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Kingston

CITY GUIDE

SPRING

2018



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CONTINUES

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3
hour

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Island Belle

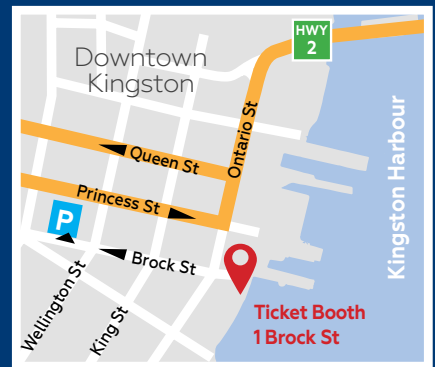
Kingston's Discovery Cruise introduces the unique sights and heritage of the 1000 Islands region and Kingston's historic waterfront. The Cruise passes close to National Park Islands and National Historic Sites, and includes a lively narration of Kingston's history and natural setting.



At Kingston 1000 Islands Cruises our theme is Food, Fun and Entertainment Ships! Set sail into the heart of the 1000 Islands on a cruise departing from downtown Kingston, featuring live entertainment, gourmet dining and spectacular sightseeing.

Cruises begin April 21, 2018

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Kingston

Trolley &
Cruise
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Discovery Cruise

Heart of the Islands Cruise

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Penitentiary

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Photos: Pizza and VR Hut, Rob Whelan; plant, courtesy of The Jungle

Kingston

CITY GUIDE

Volume 1 | Issue 4



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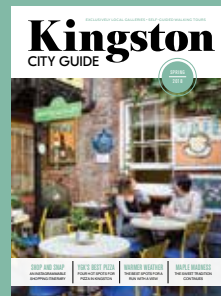
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We're unapologetic about our love for Kingston, and we know you will be, too. Don't forget to enter our "Win a Summer Weekend" contest, which you can find details for on page 59. We'd love to have you back again.

GET IN TOUCH

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On the cover:

Meigan Jensen and Brock Woodland
at the Delightfully Different Tea Room
patio alongside Martello Alley (197
Wellington St./203 B Wellington St.)

PHOTO BY MARC POLIDORO

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KINGSTON

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Welcome to Kingston

For more information on what's happening in the city, drop by the Visitor Information Centre (209 Ontario St.) or visit Tourism Kingston's website at visitkingston.ca

As mayor of Kingston, I would like to extend a warm welcome to our lovely city.

What's Kingston all about?

Known as the Limestone City and Canada's first capital, our vision is to be a smart and livable 21st-century city.

Why visit Kingston?

Kingston is one of the country's most historic cities with some of Canada's most important historical figures and events. Discover a favourite exhibit in one of our museums, or take a stroll and explore our charming shops and enjoy a delicious meal in one of our many esteemed restaurants.

What are some of Kingston's main attractions?

We're home to a beautiful waterfront and some of the region's best cultural attractions, such as museums, galleries and historic sites, including Fort Henry and the Kingston Penitentiary Tours. For more information on what's happening in the city visit the Tourism Kingston website at visitkingston.ca.

I hope you get to experience our rich and vibrant community and enjoy your stay in Kingston.

Sincerely,

Bryan Paterson
Mayor of Kingston

GOOD TO KNOW

Population:

Greater Kingston, 161,175
(Statistics Canada, 2016)

Climate:

Proximity to Lake Ontario yields a moderate climate with four seasons.

Average Temperature:

Winter: -8°C (17°F)
Summer: 20°C (75°F)

Language:

Primary language is English, with government services and many local business services available in French.

Nicknames:

The Limestone City, K-Town, YGK

WEBSITES TO BOOKMARK

visitkingston.ca

queensevents.ca

keepupwithkingston.com

rosalyngambhir.com

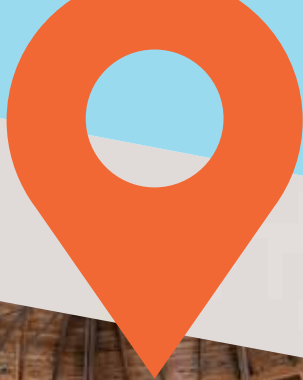
downtownkingston.ca

cityofkingston.ca

kingstonlife.ca

thewhig.com

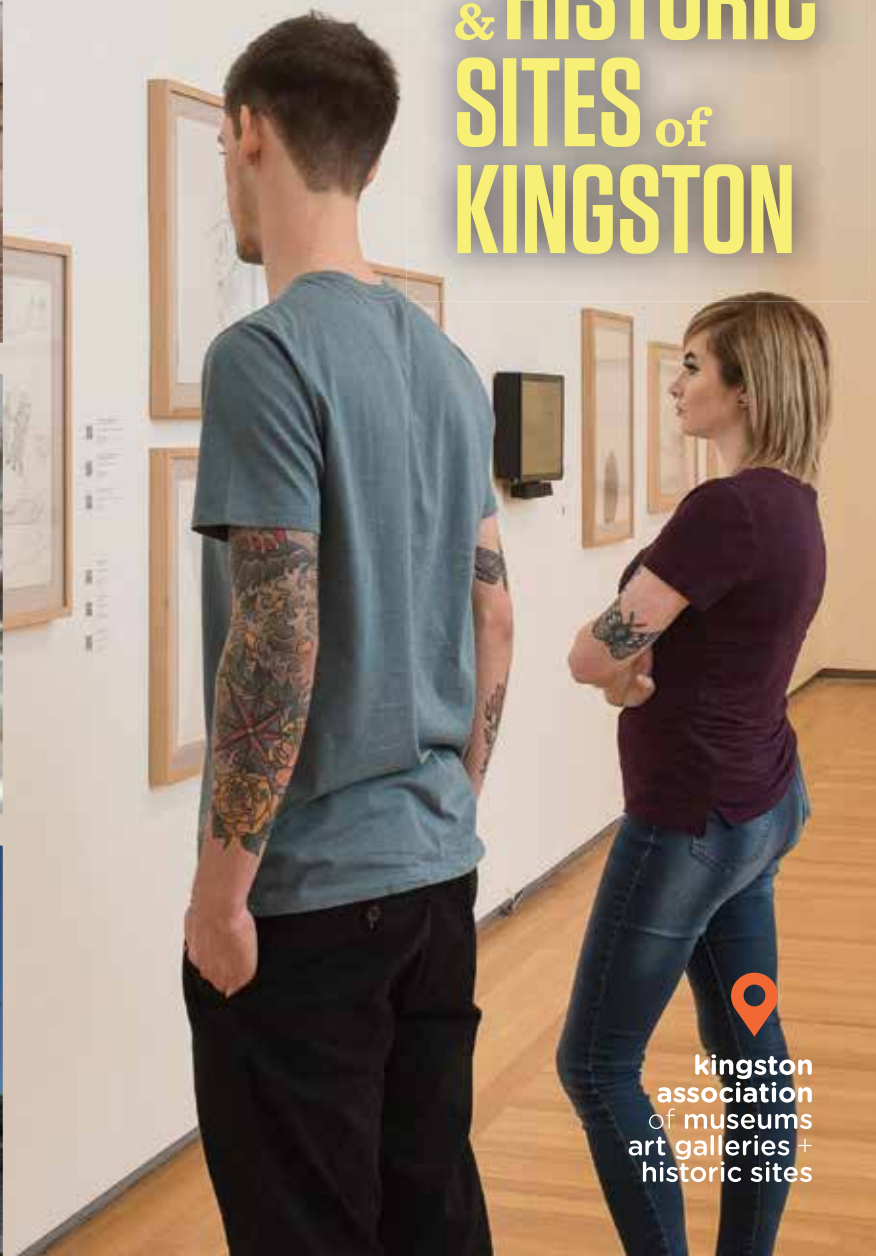




kingstonmuseums.ca

Kingston has
something for
everyone at its
26 museums and
historic sites and
4 art galleries!

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**MUSEUMS,
GALLERIES
& HISTORIC
SITES** of
KINGSTON



kingston
association
of museums
art galleries +
historic sites

The Who, What & Where

MARCH 2018

Friday Night Jazz at Montes

Bundle up and grab a pint to enjoy with an evening of live jazz. The 20th-Century Jazz Band features a rollicking rotating cast of Kingston's finest jazz musicians – Brant Peppley, Craig Jones, Dave Barton, David Rappaport, Doug Rooks, Van Hamilton and Paul Stacey – playing from a well-known collection of American standards.

Fridays, 7 to 10 p.m., T'ir Nan Og, 200 Ontario St., free

Kingston Canadian Film Festival

Check out the globe's largest all-Canadian film and media festival. KCFF will be showcasing the best Canadian features, shorts, special events and workshops, plus music awards, film parties and more.

