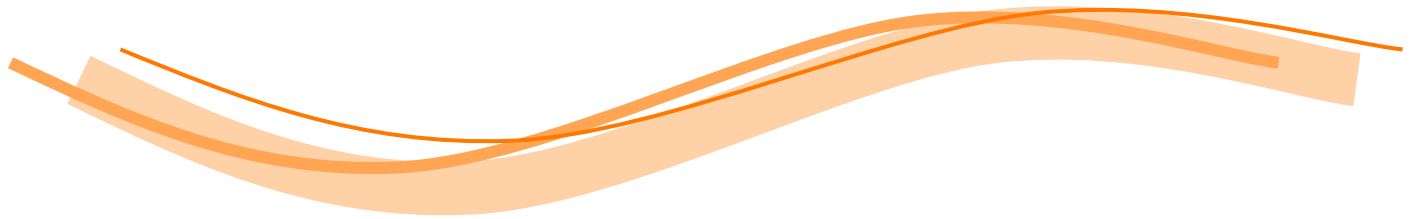




RIDEAU HERITAGE ROUTE & THE 1000 ISLANDS





THE RIDEAU HERITAGE ROUTE AND THE 1000 ISLANDS

The Rideau Heritage Route... from Lake Ontario in Kingston to the Ottawa River, the Rideau Canal links historic sites, charming villages, quaint attractions and spectacular recreation areas. And the Thousand Islands Region blends the waters of the St. Lawrence and Lake Ontario from Kingston to Cornwall. This beautiful area is designated a UNESCO Biosphere Reserve as it represents Eastern Canada's most bio diverse ecosystem.

Explore the theatre, arts, culture, history, fine cuisine, outdoor adventures - and get out on the water in this glorious region of South Eastern Ontario. The Rideau Heritage Route and The 1000 Islands are united by their magnificent access to water and water based activities such as sightseeing cruises, paddling, fishing and scuba diving.

Rideau Heritage Route

Nowadays you can pedal, paddle, cruise or drive through Ontario's history along the Rideau Heritage Route – it's a feast for history buffs and a paradise for cyclists and kayakers. Boating enthusiasts will find the Rideau Canal well marked with buoys and easy and fun to navigate. And a Houseboat gives a different twist and is a leisurely way to explore at your own pace.

Anchored by Ottawa's Rideau Canal – a UNESCO World Heritage Site – you can travel back in time through the heritage villages, historic locks and thriving shops along the Rideau Canal and Big Rideau Lakes. See the Parks Canada locks in operation at 27 lock stations in the heart of Leeds and Grenville County. Stroll by Merrickville's heritage buildings and hit the thriving shops in Westport and Newboro.

A "must do" is to cruise the canal. There are four unique tours to choose from :

- Take a narrated tour on The Blue Goose, a 12-passenger Gozzard Classic 24-foot covered tour boat. The 2.5-hour tour leaves from the Tay Basin in Perth and makes its way along the 10-kilometre canal to Lower Rideau Lake at Beveridge Locks, through beautiful and pristine wildlife viewing areas.
- The Rideau King, a fifty foot steel tour boat offers full day tours & sails Monday through Thursday every week from its home port of Merrickville.
- The comfortable and spacious Kawartha Voyageur glides through the Rideau on 5 day, 4 night tours
- Relive that bygone era of genteel river cruising aboard the General

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Brock III on a full-day Rideau Canal Fall Colour Cruise for spectacular Fall Colour viewing.

The Rideau Canal opened in 1832 and is the oldest continuously operated canal system in North America. From present day Ottawa it travels south along the Rideau River and through a series of small lakes to the Cataraqui River which empties into Lake Ontario at Kingston.

The plan to construct The Rideau Canal between Lake Ontario and the Ottawa River was conceived after the War of 1812. It was designed to provide a secure supply route from Montréal to Kingston, avoiding the vulnerable St. Lawrence River route. The War of 1812 left its mark on the region and now is being celebrated by many events marking the centenary of the conflict.

