

KINGSTON

Visit

## *VISITOR GUIDE*

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

# *WELCOME/BOOZHOO/ TEKWANONWERA:TONS TO KINGSTON/KA'TAROH: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.



# 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：

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

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。



*VisitKingstonCA*

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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

Kingston boasts four Rembrandt paintings, two film festivals, and one vibrant downtown shopping scene. 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.



Visitors to the Agnes Etherington Art Centre examine Rembrandt's *Portrait of a Man with Arms Akimbo*.



- › Agnes Etherington Art Centre
- › Bellevue House National Historic Site
- › Breakwater Park
- › Canada's Penitentiary Museum
- › Fort Henry National Historic Site
- › 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
- › Leon's Centre
- › Marine Museum of the Great Lakes
- › Military Communications and Electronics Museum
- › Miller Museum of Geology
- › Museum of Health Care
- › The PumpHouse
- › Rideau Canal
- › The Screening Room
- › The Tett Centre for Creativity and Learning

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



The PumpHouse is a kid-friendly history, science, and technology museum housed in a 19th-century pumping station.

# FOOD & DRINK

With more restaurants per capita than almost any other city in Canada, Kingston has something for everyone. Whatever you're craving, you'll find it here, from bāo to roti, comfort food to haute cuisine.



A charcuterie board  
from Wharf & Feather



Kingston Food Tours offer walking tours that blend tastings with an insider's take on the city.



Miss Bão Restaurant + Cocktail Bar offers sumptuous Asian fusion fare. It is also Kingston's first zero-waste restaurant.

Book a table or grab some takeout for a picnic by the waterfront. Take a guided food tour or take part in a food and wine pairing event. Fuel up at one of Kingston's independent coffee shops, cafés, and bakeries. Grab a latte or a cup of tea, add some freshly baked treats, and plan the rest of your day.



Sweet and savoury treats are made every day at Pan Chancho's bakery.

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





Enjoy great food and a fantastic view on AquaTerra's lakeside patio.

Make sure you don't miss out on a Canadian staple – the restaurant patio. Kingston has plenty of options, from rooftop patios to cozy courtyards.

Kingston is also 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.

*Learn more about our farm-to-table connections: [visitkingston.ca/culinary](http://visitkingston.ca/culinary)*



Fresh, local produce can be found at Kingston farmers' markets and on restaurant plates.



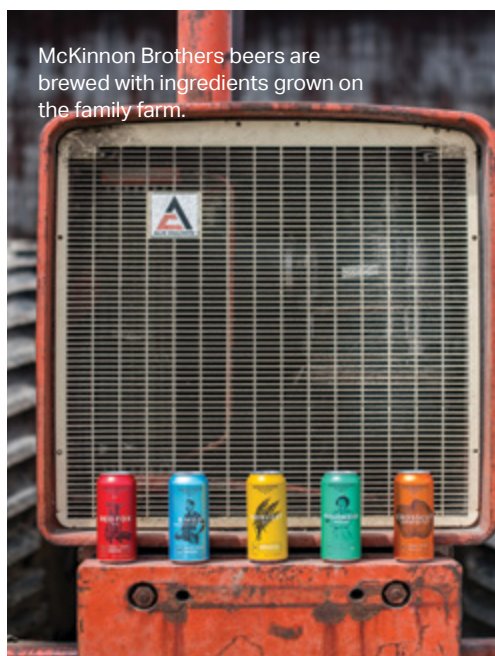
Kingston Brewing  
Company courtyard patio

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. Farther west, Morton's Brewery and Distillery was established in 1832. One of its original buildings is now home to the Tett Centre for Creativity and Learning.

Established in 1986, the Kingston Brewing Company is Ontario's oldest brewpub. It is now one of nine beer and cider makers in the city.

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](http://visitkingston.ca/eat-drink/wineries-breweries)*



McKinnon Brothers beers are  
brewed with ingredients grown on  
the family farm.

# *ONLY IN KINGSTON*

Kingston celebrates the arts all year long. Explore Kingston's many festivals, from music to dance, art to theatre.



Kingston is full of interesting and unique shopping experiences, from antiques to apparel, food to fine art.



Meet local artisans and peruse handcrafted wares at seasonal outdoor markets.





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

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

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

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*Love Kingston? Tell the world!*



Pick up mementos of your Kingston stay, including shirts, hats, and scarves, at the Visitor Information Centre (209 Ontario St.).

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

International shipping is also available for online orders.