March 1 to 4, various times, downtown Kingston, multiple locations, kingcanfilmfest.com

Next Gen Masquerade

Intrigue, cocktails and dancing: what's not to love? This semi-formal soirée is the perfect excuse to dress up and have an elegant night out. Don't forget your

FAMILY-FRIENDLY



Maple Madness



Homegrown Live Music Festival



Memorial Centre Farmers Market

Maple Madness

March 10 to 18; March 24 & 25; and March 31 & April 1, various times, Little Cataraqui Creek Conservation Area, cra.ca, \$15 per car

Take a tractor-drawn wagon back to the sugar bush and see how maple syrup, a Canadian favourite, is made. Warm up with some pancakes and hot chocolate on this seasonal outdoor excursion, with plenty of opportunities for beautiful spring hiking as well.

mask! Proceeds support the United Way KFL&A Next Gen initiative.

March 3, 8 p.m. to 1 a.m., Renaissance Event Venue, 285 Queen St., nextgenmasq.ca, \$35

Armstrong's War

This Colleen Murphy play follows the experiences of two battle-scarred people: one from injuries in Afghanistan, another from a life-changing accident. A powerful, delicate and surprisingly funny narrative about courage and what it means to be a hero.

March 9 to 25, various times, The Grand Theatre, 218 Princess St., kingstongrand.ca, \$20 to \$35

King Con

A celebration of science fiction, gaming, graphic novels and the fandom. Attend gaming tournaments, writing panels, drawing workshops, speaker sessions and more. Browse dozens of vendors and immerse yourself in the colourful world of illustrative art.

March 10 and 11, 1-5 p.m., The Spire (Sydenham Street United Church), 82 Sydenham St., kfpl.ca/programs-and-events/king-con

APRIL 2018

Art Threads 2018

Seek out the 21st annual Kingston Fibre Artists exhibition with new work by 17 local artists featuring distinctive works in textile. Opening reception on April 7 with a chance to meet and greet Kingston's innovators in quilting, felting, papermaking, stitchwork, dyeing and more.

All of April to May 3, various times, Tett Centre for Creativity and Learning, 370 King St. W., kingstonfibreartists.ca

Ballets Jazz Montreal

Faced with the tensions and uncertainties of today's world, BJM remains faithful to a contemporary aesthetic form of dance that uplifts the soul. This company's radiant and expressive approach to dance shines under Itzik Galili, a choreographer known for pioneering diversity in ballet in more than 70 works around the world.

April 12, 7:30 p.m., The Grand Theatre, 218 Princess St., kingstongrand.ca, \$44.50

Limestone Race Weekend

Challenge yourself in the area's most scenic five-kilometre, 10-kilometre and half-marathon races. Medals are awarded at the end of each day, plus hot eats and cool drinks from the Kingston Brewing Company for runners.

April 28 & 29, various times, City Hall, 216 Ontario St., krro.org, \$30 to \$60



Limestone Race Weekend

MAY 2018

Homegrown Live Music Festival

Celebrating live independent music in the Limestone City. Catch a show with your favourite local performers at the city's top music venues and help raise money for Joe's Musical Instrument Lending Library.

May 5, downtown Kingston, multiple locations, homegrownlive.ca

One Flew Over the Cuckoo's Nest

A charming rogue contrives to serve a short sentence in an airy mental institution rather than in prison. This, he learns, was a mistake. He clashes with the head nurse but quickly takes over the yard, accomplishing what the medical profession had been unable to do for years.

Continues to May 12, 7:30 p.m., The Grand Theatre, 218 Princess St., kingstongrand.ca, \$20

Fort Henry Opening Day

Kick the season off with the ceremonial flag-raising in the East Battery, take a guided tour in English or French, enjoy the exhibits in Fort Henry's living museum or view a historic weapons firing demonstration.

May 20, 9:30 a.m. to 5 p.m., Fort Henry, 1 Fort Henry Way, forthenry.com

Victoria Day Celebrations

Live music, street food, community festivities and a beautiful fireworks finale. There's no better way to celebrate Canada's spring in full

bloom. Hosted by the City of Kingston. **May 21, all day, Lake Ontario Park, 920 King St. W., cityofkingston.ca/events, free**



Victoria Day Celebrations

Art After Dark

Twice a year, galleries in the downtown core open their doors to share the best art Kingston has to offer. Make a night of it and explore the city's most beautiful creative spaces, stop by receptions to meet and greet local makers, or catch the latest show at spots like Modern Fuel and Studio 22. **May 25, 7 to 10 p.m., downtown Kingston, multiple locations, downtownkingston.ca, free**

Memorial Centre Farmers Market

This spectacular Sunday market showcases fresh local produce and artisan crafts, plus plenty of fun family entertainment. It's also 100 per cent producer-run, with all products grown in the Kingston food shed.

May to October, Memorial Centre, 303 York St., memorialcentrefarmersmarket.ca



—DINE— ON THE WATERFRONT

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WALK,
BIKE OR
DRIVE

5 Best Views of the City

DON'T MISS THESE INSTAGRAM-WORTHY SPOTS

by Ashley Clark

01

TETT CENTRE & THE ISABEL/Morton Way

The Tett Centre and the Isabel Bader Centre for the Performing Arts are new to the city's cultural and architectural landscapes. On the shore of Lake Ontario, both spaces can be explored during regular business hours and provide photo ops for lime-stone or glass-framed selfies.

02

SPRINGER MARKET SQUARE/216 Ontario St.

Home to city hall and the city's largest farmers market, Springer Market Square is the spot for both historic and candid shots.

03

WOLFE ISLAND FERRY/

The Tragically Hip Way and Ontario St.

For an adventure and some pretty sightlines, be sure to hop on the Wolfe Island Ferry (docked at the end of The Tragically Hip Way). You'll get an up-close look at the lake, and can focus on Kingston's shoreline as you travel across the St. Lawrence River. And it's free!

04

CONFEDERATION BASIN/6 Clarence St.

The historical heart of downtown has to be Confederation Basin. At the centre of the park is an arced water fountain along with

spectacular shore views, a bustling marina and city hall in the background. It's no wonder visitors flock to this spot to snap that "Wish you were here" pic for the folks back home.

05

FORT HENRY/1 Fort Henry Dr.

Fort Henry is a city treasure, and the vistas don't get better than this. Climb onto the east side of the hill for a view overlooking the entire city, including the Royal Military College and vast waters of Lake Ontario. Or venture along the shoreline to see the famed red-roofed Martello towers.

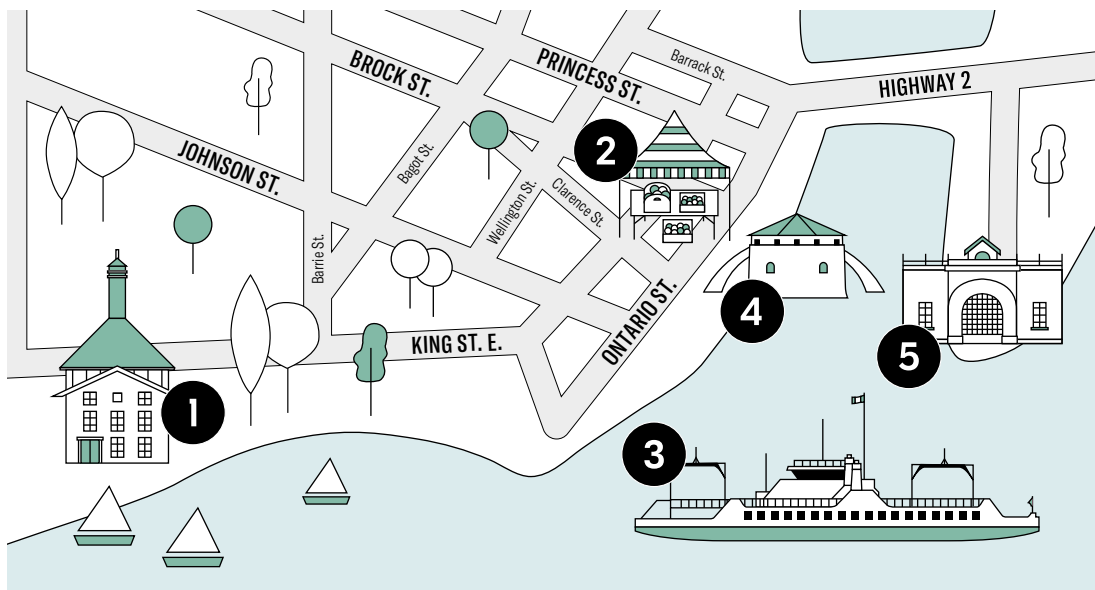


Illustration: Wendy Trevorton

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DIY Kingston

TRY A SELF-GUIDED WALKING TOUR OF THE CITY by Ashley Newton

Take in the fresh air while learning all about Kingston's rich history. The city has a number of historic walking tours available on their website, cityofkingston.ca. Shorter tours – under an hour – take you through Earl Street, King Street, naval historic sites, Ontario Street, architectural developments, the War of 1812, and some of Kingston's most photo-worthy streets and historic homes.