The canal was an amazing achievement and owes much to the determination and engineering prowess of its creator, Colonel By. For most of its length of 202 km, the new canal passed through an unsettled wilderness where Colonel By and his workers managed to create forty-seven locks, some of them posing a considerable engineering challenge. Because of its military role, the canal also included defences in the form of fortified lock masters' houses and substantial blockhouses at the lock stations most exposed to possible enemy attack.

1000 Islands

The endless shorelines and majestic waterways of the Thousand Islands are dotted with a thousand waterfront villages, sailboats and century-old lighthouses. This area is a Mecca for summer visitors and was a playground of the "Rich and Famous" at the turn of the century. Take a relaxing scenic boat cruise to see the many summer homes, big and small, perched on the islands in the St Lawrence - including famous Boldt Castle, built by George C. Boldt, the millionaire proprietor of the Waldorf Astoria Hotel in New York City.

Native peoples called The Thousand Islands the "Garden of the Great Spirit." Gananoque and the 1000 Islands have deep connections and historical significant to many Aboriginal Nations in Eastern Ontario and the U.S. The Frontenac Arch Biosphere was well known to aboriginals as a rich hunting area and a gathering spot on route to the cranberry fields of the Rideau and the wild rice fields close to Peterborough. The Islands are full of Native names as well as artifacts and were bought from the Mississauga Ojibway people in the late 1700's as part of the Crawford Purchase. Currently Gananoque and the Islands are referred

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>to as being Mohawk Territory as part of the land was gifted to Joseph Brant (Thyendinga) after the American War of Independence.</p> <p>Take to the water in a Kayak or, with crystal clear waters and an abundance of shipwrecks, the Thousand Islands represent some of the best fresh water scuba diving in the world. The Thousand Islands are also home to two vibrant cities. Brockville, gateway to scuba diving, also has beautifully maintained historic buildings and gardens. Gananoque has shops and galleries - and be sure to take in a show at the Thousand Islands Playhouse.</p>
Location	The Great Waterway Region of South Eastern Ontario is laced together by the sparkling St Lawrence River with the 1,000 Islands, Rideau Canal, Bay of Quinte and Lake Ontario.
Name	The word ' rideau ' is French for curtain, the appearance of the falls to Samuel de Champlain who travelled up the Ottawa River in 1613. The name Rivière du Rideau first appeared on maps in about 1700.
Population	Around 200,000 in the region, including 117,000 for the City of Kingston and 152,000 for Metro area
Language	English
Currency	Canadian Dollar
Tipping	10-15%
Time zone	Eastern Time Zone

CLIMATE	
General climate	Because of its proximity to Lake Ontario, This region typically enjoys less extreme temperatures than areas inland.
Today's weather	23 degrees Centigrade sun and showers in Ganonoque (29 th June 2013)
Best time to visit	Spring, summer and fall are the favoured seasons but the region also has a magical beauty in the depths of winter too. The navigation season on the Rideau Canal normally extends from Victoria Day weekend in May to mid-October.

GETTING THERE	
Flying time	There are multiple flights per day between Kingston's Norman Rogers Airport and Pearson International; flight time is 40 minutes.
City	The Thousand Islands are home to two vibrant cities. Brockville , gateway to scuba diving, also has beautifully maintained historic buildings and gardens. Gananoque has shops and galleries - and be sure to take in a show at the Thousand Islands Playhouse. Kingston is a great centre from which to explore all that the Great Waterway has to offer. And a trip to Kingston itself is packed with things

