability of accessible, cycle-friendly, or pet-friendly rooms with each accommodation when booking your stay.

**Learn more: [visitkingston.ca/stay](https://www.visitkingston.ca/stay)**

Hôtels, motels et auberges historiques – Kingston offre une gamme variée d'options pour votre séjour. Vous pouvez également réserver une location de courte durée autorisée. Veuillez vérifier la disponibilité des chambres accessibles, conviviales aux vélos ou acceptant les animaux domestiques lors de la réservation de votre séjour.

**Pour plus d'informations: [visitekingston.ca/stay](https://www.visitekingston.ca/stay)**

## *Downtown/Centre-ville*



### **CONFEDERATION PLACE HOTEL**

237 Ontario St.  
613-549-6300  
[confederationplace.com](https://www.confederationplace.com)



### **DELTA HOTELS BY MARRIOTT KINGSTON WATERFRONT**

1 Johnson St.  
613-549-8100, 1-888-548-6726  
[marriott.com/ylgkdk](https://www.marriott.com/ylgkdk)



### **FRONTENAC CLUB**

225 King St. E.  
613-547-6167  
[frontenacclub.com](https://www.frontenacclub.com)



### **HOCHELAGA INN**

24 Sydenham St.  
613-549-5534  
[thehochelagainn.ca](https://www.thehochelagainn.ca)



### **HOLIDAY INN KINGSTON WATERFRONT**

2 Princess St.  
613-549-8400  
[ihg.com/holidayinn](https://www.ihg.com/holidayinn)



### **KINGSTON MARRIOTT HOTEL**

285 King St. E.  
613-544-4434  
[marriott.com/ylgkfp](https://www.marriott.com/ylgkfp)



### **RESIDENCE INN BY MARRIOTT KINGSTON WATER'S EDGE**

7 Earl St.  
613-544-4888  
[marriott.com/ylgkri](https://www.marriott.com/ylgkri)

# Downtown/Centre-ville

## THE ROSEMOUNT INN

46 Sydenham St.  
613-480-6624  
rosemountinn.com



## THE SECRET GARDEN INN

73 Sydenham St.  
613-548-1081  
thesecretgardeninn.com

# Mid-town/Centre-ville

## BEST WESTERN FIRESIDE INN

1217 Princess St.  
613-549-2211  
bestwesternkingston.ca



## DONALD GORDON HOTEL & CONFERENCE CENTRE

421 Union St.  
613-533-2221  
queensu.ca/donaldgordoncentre



## DOUBLETREE BY HILTON/ HOME2SUITES HILTON

1550 Princess St.  
613-548-3605  
hilton.com



## ECONO LODGE CITY CENTRE

840 Princess St.  
613-549-4546  
choicehotels.ca

## HOWARD JOHNSON BY WYNDHAM KINGSTON

686 Princess St.  
613-777-0133  
wyndhamhotels.com



## KNIGHTS INN

1155 Princess St.  
613-546-4285  
knightsinn.com



## QUEEN'S UNIVERSITY RESIDENCES (seasonal/ saisonnier)

75 Bader Lane  
613-533-3183  
queensu.ca/eventservices



## RAMADA BY WYNDHAM KINGSTON

1454 Princess St.  
613-549-5550  
wyndhamhotels.com



## ST. LAWRENCE COLLEGE RESIDENCE (seasonal/ saisonnier)

23 Country Club Dr.  
613-544-6600 ext. 4999  
stlawrencecollege.ca/events



## STRATA HOTEL

1187 Princess St.  
613-546-4411  
stratahotel.com



– Accessible



– Pet-friendly



– Bike-friendly



– Hébergement accessible



– Hébergement acceptant les animaux



– Hébergement qui accueillent les vélos

# East end/Est



## **ALL SUITES WHITNEY MANOR**

8 Starr Pl.  
613-766-9394  
allsuiteswhitneymanor.com



## **COUNTRYSIDE INN**

1488 Highway 15  
613-546-6674

## **HAMPTON INN BY HILTON KINGSTON**

125 Innovation Drive  
613-766-1122  
hilton.com



## **LORD NELSON MOTEL**

1664 Highway 15  
613-542-2883  
lordnelsonmotel.net



## **SUPER 8 BY WYNDHAM KINGSTON**

794 Highway 2 E.  
613-549-1620  
wyndhamhotels.com

# West end/Ouest



## **BAYSIDE INN & WATERFRONT SUITES**

4024 Bath Rd.  
613-634-7400  
baysidehotelkingston.com



## **CANDLEWOOD SUITES KINGSTON WEST**

205 Resource Rd.  
613-767-9365  
cwskingstonwest.ca



## **COMFORT INN & SUITES**

2467 Princess Street  
613-766-1740  
choicehotels.com

## **EMBASSY MOTEL**

2404 Princess St.  
613-546-4271  
embassymotel.ca



## **GREEN ACRES INN**

2480 Princess St.  
613-546-1796  
greenacresinn.com

## **HILLTOP MOTEL**

2287 Princess St.  
613-542-3846  
hilltopmotelkingston.com

# West end/ Ouest



## **HOLIDAY INN EXPRESS KINGSTON WEST**

205 Resource Rd.  
613-767-9370  
hiexkingstonwest.ca



## **MOTEL 6 KINGSTON**

1542 Robinson Ct.  
613-507-6666  
motel6.com



## **QUALITY INN & SUITES**

1530 Robinson Ct.  
613-389-9998  
qualitysuiteskingston.com

## **SEVEN OAKES MOTEL**

2331 Princess St.  
613-546-3655



# North end/ Nord



## **COMFORT INN HIGHWAY 401**

55 Warne Cres.  
613-546-9500  
choicehotels.com



## **COMFORT SUITES KINGSTON CENTRAL**

33 Benson St., Building 2  
613-546-3661  
choicehotels.com



## **COURTYARD BY MARRIOTT KINGSTON**

103 Dalton Ave.  
613-548-7000  
marriott.com/ygkcy



## **DAYS INN BY WYNDHAM KINGSTON**

1 First Canada Ave.  
613-541-1111  
wyndhamhotels.com



## **HOLIDAY INN EXPRESS & SUITES KINGSTON**

11 Benson St.  
613-546-3662  
hiexpress.com/kingstonon



## **QUALITY INN & CONFERENCE CENTRE KINGSTON CENTRAL**

33 Benson St.  
613-546-3661, 1-800-267-7888  
qualitykingston.com



Tourism Kingston  
177 Wellington St., Suite 200  
Kingston, Ontario K7L 3E3

**KINGSTON**

— *Ontario, Canada* —