Or, if you want to take your sightseeing to the next level, consider walking "In Sir John A.'s Footsteps" – this one-hour experience features audio accompaniments to bring you into the heart of life in Kingston during our first prime minister's time as a Kingston resident. Enjoy the sights and sounds of the city while learning about what makes it unique. Be sure to dress for the weather – and bring your camera! www.cityofkingston.ca/explore/culture-history/history/walking-tours

**DID
YOU
KNOW**

Kingston was the first capital of Canada?

Photo from Queen's University Archives



Kingston was the capital from 1841-1844, during which time its city hall was built. The building's impressive scale and design was meant to reflect Kingston's status as capital, though that was no longer applicable shortly after the structure was completed.

Kingston City Hall and Springer Market Square, circa 1900. An active market has existed in this location for over 200 years.



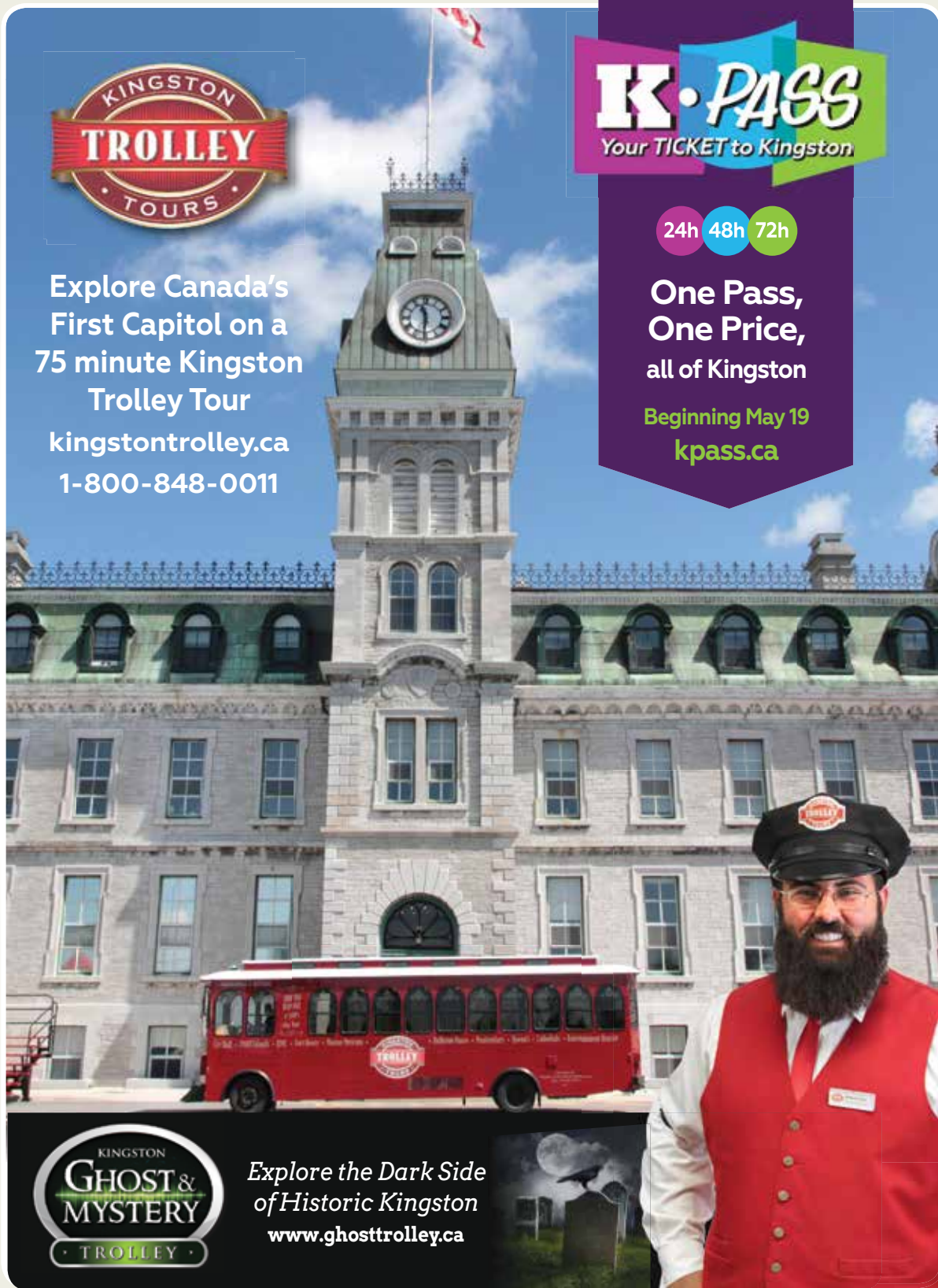
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Maple Madness

THE SWEET TRADITION CONTINUES

Maple Madness returns this spring with a host of interactive and educational activities for maple fans of all ages. Located in Little Cataraqui Creek Conservation Area, just north of Kingston, the annual celebration is an opportunity for folks from across the region to catch a glimpse of one of the most storied of Canadian spring traditions – maple tree tapping – in a manner that's hands-on, fun and, if you include the pancakes, quite tasty!

Why not get outside, spend some time in nature, and learn about the history, heritage, and significance of maple sugar and maple syrup in Canada's culture, economy and national story?

Running throughout March Break (March 10-18) and continuing the

following two weekends (March 24-25 and March 31-April 1), Maple Madness lets visitors experience the entire process of producing this sweet spring delicacy, featuring a variety of unique and informative demonstrations using both old-fashioned and modern methods.

Start your day with a puppet show at the outdoor centre, then climb aboard a tractor-drawn wagon ride into the sugar bush to see how trees are tapped. Learn how the sap is boiled down to the perfect consistency to make the liquid gold known as maple syrup, and sample just how tasty warm maple syrup can be. For a real treat, try it on some freshly made pancakes in the rustic sugar shack.

Each Saturday, you can also experience an interactive First Nations maple syrup display, led by Paul Carl, and on Saturday, March 24, try your hand at some 'old-tyme' sugar bush chores, such as sawing logs, emptying sap buckets and tapping trees.

The Cataraqui Conservation Foundation hosts a fundraising bake sale on Saturday, March 18, while the always-popular maple taffy demonstration happens Saturday, March 31.

Visit crca.ca/maple-madness for all the details about Maple Madness and other upcoming spring programs. Join in the Maple Madness fun at Little Cataraqui Creek Conservation Area.

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Dine

When it comes to authentic and local, Kingston's food scene certainly delivers. Whatever you're craving – from inventive fine dining to superb ethnic eats – there's a pretension-free eatery to satisfy. Kingston is known for having one of the highest number of restaurants per capita of any city in Canada. Also, many restaurants source ingredients locally, so you're guaranteed to have a fresh and seasonal dining experience.



Waterfront Breakfast
Eggs Benedict from AquaTerra,
a fine-dining restaurant in the
Delta Hotel Waterfront.
Photo courtesy of AquaTerra

Kingston's Best Pizza

PIZZA IS A CLASSIC FAVOURITE, AND WHEN IT'S MADE RIGHT, IT'S A STEP-ABOVE

by Ashley Newton



Wooden Heads



Paradiso

Obsessed with pizza? You're not alone. Kingston has plenty of places to snag that perfect combination of cheese and toppings we all know and love. Here are a few of our recommendations for the next time you get that all-too-familiar craving – each dishing up something different.

Wood-Fired and Delicious

1 Wooden Heads
192 Ontario St.
woodenheads.com

Wooden Heads Gourmet Pizza is

known for its flavourful and inventive wood-fired creations. There are endless possibilities for toppings, covering sweet, savoury and even spicy. Try a pizza from the existing menu, or opt to design your own with your favourite toppings. The best part? Each pizza is made for individual consumption, so you don't have to share. And with a large wood-fired oven at the ready, your pizza will always be fresh, with the perfect cheese pull. We recommend trying something new, so you'll leave feeling both satisfied and adventurous.

Contemporary with Class

2 Atomica
71 Brock St.
atomica.ca

Pizza and wine pair beautifully within Atomica's chilled-out atmosphere. Among the many menu items, like pastas and sharing plates, are thin-crust and deep-dish pizzas just waiting to be enjoyed with your favourite beer, wine or cocktail. Be sure to ready your palate by sharing a small appetizer with your dining partner, because you'll want those taste buds



Atomica



Score Pizza

wide awake when your pizza gets to the table. And those with dietary restrictions can rejoice: at Atomica, all classic pizzas can be ordered with gluten-free crust and vegan cheese.

Just the Way You Want It

3 Score Pizza
91 Princess St.
scorepizza.ca

Imagine walking into a gourmet pizza restaurant and ordering all the toppings you'd like, all at one price. Walk in, choose your sauce(s) and toppings, and pay

while your customized pizza is being made. Served in small cardboard boxes, these personal pizzas can be eaten in or taken anywhere. Choose from their six-inch or 12-inch sizes, depending on how hungry you are, and you'll be on your way.