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>to do. Kingston is easy to reach by car or VIA Rail from both Toronto and Montreal</p> <p>Stay in one of Kingston's Historic B&Bs – there are several enchanting heritage Inns in Kingston offering a relaxing oasis in the heart of the city with fine accommodation, antiques, modern amenities, local knowledge and wonderful breakfasts.</p> <p>Savour ethnic and home grown menus at a choice of over 200 restaurants in Kingston, washed down with fine vintage wines from neighbouring Prince Edward County. Here are some recommendations: Atomica, Chez Piggy, Harper's Burger Bar and Woodenheads</p> <p>Fort Henry National Historic Site of Canada in Kingston is an icon of Canadian history and, along with the Rideau Canal and the Kingston Fortifications, it is Ontario's only UNESCO World Heritage Site.</p> <p>Get out on the water on a sightseeing cruise of the scenic 1000 Islands with Kingston 1000 Island Cruises– sightseeing and sunset dinner cruises are available</p> <p>Tour the sites and museums of Kingston aboard the historic Confederation Tour Trolley - including Canada's first Prime Minister's House, the Royal Military College and more. It's a great introduction to the city.</p>
<p>Trolley Buses</p>	<p>Discover Kingston aboard the Confederation Tour Trolley. \$22.50 adults (2013). Relax and let guides take you on a 50-minute exploration of Kingston's beautiful waterfront and charming limestone heritage with highlights including Fort Henry, the Royal Military College, Penitentiaries, Olympic Harbour, Bellevue House and Queen's University. Hourly departures.</p> <p>http://www.kingstonchamber.on.ca/Tourism/Trolley/Confederation-Tour-Trolley</p>
<p>Distances</p>	<p>The region is about 2 to 3 hours driving time and less by train from both Montreal and Toronto.</p> <p>The Rideau Canal is 202 km long from Lake Ontario to the Ottawa River.</p>
<p>Ferries and Boats</p>	<p>Wolfe Island: Wolfe Islander III ferry – 20 minutes, free, links to Simcoe Island and the U.S.; there are also two 9-hole golf courses on the island.</p> <p>Ontario Waterway Cruises are a wonderful way to experience the Rideau Route: see their website at http://www.ontariowaterwaycruises.com</p> <p>Glide on the canal on the Harriet By, an electric launch, through the Rideau Migratory Bird Sanctuary. http://www.rideauboattours.com</p> <p>Get out the water with a sightseeing Cruise with Gananoque Boat Line. It started in the early 50's as a local mail run that also began carrying a few passengers for scenic cruises. Nowadays it has has</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>become one of the world’s most famous tour boat companies, attracting visitors from around the globe. Cruises include the “Boldt Castle Stopover” and “Lost Ships of the 1000 Islands”.</p> <p>Rideau Canal Boat Tours – Choose from 4 unique tours:</p> <ul style="list-style-type: none"> - Take a narrated tour on The Blue Goose, a 12-passenger Gozzard Classic 24-foot covered tour boat. The 2.5-hour tour leaves from the Tay Basin in Perth and makes its way along the 10-kilometre canal to Lower Rideau Lake at Beveridge Locks, through beautiful and pristine wildlife viewing areas. www.taycanaltours.com - The Rideau King, a fifty foot steel tour boat offers full day tours & sails Monday through Thursday every week from its home port of Merrickville, on the historic Rideau Canal. www.RideauKingtours.com - The comfortable and spacious Kawartha Voyageur glides through the Rideau on 5 day, 4 night tours www.OntarioWaterwayCruises.com . - Relive that bygone era of genteel river cruising aboard the General Brock III on a full-day Rideau Canal Fall Colour Cruise for spectacular Fall Colour viewing
Trains	<p>Via Rail provides business and leisure travelers with convenient rail service to and from Belleville, Kingston, Brockville and Cornwall. For a listing of fares and schedules, visit the Via Rail website at www.viarail.ca or call 1-800 VIA-Rail.</p>
Car Rental	<p>All major car rental companies are available in the region.</p>
Buses	<p>Coach Canada / Trentway-Wager Bus Lines operates 25 daily departures and arrivals to the region. For more information on bus schedules and fares please call (613) 547 - 4916 or visit www.coachcanada.com</p> <p>Voyageur Bus Lines provides service to and from the Kingston terminal. There are nine daily departures and arrivals providing convenient connections to Ottawa. Voyageur Bus Lines also provides cargo services via Parbus Courier Service. For more information on both of these services call (613) 547-4916 or visit www.greyhound.ca</p>
ACCOMMODATION TYPES	<p>Visitors will be delighted with the choice in hotel and motel accommodations in the region. You can wake up and enjoy a front-row view of cruise ships, tour boats and pleasure craft on sparkling Lake Ontario. Or you can enjoy breakfast and watch the boaters’ activity at the downtown marina. You can open your eyes to a lovely secluded garden setting or you can have a pool and playground right in your hotel. The featured prize hotels on the Travel Show for this destination are:</p> <p>The historic Hotel Kenney in Jones Falls for fresh air, rugged beauty, good food, warm hospitality and old fashioned comfort. The views are</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>stunning! This year, Hotel Kenney celebrates 136-years of warm and gracious inn-keeping.</p> <p>The Colonial Resort & Spa - situated on 10 landscaped acres in the quaint town of Gananoque. The Colonial Resort & Spa is close to many area attractions and is minutes from the 1000 Islands OLG Casino.</p> <p>Houseboating The Rideau Canal is a charming destination for houseboaters and an ideal family vacation, as the perfect way to experience the friendly, laid-back vibe of the Rideau. The waterfront is jeweled with historic cities, towns and villages, and the route punctuated by 24 lockstations – most of them still operated by hand as they were in 1832 when the canal first opened. Most of them offer overnight mooring and it is difficult to imagine a more idyllic place to park your floating cottage for the night. A number of houseboat rental companies are ready to equip vacationers with everything they need for a safe, relaxing and memorable journey. Visit www.BigRideauLakeBoatRentals.com or www.WaterwayGetaway.com</p>
--	---

