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KINGSTON



HISTORIC AND HIP. KINGSTON HAS IT ALL.

We can't wait to welcome you to Kingston! When you visit us for the upcoming Fencing Canada Cup/Senior Nationals September 26–28, we hope you'll take some time to enjoy all that our incredible city has to offer. From excellent restaurants to a vibrant music scene, Ontario's oldest public market, biking trails, waterfront parks, historic sites, food tours, and so much more – Kingston has something for everyone.





GROUP EXPERIENCES

Kingston Pen Tours

Step back in time and explore Canada's oldest penitentiary, with areas dating back to the 1830s. From personalized accounts from former staff to stories of riots and escapes, Kingston Pen Tours provides a unique experience to learn about the historic site.

Standard, Extended, and Express tours available. [Book tickets on their website.](#)

Kingston Trolley Tours

Ride in style as you explore Kingston on a trolley tour. Kingston Trolley Tours offers the popular City Trolley Tour through downtown, covering all of Kingston's historic old town and downtown shopping district. [Book tickets on their website.](#)

Kingston Food Tours

Get acquainted with Kingston's hip and historic food scene with a guided food tour. Stop by a handful of Kingston's finest restaurants and sample signature dishes and drinks while hearing stories of the city's culinary legacy. [View the available tours on their website.](#)

See more guided tours on our website at [*Your guide to Kingston guided tours.*](#)

Improbable Escapes

Work together to solve an escape room before the time runs out! Improbable Escapes offers indoor and outdoor games for teammates, friends, and family to experience. [View the escape rooms on their website.](#)

Kingston 1000 Islands Cruises

Kingston 1000 Islands Cruises offers multiple sightseeing and dining cruises. Take the Discovery Cruise on the Island Belle for a one-hour tour along Kingston's waterfront, or the Sunset Dinner Cruise on the Island Star for a three-course dinner paired with live music. [View these cruises and more online.](#)

Kingston Cycling Tours

Explore the city by bike with Kingston Bike Tours and Ahoy Rentals.

Kingston Bike Tours offers a 2.5 hour historical bike of downtown Kingston, showcasing iconic locations such as Kingston Penitentiary, Lake Ontario, and more. [View the Kingston Bike Tours website to book your tour.](#)

Located on Kingston's waterfront bike trail, Ahoy Rentals offers bike tours for the whole family to enjoy. Adult and kid-sized bikes are available. [View Ahoy Rentals' website to book your tour.](#)

Events:

- [Art After Dark: Sept. 26](#)
- [Art Exhibition / Turtles Kingston fundraiser: Sept. 27](#)
- [Kingston Frontenacs vs. Soo Greyhounds: Sept. 26](#)
- [Memorial Centre Farmers' Market: Sundays](#)



SEE + DO

[Things to do in Kingston](#)



EAT + DRINK

[Your guide to cheese and wine in Kingston](#)



SEE + DO

[Events in Kingston](#)



EAT + DRINK

[Group dining guide](#)

Drop by the Visitor Information Centre

While you're visiting, we encourage you to drop by our [Visitor Information Centre](#) at 209 Ontario St. to chat with our team about what else to see, do, and enjoy in Kingston! Explore unique items made by local makers and take home something special to remember your trip to Kingston.

Hours of operation:

- Sun–Thurs, 9:30 am–6:30 pm
- Fri–Sat, 9:30 am–7 pm

Phone: [613.548.4415](tel:613.548.4415)

Email: visit@tourismkingston.com



visitkingston.ca

Our mailing address is:

177 Wellington Street, Kingston, Ontario K7L 3E3 Canada

Tourism Kingston is a proud supporter of the Fencing Canada Cup/Senior Nationals.

You are receiving this email as an attendee of this upcoming event.

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