Take-Out Crowd-Pleaser

4 Paradiso
887 Division St. &
1755 Bath Rd.
paradisopizza.ca

Needing that late-night pizza experience? Paradiso offers

flavours you'll love at hours you'll really love. If you're feeling particularly hungry, indulge in one of their famously large slices or order your own personal nine-inch pizza. The "Jumbo Pizza" is also ready to order with your favourite toppings – at a whopping 21 inches, no one will be feeling hungry afterward! At Paradiso, you can dine in, take-out or get delivery. Just make sure you also try some of their original menu items, like a poutine with mozzarella cheese (move over, cheese curds!) or pickle chips.

The Culinary Perspective

KINGSTON'S PREMIER FOOD AND DRINK TOURS

by Erin Jones



Chicken Tinga Tacos from
Dianne's Fish Shack & Smokehouse
on "The Classic Kingston" tour.

Foodies, rejoice! Now you can eat and drink your way through the Limestone City and surrounding area with a guided walking tour of downtown Kingston, or hop on a bus to discover some incredible restaurants and breweries with these local food and beer tours.

1 Kingston Food Tours – The Classic Kingston

A two-and-a-half-hour guided walking tour of Kingston's downtown: not only can you enjoy tastings at local restaurants, but the tour also provides "an insider's perspective" on the city's culture and history, with a focus on unique shops, artisans, markets and restaurants like Atomica, Red House, Olivea, Dianne's Fish Shack and Smokehouse, Pan Chanco Bakery and Cafe, and many more. Bring your walking shoes – and prepare to loosen your belt a little.

Adults \$69; children \$59; kingstonfoodtours.ca

2 Kingston Food Tours – Brews and Bites

The newest addition to Kingston Food Tours' lineup is perfect for craft beer lovers. Starting at Stone City Ales, your trained guide will take you on a tour of eight local pubs, micro-breweries and hot spots, letting you taste some of the best local beers and bites Kingston has to offer along the way. Participants must be 19 years of age or older to partake. \$69; kingstonfoodtours.ca

3 Kingston Gananoque Beer Tours – Limestone Ale Trail

Love local craft beer? Climb aboard the Barley Bus and take a tour to Mackinnon Brothers Brewing Company, Gananoque Brewing Company, Napanee Beer Company, King's Town Beer Company and Riverhead Brewing Company. During the five-hour tour, guides keep patrons busy on the bus with games and local history lessons, and at each stop you'll learn all about the breweries and sample an assortment of their beers.

\$99; kingstonganbeertours.com



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Sunday Brunch: 10:30 to 3:00

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Jessup
www.foodandlifestyle.ca



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aquaterrakingston.com



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71 Brock St., 613-530-2118
atomica.ca



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68 Princess St., 613-549-7673
chezpiggy.com



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Delightfully Different offers homemade comfort with a touch of class in the heart of downtown Kingston. Enjoy our afternoon high tea, or drop in for breakfast and lunch; our menu is sure to delight you!

197 Wellington St., 613-766-5966



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flavoursofindiakingston.ca



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250 King St. W., Ganonoque,
613-382-1110
woodviewinn.com



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93 Princess St., 613-507-3663
harpersburgerbar.com



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207 Wellington St., 613-542-4244
ironduke.ca



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69 Brock St., 613-549-5635
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We're So Crafty

WOLFE ISLAND SPRING CRAFT BEER

Kingston's newest neighbour and the latest addition to the city's burgeoning craft beer scene, the Wolfe Island Spring Craft Brewery serves up tasty suds of all sorts to thirsty patrons around town. With a wide selection of lagers, ales and everything in between, the Wolfe Island Spring Craft Brewery boasts a robust lineup of full-bodied brews for every palate.

Try their signature brew Wolfenstein Cannonball Ale - a German Steinbier brewed with an authentic, 36lb solid iron cannonball, literally dredged from the bottom of Lake Ontario and likely leftover from one of many conflicts surrounding the Great Lakes during the War of 1812. The cannonball is heated significantly hotter than the German's brewers. This heat caramelizes sugars from the malt to help balance bitterness from the hops, and the residual iron the cannonball leaves in the beer gives it its crisp and refreshing finish.



▼ Sip on these this summer.



LIGHTHOUSE LAGER

4.2% ABV, 18 IBU.
A crisp and refreshing lager based on traditional German pilsners. Brewed with German noble hops. Pairs well with fish and other light proteins.



BILLY BISHOP RED ALE

5.2% ABV, 35 IBU.
This beer is an Irish-style red ale brewed with traditional European grains. It pairs well with BBQ meats and vegetables.



ORANGE-WHITE

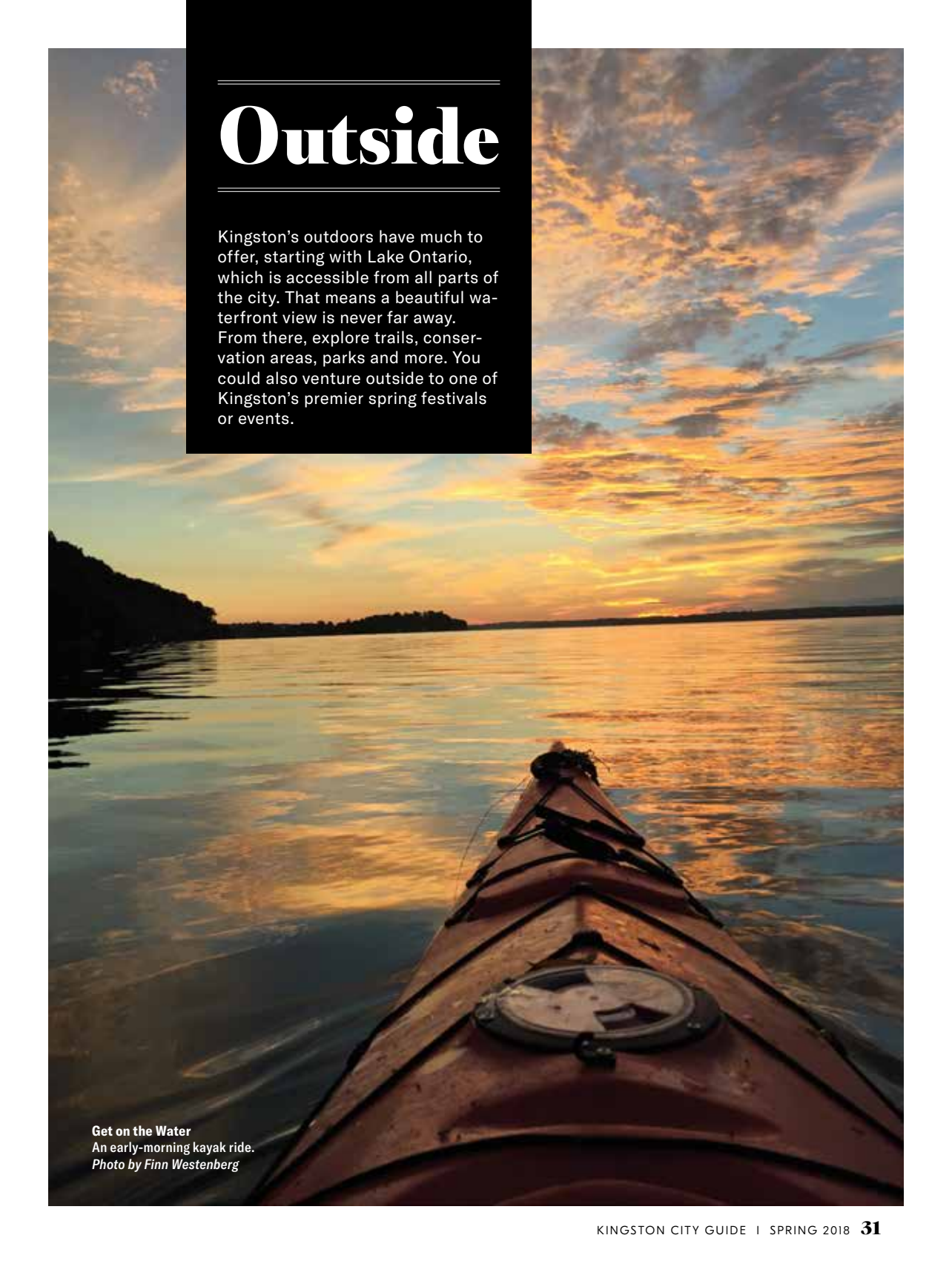
4.8% ABV, 12 IUB.
This Belgian-style white beer is brewed with orange zest and coriander. It is designed to be enjoyed as a most refreshing libation on your favourite summer patio.

<http://wolfeisland.beer/>



Outside

Kingston's outdoors have much to offer, starting with Lake Ontario, which is accessible from all parts of the city. That means a beautiful waterfront view is never far away. From there, explore trails, conservation areas, parks and more. You could also venture outside to one of Kingston's premier spring festivals or events.



Get on the Water
An early-morning kayak ride.
Photo by Finn Westenberg

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CATARAQUI REGION
CONSERVATION AUTHORITY

crca.ca/maple-madness

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James's Local Picks

Stone City Ales, Uncharted IPA

So hoppy it makes me happy.