TARGET GROUPS	
<p>Kids</p>	<p>This summer, get the kids away from the video games and computer screens and let their imaginations run wild. Your family can explore trees and forests firsthand by taking advantage of one of the many Great Waterway camping experiences. Bon Echo Provincial Park offers a chance for kids to encounter Native pictographs carved in a majestic rock face. Campfire stories at Bon Echo are ignited by the tales of the Ojibwa trickster Nanabush, the unofficial mascot of the park.</p> <p>If staying in a tent is not your style, you may want to live pioneer style at Upper Canada Village in Morrisburg. Booking a stay at Montgomery House, a cozy historic log building at the outskirts of the village, offers your family a chance to explore 1800s pioneer life by day and then enjoy modern-day accommodations at night. At Upper Canada Village, costumed interpreters demonstrate how the work of the day consumed pioneer life. Horse-drawn wagons and a barge are on site to take visitors through the village.</p> <p>Whether you arrive by boat or by land, a stop along the historic Rideau Canal reveals picturesque scenery and engineering marvels. At Jones Falls lockstation beginning in 1827, Colonel John By and his workers oversaw construction of the great stone arch dam, one of the most impressive engineering works on the canal system. A working blacksmith shop and the restored lockmaster’s house are open to visitors and staffed by Parks Canada interpreters.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Legends from the wild frontiers of the canal building days include a story about a barrel of silver that fell overboard when a voyageur canoe was rolled by huge waves. Stories are told about silver coins being buried by crooked paymasters trying to skim some money from the workers' pay. If you don't manage to find the lost coins you can go further along the Rideau Heritage route.

The **Rideau Canal Museum** located in Smiths Falls, Ontario and is housed in a 19th century stone building which was once a mill: the Woods Mills Complex. Inside, high-technology displays and a variety of artifacts bring to life the history of the canal - its construction from 1826 to 1831, its role throughout history, as well as the distinct lifestyle and folklore associated with the Rideau Waterway. Explore the unique "Tunnel of History". Take a short climb to the "Lookout" to see a panoramic view of the canal and the Town of Smiths Falls. Test your skills as a "Canal Captain" in a steerable model boat. Sit back in the museum's auditorium to view a short presentation. Open May to Oct: <http://www.rideau-info.com/museum>

A boat ride in The Great Waterway can lead families to one of the beautiful Rideau Canal locks or to a real-life castle. 1000 Islands boat cruises leaving from Gananoque, Rockport and Ivy Lea take passengers to Boldt Castle. Built at the turn of the century the castle is a millionaire's show of love for his wife. A tour of the castle takes visitors back in time and displays in the castle depict life at the turn of the century in the 1000 Islands.