# 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

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

Magnolia blossoms on  
Queen's campus



# 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.

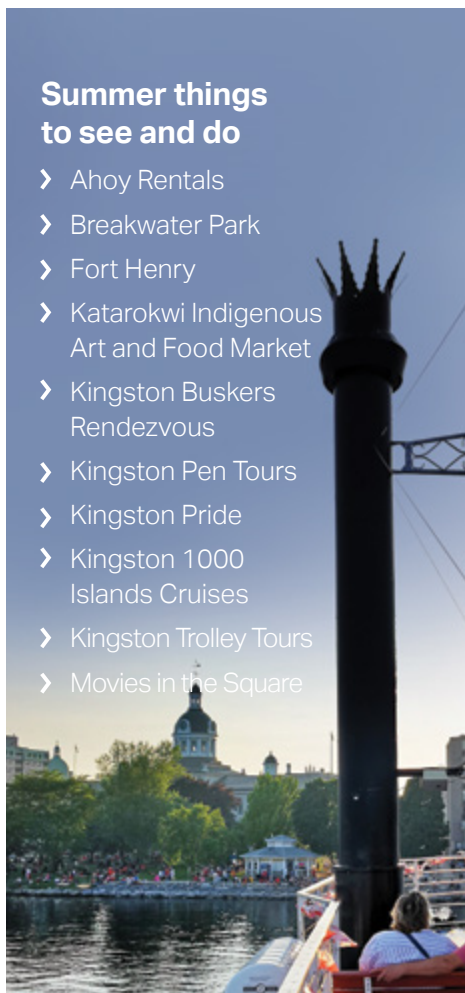
*Find your perfect Kingston package:  
[visitkingston.ca/packages](https://visitkingston.ca/packages)*



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 Aqua Park at the Memorial Centre.

## Summer things to see and do

- › Ahoy Rentals
- › Breakwater Park
- › Fort Henry
- › Katarokwi Indigenous Art and Food Market
- › Kingston Buskers Rendezvous
- › Kingston Pen Tours
- › Kingston Pride
- › Kingston 1000 Islands Cruises
- › Kingston Trolley Tours
- › Movies in the Square



# 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, Baroque and modern art, 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
- › Open Farms
- › Pumpkinferno at Kingston Pen
- › Music in the park
- › Thrifting and antique shopping

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

# WINTER

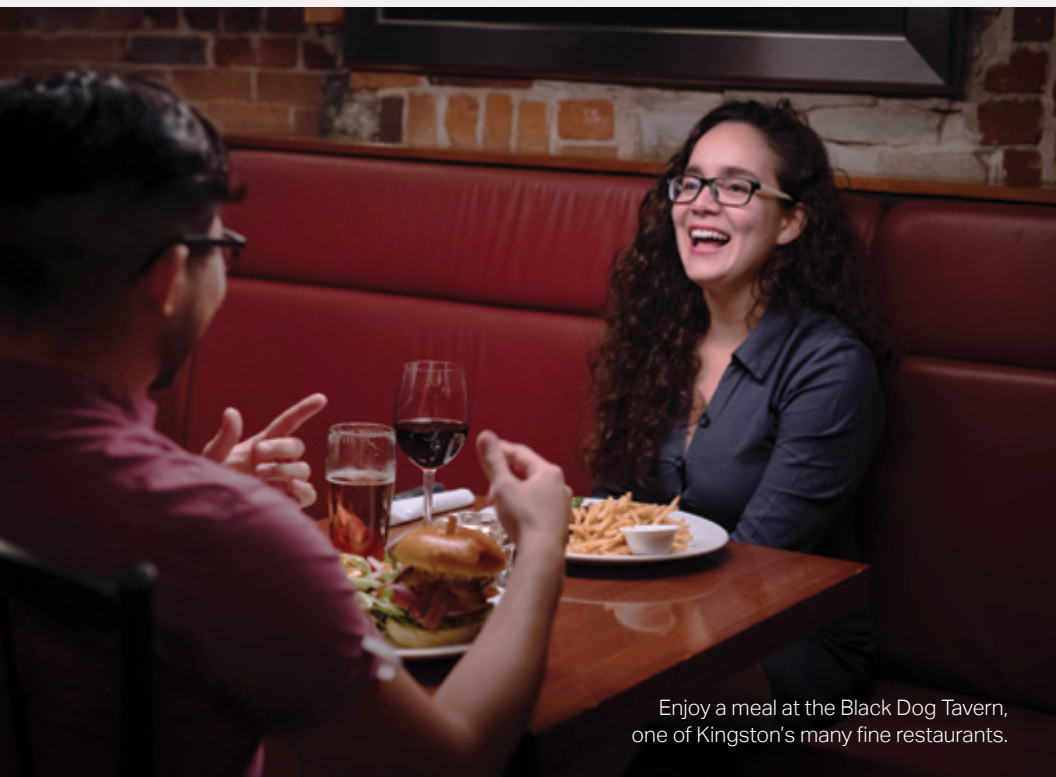
## Kingston loves winter.