Milton Island

After the patio at Stone City, paddling around Milton, where I live, in a raging wind.



Cedar Lake Loop, Frontenac Park

Stellar – especially in early spring.

James Malcolm

OWNER OF TRAILHEAD by Erin Jones

"I've got lots of pictures that would take me back under the age of five," says James Malcolm – "enjoying a camping trip, fishing." No coincidence, then, that he's now the owner of one of Kingston's premier outdoors suppliers, Trailhead (262 Princess St.). Malcolm says it was his lifelong love of the outdoors that led him to work in the outfitters industry. After working as a manager for years, in Toronto and out west, Malcolm made the leap to owner in 2004, moving to Kingston and purchasing Trailhead. He says he revamped the store and has made it his mission ever since to help every customer enjoy the outdoors, by offering products, rentals and courses at all interest levels.

Why did you choose to come to Kingston?

We're very much water-focused, my wife and I. Kingston provided not only Lake Ontario but so much paddling to be done north of the city. It's an outdoor community. I think we're a community-focused

city – I love the caring nature of the people that live here.

What neighbourhood do you live in?

We live in Milton in the East End. We've been lucky enough to move onto the water. It's kind of

a fulfillment of a dream. To wake up every morning to a sunrise across the water, to be able to skate to work, to paddle to work, those are opportunities that I feel absolutely privileged to be able to take advantage of.

What are your favourite outdoor spring activities?

I love hiking Frontenac (Provincial) Park – it provides such great topography! When you get into the northern part of the park, it's such great hills. Spring provides less growth on the trees, which means the visibility is greater, your line of sight – you can look for several hundred metres in any direction. I love that new growth, with the green against the grey.

What's Kingston's best-kept secret?

The secret is out about Rock Dunder. It's out big-time. I'm not going to give you an outdoor thing: I'm going to give you my favourite breakfast spot. Northside Espresso. Best breakfast in town.



Little Cataraqui Creek Conservation Area

Best Places for a Run

KINGSTON IS HOME TO SOME OF THE MOST BEAUTIFUL TRAILS AND CONSERVATION PARKS IN EASTERN ONTARIO. CONSIDER STRIDING INTO SPRING AT ONE OF THESE LOCATIONS. by Ashley Newton



WATERFRONT TRAIL



Waterfront Trail

No matter what time of day you like to lace up, the Waterfront Trail is the perfect place to take in some fresh air and witness Kingston's scenic beauty. Winding along the lake shore, you can venture past historic sites and the bustle of everyday life while savouring the beautiful horizons of Wolfe Island and its wind turbines across the water. Views like this will take your breath away – an essential part of any exercise regimen.



OFF-ROAD RUNNING



K&P Trail

Leave that treadmill behind – when you're enjoying the simplicities of nature, running doesn't have to be boring. The old Kingston and Pembroke rail line – now affectionately referred to as the "Kick & Push Trail" – has many entry points to begin, plus the natural earthy ground will be easy on the knees. You'll be inspired to take your running game to the next level as you explore the unique ter-



CONSERVATION AREA

rain of this trail – you'll get a boost in your training and a running experience like no other.



Lemoine Point

Now that the weather is warming up, you won't want to miss out on seeing some breathtaking sunrises and sunsets – and you'll definitely want to snap a picture to share with your friends. Visit this beautiful lakeside conservation area and, when you're not pushing your limits, keep an eye out for rare birds and other wildlife, cheering you on from the trees.

Little Cataraqui Creek

For a small fee, take to the marshlands, fields and forests at Little Cataraqui Creek for a fully immersive running experience. There are a number of trails, from one km and up, to fit your regimen. Or, if running isn't your thing (but you're still reading this anyway) consider trying out a Forest Therapy Walk – it's a terrific way to reconnect, with your body and with nature. Check the Cataraqui Region Conservation Authority website – crca.ca – for available dates.



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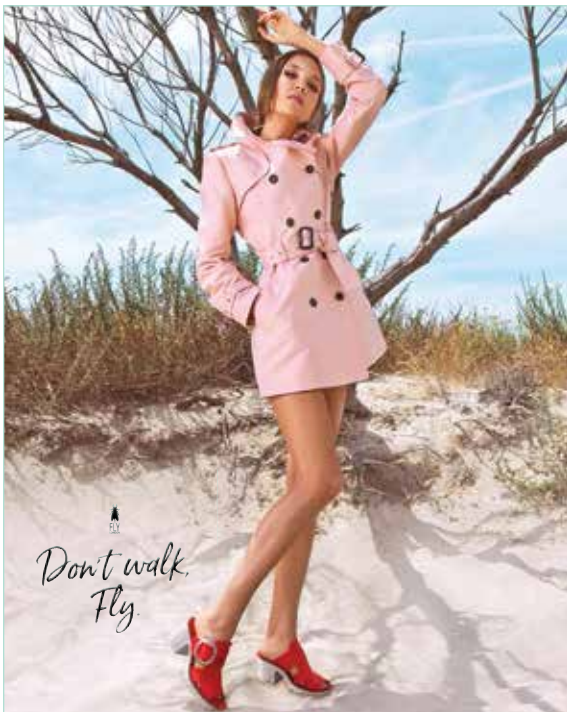
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That**

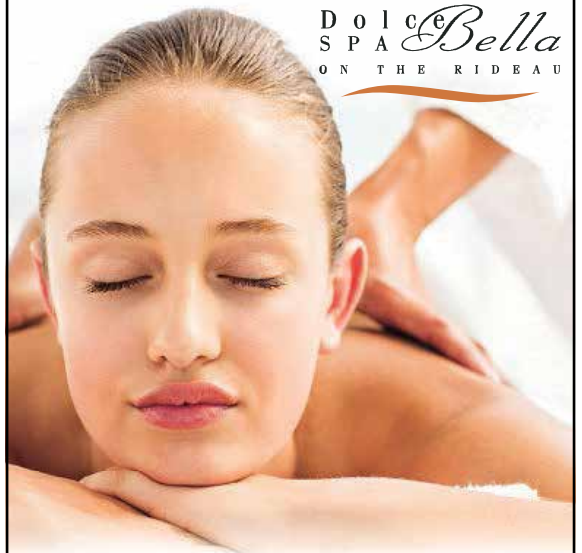
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Shop

Shopping gets more exciting when each storefront has its own personality. Regardless of what you're looking for, passionate and knowledgeable shop owners are ready to welcome you inside their doors. Many retailers carry wares from local artists and artisans, meaning your perfect purchase will always be a reminder of the time you spent in the Limestone City.

Spring Shopping

Local blogger Brooke Bresee (justaddstripes.com) ready for a day on the town.

Photo by Chelsey Sisson of With Love and Wild Photography



A KINGSTON

Shopping Itinerary

WALKABLE



ONE FULL DAY OF INSTAGRAMMABLE SHOPPING DOWNTOWN

by local blogger Rosalyn Gambhir, "The Staycationer," rosalyngambhir.com

If you're anything like me, you're planning your next outing around just how awesome your Instagram pictures will look as you eat, drink and shop your way around downtown Kingston. To make things easier, I've compiled some of the most Instagram-worthy shops that will make your feed #goals – the most wonderful wallpaper, the best brick walls and the cutest tables. Some people call it crazy. We just call it documenting the good times.



9 a.m.
to
10 a.m.

Sit back and fuel your caffeine craving at Kingston's cutest Melbourne-inspired coffee shop. A new addition to the downtown, **Northside Espresso + Kitchen** (281 Princess St.) is a go-to for flat white lattes and delicious avocado smash with poached egg.

Photos: Downtown, Atomazul/Shutterstock.com;
Northside, Marc Polidoro



12 p.m.
to
12:30 p.m.

Who else is obsessed with adorable bakery shops? **Card's Bakery** (115 Princess St.) is not only aesthetically pleasing but also has the best buttercream cupcakes!

12:30 p.m.
to
2 p.m.

The Jungle
(171 Wellington St.),
This trendy new plant boutique never disappoints: their cosy storefront is very whimsical, and they will help you find the perfect plant to brighten up your space.



If you're looking for something fun and unique, you may want to add **Martello Alley** (203b Wellington St.) to the list. This hidden artistic gem offers an art-shopping experience designed for any budget.

10 a.m.
to
12 p.m.

Sterling
Jewellery

A visit to the locally owned, downtown indie boutiques **Whit Kingston** (239 Princess St.) and **Agent 99** (244 Princess St.) are a must to spice up your wardrobe. Grab your phone and snap a selfie in your new outfit.

Don't forget about a girl's best accessories! **Heel Boy** (212 Princess St.) is your go-to boutique for the latest boots, shoes and handbags: this modern minimalist space is fun, fresh and doesn't break the bank. And **Sterling Jewellery** (77a Princess St.) carries a stunning collection of jewellery that will step up your look and your Instagram game for spring.

2 p.m.
to
3 p.m.

Take your patio lounging to the next level at **Tango Nuevo** (331 King St. E.). Order up their appetizing charcuterie board and a side of sangria, and you'll be the instant envy of all your foodie-obsessed followers.