You can dock for free or take a Rockport Boat Lines tour to arrive at Dark Island and Singer Castle. **Singer Castle**, built the same time as Boldt Castle, has a dungeon, tunnels, a gilded clock tower, secret passages and hidden places for spying. Built by the president of Singer Sewing Machine Company, it is inspired by the hunting lodge described in Sir Walter Scott's novel Woodstock. With the magnificent grounds and castle as a backdrop, children can imagine that they are a queen or king, at least for the day.

Kingston 1000 Island Cruises: Step on board the magnificent 1000 Islands - a "must" on a visit to eastern Ontario. This classic river boat offers the widest variety of cruises in the 1000 Islands region. Join one of the scheduled departures or customize a memorable cruise event to your particular needs. See the historic harbour of Kingston, Canada's first capital with a 90 minute tour of the Kingston waterfront and surrounding islands. The 3- hour "Heart of the Islands" cruise combines a voyage aboard the triple deck paddle-wheeler, the Island Queen, with live entertainment, and scenery second to none.

www.1000islandscruises.on.ca

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>The Kingston Haunted Walk: \$13 (Kids \$7) Join them for an evening tour of Kingston's ghost stories and darker past by lantern-light or try the Ghosts of the Fort haunted tour of Fort Henry. www.hauntedwalk.com</p>
<p>Teens</p>	<p>1000 Islands Kayaking With two locations in Gananoque and Brockville, Ontario, they are only minutes off Hwy 401, directly on the Canadian side of Ivy Lea Bridge to the USA. Their kayak tours are ideal for a quick get-a-way from the city and you can be enjoying the river in no time! Explore while on a romantic weekend retreat or take advantage of this unique opportunity to try something you have always wanted to do with the kids. Their leisurely adventures of this historically charming and ecologically rich area are truly the closest way anyone can get to the river and islands. Paddle with the wildlife and reconnect with the living landscape. The 1000 Islands region is an integral part of the Frontenac Arch Biosphere Reserve, a member of the UNESCO World Network of Biosphere Reserves. Above all, it offers world class sea kayaking for all levels of paddlers – previous experience isn't necessary. http://www.1000ikc.com</p> <p>The Skydeck is a unique attraction. The 130 metre tower offers a spectacular view of the 1000 Islands above the St. Lawrence River.</p> <p>Lake Ontario Amusement Park: A fun filled amusement park in a beautiful setting - 13 rides from bumper cars, ferris wheel, bumper boats, tilt-a-whirl and more.</p> <p>Kingston Family Fun World Park: 3 Screen drive in featuring the latest hit movies - 1/2 mile lit go kart track - 6 cages batting tent and 18-hole mini golf. http://www.funworldpark.com</p> <p>For something different with older teens, try geocaching. GeoTreasures has GPS rentals, and Geocaching supplies. If you don't know what Geocaching is, it is a worldwide game of hiding and seeking treasure. A geocacher can place a geocache in the world, pinpoint its location using GPS technology and then share the geocache's existence and location online. Anyone with a GPS unit can then try to locate the geocache. It is a fun activity you can do with your family or friends. GeoTreasures are at 123 Haskins Point Rd., Seelys Bay, ON Tel: (613) 484 – 7332 and website: http://www.geotreasures.net</p>
<p>Romance</p>	<p>Spas: Escape the world and experience the tranquility of the Dolce Bella Spa on the shores of the Cataraqui River, a part of the Rideau Canal system. Dolce Bella Spa is located in a historic building, in an old woolen mill. Cataraqui is an Indian word meaning "water over rocks", an</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>ideal theme for this spa. Although only about a half mile from downtown Kingston, Canada's first capital, it feels like you are miles away. www.dolcebellaspa.com</p> <p>For refreshing and soothing spa treatments and packages, you can also try the Vinotherapy Spa at Rosemount Inn in Kingston. With its beautiful, relaxing atmosphere, Chef-created spa cuisine and unique Vinotherapy wine-based products, you are sure to leave feeling pampered, polished and revitalized. View the complete spa menu of massages, wraps and treatments here: http://www.rosemountinn.com/spa_treatments.htm</p>
<p>Honeymoons & Weddings</p>	<p>Great inns, romantic Victorian B&B's, sunsets over the lake, sumptuous dining, easy access...a great recipe for weddings and a great location for a peaceful honeymoon.</p> <p>For a wedding venue in Kingston: Imagine an intimate gathering of your closest friends and family. Picture period antiques, beautiful gardens and fine dining. Gather your wedding guests all together in The Rosemount Inn & Spa, and spend a memorable weekend of relaxing moments and celebration. They will take care of the details, whilst you spend time with your loved ones during this special time.</p> <p>There's even a special Bride Guide handbook for those planning the perfect day!</p>
<p>Seniors</p>	<p>Gentle walks, craft shops, easy access, comfortable lodgings and wonderful fall colours make this a perfect destination for seniors. Try this:</p> <p>Mica Mine Tour & themed dinner theatre</p> <p>The tour begins at the Lally Homestead at Murphys Point Provincial Park, where you are led down the Silver Queen Mine Trail by character actors performing an original script at stops along the way. Journey into the historic Silver Queen Mica Mine, which operated in the early 1900s, and then enjoy a delicious hot meal in the restored bunkhouse –complete with trestle tables and itinerant musicians performing Celtic tunes. It's magical, historical and entertaining all at once. www.heritagemicadays.ca</p>