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.



Springer Market Square boasts a free public rink for recreational winter skating.



Enjoy a meal at the Black Dog Tavern,  
one of Kingston's many fine restaurants.

Or stay in and explore the many Kingstonlicious prix fixe dining options offered throughout the city.

## 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: [visitkingston.ca/events](https://visitkingston.ca/events)*



# *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 about Kingston  
walking tours: [visitkingston.ca/  
see-do/sightseeing-tours](https://visitkingston.ca/see-do/sightseeing-tours)*





## *ACCOMMODATIONS*

Kingston offers a wide variety of accommodations to suit your style. Choose a luxurious inn in Kingston's downtown historic district or a modern hotel or motel offering exceptional amenities. Book an apartment or house for your family stay at a short-term rental, or explore the perfect campground for your next camping trip.

Many Kingston accommodations are pet-friendly. Others are bike-friendly, offering secure bike racks or locked storage for cyclists.

*Explore all accommodations:  
[visitkingston.ca/stay](https://visitkingston.ca/stay)*

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# 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 air**

- Kingston Airport offers flights to Kingston. Visit [ygkairport.com](http://ygkairport.com) for details.

## **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

- Coach Canada and Megabus offer service to Kingston.  
Visit [ca.megabus.com](http://ca.megabus.com)

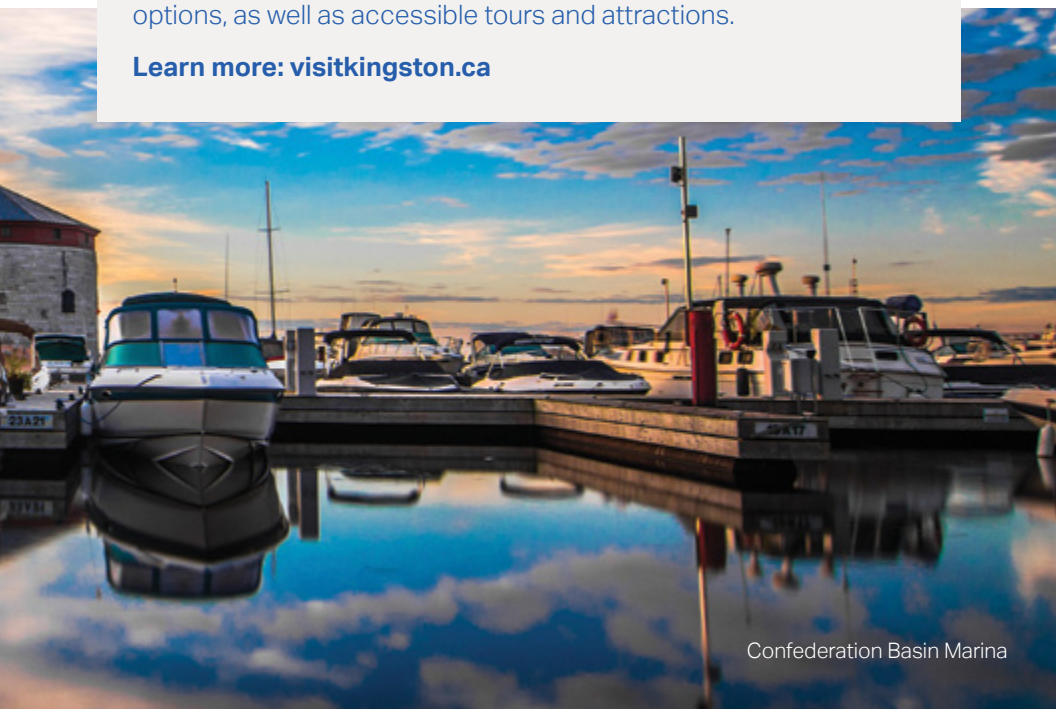
## By boat

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 also has accessible transportation options, as well as accessible tours and attractions.