3 p.m.
to
5 p.m.

If you like your sweet treats topped off with a drizzle of drool-inducing Instagram, then **Mio Gelato** (178 Ontario St.) is the place for you – and what better way to daydream about summer than with a cone in hand?

Better yet, why not stroll along the **Waterfront Trail** and get some stellar shots for your feed?



ANTIQUE ALLEY

Antique Alley's eclectic inventory will amaze you, with over 4,000 square feet of exceptional furniture, vintage clothing, decor and collectibles from days gone by. Stop in and browse this incredible collection.

207B Wellington St., 613-545-1120
antiquealley.ca



CATARAQUI CENTRE

KINGSTON'S SHOPPING DESTINATION

Cataraqi Centre is the largest shopping centre in the greater Kingston area, with a great variety of stores including H&M, Hudson's Bay, and SportChek.

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cataraquicentre.ca



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generalbrockscommissary.com



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Visit our downtown Kingston location, and find an incredible selection of Canadian-made contemporary art and craft. Jewelry, ceramics, glass, textiles, wood, metal, prints, carvings and more.

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— 150 —
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Ariel Barnes, Cello

April 14 & 15, 2018

2:30 p.m. | The Isabel



SULTANS OF STRING

April 28, 2018

7:30 p.m. | Grand Theatre



FIDDLE FIRE

April 29, 2018

2:30 p.m. | Grand Theatre

Reserve your seat! Tickets from \$10 - \$50.

613-530-2050 | www.kingstonsymphony.ca

Culture

Whatever fuels your cultural fires, there are abundant opportunities in Kingston for you to spark your creative side. Harbour towns have always had more than their fair share of artistic expressions, a product of the creative impulses that arise from people coming and going. Kingston is a small city overflowing with talent of all kinds. Lucky you! You've got a lot of exploring to do, and you don't have to travel far.

Molten Glass

Local glass artist Mariel Waddell Hunter crafts a new piece in her studio. She runs Kingston Glass Studio and Gallery with her husband, Mischka Alexi Hunter, also a glass artist.
Photo by Tim Forbes

Artistic Icons

KINGSTON'S BIGGEST PERFORMING ARTS VENUES by Ashley Newton



Looking for a night out in Kingston you won't forget? We've got a list of the city's most impressive arts venues to help you plan an outing to remember.

1 The Grand Theatre

218 Princess St.
kingstongrand.ca

Are you in the mood for live music, a comedy show or a stage production? The Grand Theatre has something for everyone. If you have kids, bring them along for a fun and educational performance tailored just for them. If not, dress to the nines and be moved and mesmerized by some of the world's most talented musicians, dancers and dance companies. No matter the type of performance, The Grand Theatre has it all.
kingstongrand.ca

2 Isabel Bader Centre for the Performing Arts

390 King St. W.
queensu.ca/theisabel

If you're looking for a classic cultural experience, the Isabel Bader Centre for the Performing Arts has just that and more. Soloists, ensembles, jazz musicians and the Kingston Symphony will inspire you to bring more of the performing arts into your life. The Isabel also features a children's series with plays, workshops and other activities to get the kids connected with a love of the arts. Local musicians, duos and groups also frequent this venue, with many other performances presented by Queen's University's Dan School of Drama and Music.
queensu.ca/theisabel



3 Rogers K-Rock Centre

1 The Tragically Hip Way

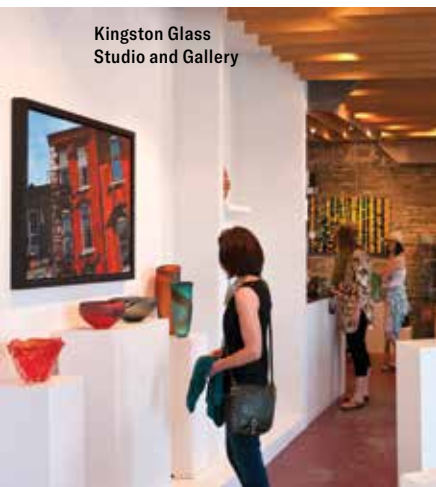
There's a reason the word "rock" is in this venue's name – it's the place to be when big-name musicians and other performers arrive in Kingston. The venue itself has the capacity for thousands of fans to gather, and when it isn't being rocked by world-class musicians, it's home to the Frontenacs, Kingston's OHL team.
rogersk-rockcentre.com

10 Exclusively Local Galleries

WHERE TO FIND KINGSTON AND AREA ARTISTS

by Erin Jones

Kingston is known for its thriving and eclectic art scene – and with so much talent in the city, it's no surprise there's a corresponding wealth of galleries dedicated to their works.



Kingston Glass
Studio and Gallery

1 **Dead On Collective** 14 Cataragui St.

A multi-purpose space aimed at fostering growth for progressive artists within Kingston. The space is a shared studio but also hosts pop-up galleries, exhibits and art-related events.
deadon.ca

2 **Gallery Raymond** 334 Princess St.

Kingston's largest commercial gallery – at any one time representing up to 17 local artists. The gallery also hosts bi-monthly exhibitions featuring new artists' work.
galleryraymond.com

3 **Joanne Gervais Visual Artist Gallery & Studio** 1746 Unity Rd.

Joanne's work is a delicate and striking balance of composition and depiction, all having an organic essence flowing through.
joannegervais.com

4 **Keirstead Gallery** 4 Aragon Road, RR1, Glenburnie

James Keirstead is one of Canada's foremost landscape and heritage artists. Painting with knives and oils, he has a distinctive, boldly textured, impressionistic style.
keirstead.net

5 **Kingston FrameWorks** 198 Princess St.

A custom framing and retail store with an art gallery that hosts local artists.
kingstonframeworks.ca

6 **Kingston Glass Studio and Gallery** 56 Queen St.

Hosts over 30 local and up-and-coming artists, with works in glass, ceramics, wood, stone, mixed media and textiles.
kingstonglassgallery.com

7 **Martello Alley** 203b Wellington St.

This one-of-a-kind historic art-themed alley and courtyard is an artist-run collective featuring original and printed artwork. If you're looking for the alley, follow the antique bikes!
martelloalley.com

8 **Meraqi Art Annex** 66 Brock St.

Sells and displays local art, including paintings, textiles, pottery, jewelry, soaps and candles.
meraqiartannex.com

9 **Sydenham Street Studios** 178 Sydenham St.

This working space of seven local artists has a small gallery open to the public on Fridays and Saturdays.
sydenhamstreetstudios.com

10 **Window Art Gallery** 647a Princess St.

Established by the Kingston School of Art, this non-profit, volunteer-run gallery's mission is to "provide affordable exhibition space for culturally diverse local and regional artists." It hosts a number of solo and group exhibits.
windowartgallerykingston.com



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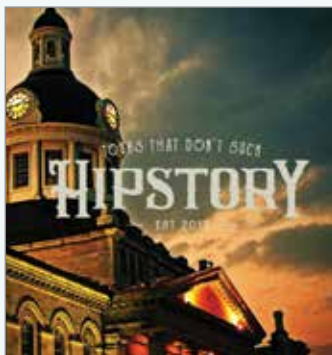
900 Montreal St., 613-546-6839
communityspiritgaming.com



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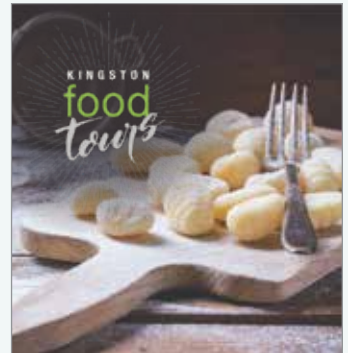
248 Ontario St., 1-800-848-0011
kpass.ca



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1 Brock St., 1-800-848-0011
ktic.ca



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kingstonfoodtours.ca,
info@kingstonfoodtours.ca



KINGSTON TROLLEY TOURS

Explore Kingston on a nine-stop tour, including stops at Fort Henry, Kingston Penitentiary and more. Save on trolley tickets with K-Pass.

1 Brock St., 1-800-848-0011
kingstontrolley.ca



MEMORIAL CENTRE FARMERS' MARKET

Kingston's only year-round local market, where the farmers you meet grow the food you eat. Fresh produce, prepared foods, live music & kid's activities weekly! Sundays 10am - 2pm

Location may vary, 613-572-7059
memorialcentremarket.ca



MODERN FUEL

Modern Fuel is a non-profit artist-run gallery located in the Tett Centre. Modern Fuel facilitates the presentation of local and international contemporary art.

Suite 305, 370 King St. W.,
 613-548-4883 | info@modernfuel.org
modernfuel.org



SHERLOCK'S ESCAPES

Up for the adventure of a lifetime? Sherlock is missing and the game is now afoot. Grab your trusty sidekicks, adjust your sleuthing hat and see if your powers of deduction can solve the case!