<p>UNIQUES</p>	
<p>Surprising</p>	<p>The Locks on the Rideau Canal: The locks on the Rideau operate today much as they did 160 years ago. The large wooden lock doors are opened and closed using hand cranks. Hand cranks are also used to let water in and out of the locks. Most of the stone blocks that you see are the ones originally emplaced in the 19th century. The locks cater to tourists and even the novice boater will have no trouble locking through. Parks Canada staff are always there to assist. All the locks offer nice grassy lawns with picnic tables. Lock watching is an interesting pastime,</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>a great way to spend a lazy afternoon, watching boats of all descriptions go up and down in the lock. Many transient boaters moor at the locks which offer good dockage, washroom facilities and an interesting area to explore. Several of the locks have defensible lockmaster houses and blockhouses which are open for public viewing. Many of the locks offer hiking trails. Several of the locks such as those at Ottawa, Merrickville, Smiths Falls, Chaffey's, Jones Falls, and Kingston have heritage museums located close by.</p>
<p>History</p>	<p>The history of Canada runs through the rivers, lakes and canals of The Great Waterway region in Eastern Ontario. For thousands of years, aboriginals used the waters to access seasonal hunting and fishing camps.</p> <p>It was along the St. Lawrence River and Lake Ontario in 1615 that French explorer Samuel de Champlain was introduced to native culture in the region. The French would ally with the Algonquins and Hurons while the British would take sides with the Iroquois, touching off decades of bitter fighting.</p> <p>Following the American Revolution of 1776, the newly formed United States was not a friendly place for those who supported the British Crown. Thousands of outcasts, who became known as the United Empire Loyalists, made their way north to the regions that would become known as Ontario and Quebec. All the major towns and cities along the St. Lawrence were Loyalist settlements.</p> <p>Loyalist Parkway The 100-kilometre Loyalist Parkway runs from Trenton to Kingston. Officially opened by Queen Elizabeth in 1984, it features a bicycle path that takes visitors past remarkable 18th and 19th century period architecture once inhabited by Loyalist families – 125 notable heritage buildings in all, documented in a brochure available at regional tourism offices. Plaques point visitors to such outstanding sites.</p> <p>War of 1812 It's the 200th anniversary of the War of 1812-1814 between Britain and the United States. Yes, we all know about the Americans burning York (Toronto) in 1813, then the Canadians torching Washington in retaliation in 1814. The St. Lawrence corridor and Lake Ontario, however, were the real front lines of the war. On the Loyalist Parkway is a plaque recounting the escape of the 20-gun sloop Royal George, attacked by seven American ships in 1812, yet managing to escape to the safety of Kingston Harbour, its home base, where the shore batteries provided protection. It was during this time that Fort Wellington was built at Prescott, a Loyalist settlement, to fend off the Americans just across the St. Lawrence.</p> <p>Kingston, First Capital of Canada. Kingston was a burgeoning military and port town long before today's</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



capital, Ottawa, came along. In June of 1841, with the combining of Lower Canada (Quebec) and Upper Canada (Ontario), Kingston was proclaimed the fledgling union's first capital. A hospital, built on what would become the campus of Queen's University, became the first Parliament building of Canada, serving in that capacity until 1844. Kingstonians now celebrate First Canada Day every June 15 with specially brewed beers and other libations in and around historic Market Square. Kingstonians later tried to entice parliament into its stately city hall building.