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

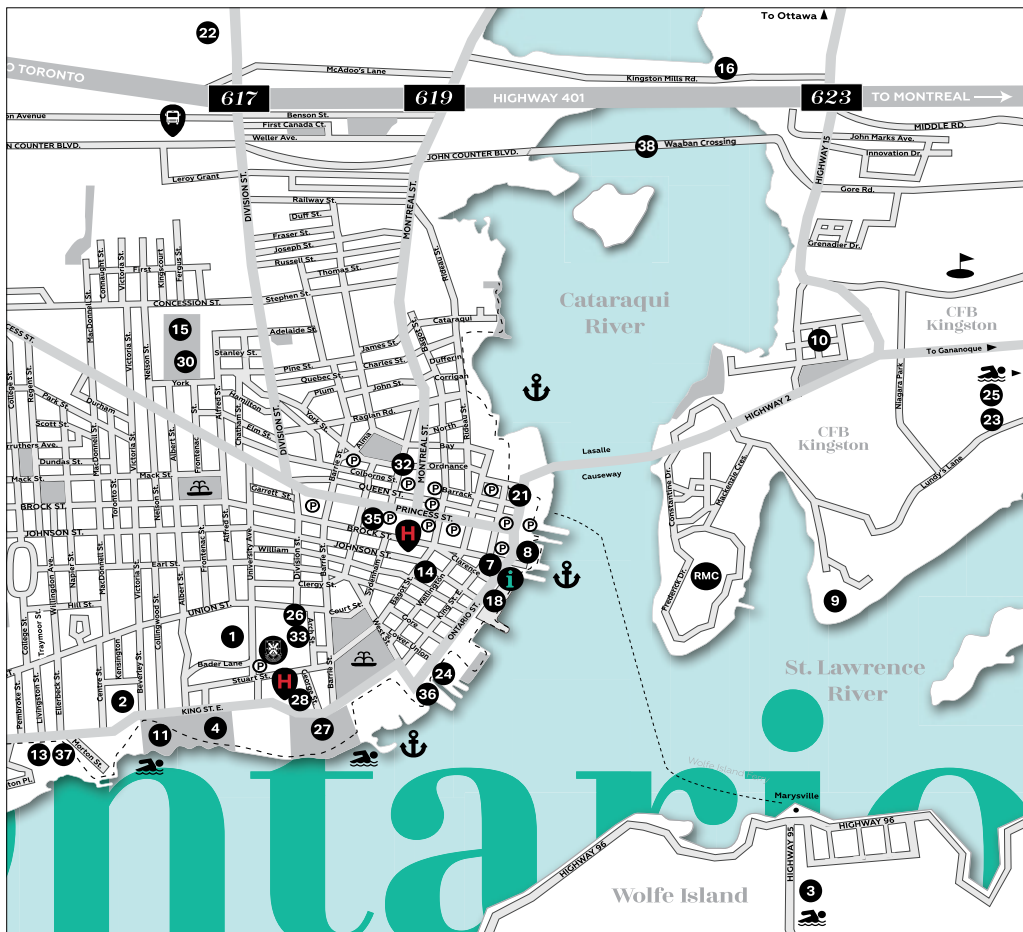


Confederation Basin Marina



## ATTRACTIONS

1. Agnes Etherington Art Centre (Queen's)
2. Bellevue House National Historic Site
3. Big Sandy Bay Conservation Area
4. Breakwater Park
5. Canada's Penitentiary Museum
6. Centre 70 Arena
7. City Hall / Kingston Public Market / Washrooms
8. Crawford Wharf / Kingston 1000 Islands Cruises / St. Lawrence River Cruises
9. Fort Henry National Historic Site
10. Frontenac County Schools Museum
11. Gord Edgar Downie Pier
12. Invista Centre
13. Isabel Bader Centre for the Performing Arts
14. Kingston Frontenac Public Library
15. Kingston Memorial Centre / Memorial Centre Farmers' Market
16. Kingston Mills - Rideau Canal
17. Kingston Penitentiary
18. Kingston Trolley Tours / The Haunted Walk of Kingston / Kingston Food Tours
19. Lake Ontario Park
20. Lemoine Point Conservation Area
21. Leon's Centre
22. Little Cataraqui Creek Conservation Area
23. MacLachlan Woodworking Museum
24. Marine Museum of the Great Lakes
25. Military Communications & Electronics Museum
26. Miller Museum of Geology (Queen's)



## SERVICES

- 27.** Murney Tower Museum
- 28.** Museum of Health Care
- 29.** Original Hockey Hall of Fame
- 30.** Culligan Aqua Park
- 31.** Portsmouth Olympic Harbour
- 32.** Princess of Wales' Own  
Regiment Museum
- 33.** Queen's University Archives
- 34.** Richardson Stadium
- 35.** The Grand Theatre
- 36.** The PumpHouse
- 37.** The Tett Centre for Creativity  
and Learning
- 38.** Waaban Crossing



Visitor Information Centre



Train (VIA Rail)



St. Lawrence College



Golf Course



Queen's University



Hospital



Splash Pad



Marina



Kingston Airport



Bus Station



Beach



Parking



Royal Military College



Waterfront Pathway/  
Waterfront Trust Trail





Tourism Kingston  
179 Wellington St., 2nd floor  
Kingston, Ontario K7L 3E3

**KINGSTON**

— *Ontario, Canada* —