298 Bagot St., 613-344-0668
sherlocksesCAPES.com



THE ISABEL

Come hear top local, national and international artists perform at The Isabel, a spectacular music, theatre and film facility with exceptional acoustics. Find all 2018/2019 performances on our website.

390 King St. W., 613-533-2424
queensu.ca/theisabel



THE VR HUT

YOUR PORTAL TO ADVENTURE

We are Kingston's first virtual reality experience centre that enables you to experience premium, high-end VR without the barriers of cost and space.

331 King St. E., Suite 201
 613-767-1389
thevrhut.com



TREASURE CHEST BINGO

Welcome to the next generation of gaming. Your enjoyment is a sure bet in our modern facility featuring a full-service restaurant, two fireplaces and a VIP suite for private parties. Must be 18 years of age or older.

1600 Bath Rd., 613-634-5527
treasurechestbingo.com



UNION GALLERY

Union Gallery supports the presentation of contemporary visual, sound and media works of both individual and group shows. Featuring original work by professional and student artists. Open to the public.

Stauffer Library, Queen's University
 613-533-3171
uniongallery.queensu.ca



VISITOR EXPERIENCE CENTRE

Located across from City Hall and open daily, we are your souvenir and information source for Kingston, with info on area museums, attractions, restaurants, shopping & accommodation.

209 Ontario St., 613-548-4415
www.visitkingston.ca



Nightlife

A city of surprises, you will find that numerous venues — from pubs and restaurants to nightclubs — offer a wide and varied array of entertainment to keep you going well into the early-morning hours. Want to enjoy a unique nightlife experience? Look no further than one of the many patios you'll find tucked away in unexpected places.

Musical Mainstay

Longtime local band *Ianspotting* performs at *The Mansion*, a hot spot in town for live music.

Photo by Tim Forbes

Late-Night Adventures



The VR Hut



Barcadia

Looking for a unique night out on the town? We've rounded up a number of late-night adventures that are sure to make a memorable evening.

1 Barcadia

347 Princess St.
barcadia.ca

A blast from the past, Barcadia is stocked with over 30 arcade games, including Tetris, Pac-Man and Space Invaders. Have your change ready: each play only costs a quarter. The bar also has a "living room" with booths set up with different gaming consoles.

They often host live gaming nights and tournaments, and they provide free popcorn to top off the true arcade experience.

2 Escape Rooms

Improbable Escapes

303 Bagot St., Suite 16B
improbableescapes.com

Sherlock's Escapes

298 Bagot St., upstairs studio
sherlocksescapes.com

Kingston has two popular escape room businesses in town, and they happen to be across the street from each other – Improbable Escapes and

Sherlock's Escapes. Each spot has multiple room options, each featuring a live, interactive adventure challenging groups to work together to solve puzzles; the goal is to escape the locked room before the 60-minute buzzer goes off. Talk about a great team-building experience.

3 Kingston Axe Throwing

785 Sir John A. Macdonald Blvd.
kingstonaxethrowing.com

If you're looking to do something more physical, why not throw some axes? A typical night at Kingston Axe Throwing can run

GET THE MOST OUT OF KINGSTON ALL DAY LONG WITH
THESE UNIQUE AFTER-DARK ACTIVITIES by Erin Jones



Kingston Axe Throwing

over two hours long. Each game is supervised by a “judge” that scores the game. Drinking is permitted on-site – the venue has a liquor licence, and each lane has a mini-fridge that can be stocked with beverages and food.

4 The Screening Room
120 Princess St. (second floor)
screeningroomkingston.com

This newly renovated three-screen downtown theatre specializes in indie, art-house, classic and foreign cinema, but you can also catch big blockbusters, special screening

nights and even live performances. The quaint space is the perfect pick for an affordable, laid-back night out. Did we mention you can order tea in a mug?

5 The VR Hut
331 King St., Suite 201
thevrhut.com

Kingston’s first virtual reality experience centre has six pods that provide 81 square feet of space – allowing viewers to be immersed in a full room-scale experience. It’s also fitting for all ages and larger groups.

Try a Trivia Night

Are you prepping for a stint on Jeopardy, or just looking to impress some friends with all the facts you know? Either way, you might want to try one of Kingston’s fabulous trivia nights.

Grab a table and a drink, and you will be given a paper and pencil to write answers. There are several rounds with different topics each time, so if one category isn’t your thing, you’ll have more chances to show what you know.

The Alibi

293 Princess St.

The questions begin every Wednesday at 9 p.m., or you can grab a team of up to five for the Sunday league, which starts at 5 p.m.

The Brooklyn

14 Garrett St.

Every Sunday night, teams of up to six test their knowledge of pop-culture and other categories. Doors open at 8 p.m.; trivia starts at 9 p.m.

The Grad Club

162 Barrie St.

Trivia night at The Grad is always packed, so arrive early. Happening Thursday nights at 9 p.m., the quiz covers a wide array of topics, including current affairs and pop culture.



Sponsored Content

Kingston's Ale Trail



THE GRIZZLY GRILL

THE MANSION

We feature a wide variety of beer on tap, local and international wines, plus our daily drink specials. Join us for drinks, live music 7 days a week and late-night eats — our kitchen is open until 2 a.m. every day.

506 Princess St., 613-531-0003
mansion.rocks



THE GRIZZLY GRILL

We have a broad craft beer menu with a local weekly brew special; handmade cocktails; and an extensive wine list with some of the best flavours from around the world, and just around the corner. Stop by and pair it with our late-night menu.

395 Princess St., 613-544-7566
grizzlygrill.ca



THE IRON DUKE ON WELLINGTON

17 beers to choose from on tap: the perfect mix of local craft & international brews. \$5 pints Sundays, Mondays & Wednesdays. You are bound to find a new favourite or stumble across an old faithful at the Duke.

207 Wellington St., 613-542-4244
ironduke.ca



While in town, be sure to check out the growing selection of outstanding craft beers. Walk (or take a short ferry ride along) the Kingston Ale Trail, and enjoy these fine establishments' array of local and international beers, sure to delight the most discerning beer lover. Our tip for the trail — please be responsible!



THE TOUCAN

Kingston's Irish pub of choice. Delicious pub food, comfortable atmosphere and a beautiful courtyard patio. Our pub offers a large selection of great pints, live sports & live music. Daily food & drink specials at unbeatable prices.
76 Princess St., 613-544-1966
thetoucan.ca



THE PUBLIC HOUSE

Sir John A. Macdonald would be proud of our 15 local, regional and Scottish draft taps as well as Kingston's best happy hour Monday to Friday from 4 to 6 p.m.
343 King St. East, 613-766-9296
foodandheritage.com/sir-johns-public-house/



THE WOLFE ISLAND GRILL

Open 7 days a week until midnight, just a short free ferry ride from Kingston. Enjoy our locally sourced menu and local craft beer from down the road. Nightly specials, waterfront patio and live entertainment.
1222 Main St. (Hwy 96), Wolfe Island
613-385-1515
Wolfeislandgrill.ca







/ Attractions

- 1 Lemoine Point Conservation Area
- 2 Lake Ontario Park
- 3 Portsmouth Olympic Harbour & Marine Museum
- 4 Penitentiary Museum
- 5 Richardson Stadium
- 6 Kingston Scout Museum
- 7 Isabel Bader Centre for the Performing Arts
- 8 Tett Centre for Creativity and Learning
- 9 Modern Fuel Gallery
- 10 Bellevue House National Historic Site
- 11 Union Gallery
- 12 Agnes Etherington Art Centre (Queen's)
- 13 Miller Museum of Geology and Mineralogy (Queen's)
- 14 Museum of Health Care
- 15 Queen's Archive
- 16 Murney Tower Museum
- 17 Pump House Steam Museum
- 18 The Grand Theatre
- 19 Princess of Wales' Own Regiment Museum
- 20 City Hall/Farmers Market
- 21 Kingston Trolley Tours
- 22 Rogers K-Rock Centre
- 23 Kingston 1000 Islands Cruises
- 24 Fort Frederic/RMC Museum
- 25 Big Sandy Bay Conservation Area
- 26 Frontenac County Schools Museum
- 27 Fort Henry National Historic Site
- 28 Military Communications and Electronics Museum
- 29 MacLachlan Woodworking Museum
- 30 Kingston Mills: Rideau Canal
- 31 Little Cataraqui Creek Conservation Area
- 32 INVISTA Centre/Hockey Hall of Fame

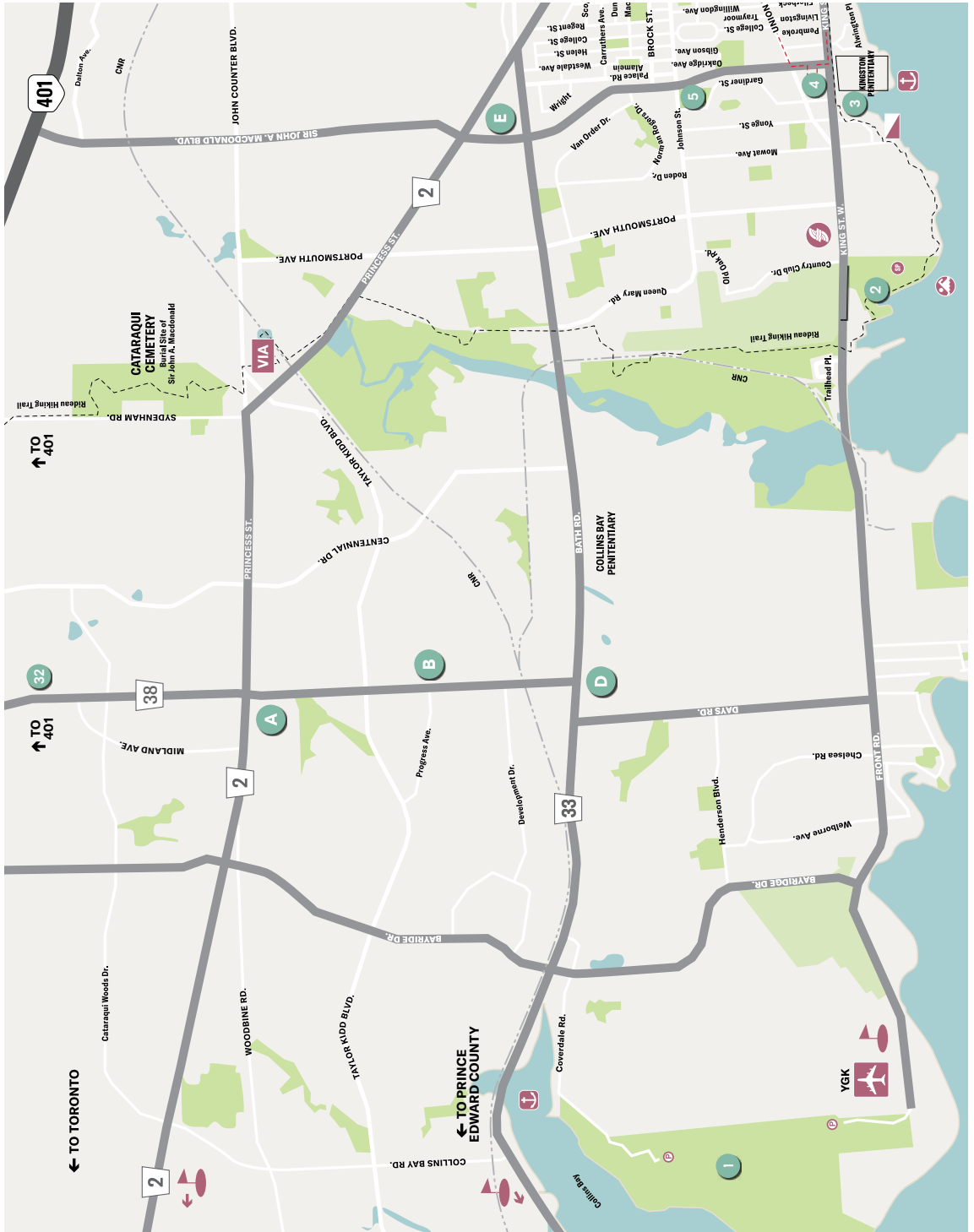
/ Services

- Visitor Information Centre
- Train (VIA Rail)
- Bus Station
- Hospital
- St. Lawrence College
- Golf Course
- Parking
- Kingston Trolley Tours
- Marina
- Kingston Airport
- Queen's University
- Royal Military College

- Scuba Diving
- Beach
- Park
- Kingston Memorial Centre
- Splash Pad

/ Shopping

- Cataraqui Centre
- RioCan Power Centre
- King's Crossing Fashion Outlets
- Gardiners Town Centre
- Kingston Shopping Centre



CITY PARKING

Metered parking is available throughout the city and downtown core, both on-street and in some parking lots. The maximum length of stay at meters varies between two and three hours. The cost for metered parking varies between \$1 an hour and \$1.50 an hour. Attended parking garages offer longer-term parking than metered or on-street options. For more information visit cityofkingston.ca.



WOLFE ISLAND FERRY

Schedule is seasonal

613-548-7227

wolfeisland.com/ferry.php

From Kingston	From Wolfe Island
6:15 a.m.	5:45 a.m.
7:15 a.m.	6:45 a.m.
8:30 a.m.	7:45 a.m.
9:30 a.m.	9:00 a.m.
10:30 a.m.	10:00 a.m.
11:30 a.m.	11:00 a.m.
12:30 p.m.	12:00 p.m.
2:00 p.m.	1:15 p.m.
3:00 p.m.	2:30 p.m.
4:00 p.m.	3:30 p.m.
5:00 p.m.	4:30 p.m.
6:00 p.m.	5:30 p.m.
7:00 p.m.	6:30 p.m.
8:00 p.m.	7:30 p.m.
9:00 p.m.	8:30 p.m.
10:00 p.m.	9:30 p.m.
11:20 p.m.	10:40 p.m.
12:40 a.m.	12:00 a.m.
2:00 a.m.	1:20 a.m.

HORNE'S FERRY

Operates May until fall

613-385-2402 (Canada)

315-783-0638 (U.S.)

hornesferry.com

From Wolfe Island	From Cape Vincent
8:00 a.m.	8:15 a.m.
9:15 a.m.	9:30 a.m.
10:15 a.m.	10:30 a.m.
11:15 a.m.	11:30 a.m.
12:15 p.m.	12:30 p.m.
1:15 p.m.	2:00 p.m.
2:45 p.m.	3:00 p.m.
3:45 p.m.	4:00 p.m.
4:45 p.m.	5:00 p.m.
5:45 p.m.	6:00 p.m.
7:00 p.m.	7:30 p.m.



WIN A SUMMER WEEKEND IN KINGSTON

*Where culinary, culture and creators meet.
Fresh made daily.*

Grab the sunscreen and shorts — summer is around the corner, and what better time to win a free trip to Kingston! Enter online to win a fresh made daily, all-inclusive stay in Kingston and have some fun in the sun with us this summer!

Prize includes:

1. Economy VIA Rail round-trip tickets
2. Two nights' accommodation
3. Summer K-Pass

visitkingston.ca/comeback

For full contest details.

KINGSTON

◁ visitkingston.ca ▷

KINGSTON

visitkingston.ca

25 THINGS TO DO THIS SPRING IN KINGSTON

1.

MAPLE MADNESS

March 2018

crca.ca

2.

KINGSTON CANADIAN FILM FESTIVAL

March 1-4, 2018

kingcanfilmfest.com

3.

THE SHEEPDOGS LIVE

March 7, 2018

thealehousekingston.ca

4.

LEARN TO CURL

Sundays

royalkingston.com

5.

LETTERKENNY LIVE

March 9, 2018

kingstongrand.ca

6.

FARMER'S MARKET

Every Sunday

memorialcentre
farmersmarket.ca

7.

ST. PATRICK'S DAY

March 17, 2018

downtownkingston.ca

8.

FREE GALLERY TOUR

March 22, 2018

agnes.queensu.ca

9.

TOM COCHRANE WITH RED RIDER

March 23, 2018

kingstongrand.ca

10.

7TH ANNUAL KINGSTON BOAT SHOW

March 23-25, 2018

ontariotradeshow.ca

11.

FOREIGNER WITH CHILLI- WACK LIVE

March 24, 2018

rogersk-rockcentre.com

12.

ARTMATTERS

March 29, 2018

agnes.queensu.ca

13.

1000 ISLANDS CRUISES

April 2018

1000islandcruises.ca

14.

JUST FOR LAUGHS ROADSHOW

April 7, 2018

kingstongrand.ca

15.

JOHNNY REID LIVE

April 14, 2018

rogersk-rockcentre.com

16.

CLASSIC ALBUMS LIVE: THE EAGLES

April 14, 2018

kingstongrand.ca

17.

JUVENIS FESTIVAL

April 28-May 6,
2018

juvenisfestival.ca

18.

SPRING FASHION SHOW

April 21, 2018

kingstonsymphony.ca

19.

COMEDIAN JIMMY CARR

May 4, 2018

kingstongrand.ca

20.

THE BEAUTY OF BACH

May 5, 2018

queensu.ca/theisabel

21.

THEORY OF A DEADMAN LIVE

May 6, 2018

thealehousekingston.ca

22.

2018 HERITAGE FAIR

May 10, 2018

krhf.ca

23.

SCIENCE RENDEZVOUS KINGSTON

May 12, 2018

rogersk-rockcentre.com

24.

FORT HENRY'S OPENING DAY

May 19, 2018

forthenry.com

25.

DIRTY DANCING LIVE

May 27, 2018

rogersk-rockcentre.
com



SPRING

MORE STYLE
MORE STORES
MORE YOU



GARDINERS RD. AT PRINCESS ST.

MON. - FRI. 9:30 - 9:00 | SAT. 9:30 - 6:00

SUN. 11:00 - 5:00

C A T A R A Q U I C E N T R E . C A