Sir John A. Macdonald

Kingston was also home to Canada's first Prime Minister, Sir John A. Macdonald. Macdonald's home, Bellevue House, is fully restored, furnished and run by Parks Canada as a museum. You can also take a self-guided walking tour of the city, In Sir John A.'s Footsteps, by following a printed guide available at City Hall, listening to a pre-loaded MP3 player, or by downloading the tour onto your own player. Featured narrators include hockey icon Don Cherry and former prime minister Jean Chretien.

Outstanding historic sites to visit in The Great Waterway district:

Fort Henry: This imposing fort overlooking Kingston also dates back to the War of 1812. The British began construction on today's version in 1832 to protect the Lake Ontario entrance to the Rideau Canal at Kingston as well as the naval dockyard. The Fort Henry Guard patrol the fort's massive inner sanctum with mascot goat David. As part of the daily activities, children dress up in guard uniforms and learn how to march like a 19th-century British soldier. Cannon blasts end each day's operations. The Wednesday night Sunset Ceremonies, with precision battle drills by the Guard, are not to be missed.

Rideau Canal: The 202-kilometre system built between 1826 and 1832 was designed as an alternative route to the St. Lawrence River to avoid contact with hostile American forces. The system begins at the Kingston Mills lockstation and extends north to Ottawa. Most lock gates are still hand-cranked by Parks Canada staff to pass boats along the system. All are located in picturesque settings with plaques and signage for interpretation. Jones Falls, a 35-minute drive north of Kingston, features an operating blacksmith shop and furnished lockmaster's house with costumed interpreters.

Fort Wellington: Located at Prescott, the fort has been beautifully restored by Parks Canada based on the 1846 design when the fear of an American attack loomed yet again. It is surrounded by a 3-metre-high palisade and an interior blockhouse, a fort within a fort, constructed with metre-thick stone walls.

Upper Canada Village: Between Cornwall and Morrisburg on the St. Lawrence River, the village features 40 heritage buildings spread over

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>60 acres help re-create life in Canada in the 1860s. Knowledgeable staff in period costume forge iron, spin wool, tend to livestock and gardens and provide horse-drawn wagon rides. Special artisans' displays take place on weekends throughout the season.</p> <p>Crysler's Farm: This historic site adjacent to Upper Canada Village commemorates the November 11, 1813, battle in which a 4,000-strong American force was thwarted by 1,200 defenders consisting of British regular soldiers, English-Canadian and French-Canadian troops, as well as 30 Mohawk warriors from Tyendinaga</p>
Books	<p>Frommer's Canada – excellent for this region</p> <p>The Rideau Heritage Route Travel Guide is an excellent, pocket-sized guide to the attractions of the area. An online version is available here: http://www.nxtbook.com/nxtbooks/dawson/rhrta_travelguide0809-en</p>
Must Sees	<p>Rideau Canal System – part of Ontario's first UNESCO World Heritage Site</p> <p>If you haven't toured the famous Rideau Canal, a short drive out Montreal Street in Kingston past Highway 401, and then the first right-hand turn, will deliver you to the Kingston Mills Lock Station, the first on the Rideau as it winds its way toward Ottawa. This site features on my Top Ten UNESCO World Heritage Site lists at http://www.chrisrobisontravelshow.ca/Planning/ChrisTop10Lists/Top10UNESCOWorldHeritageSites.aspx</p>

SPORTS ACTIVITIES	<p>Although contested, Kingston lays claim to being the birthplace of ice hockey. This claim arises from a game played in 1886 between Queen's University and the Royal Military College of Canada, and is recognized by the Canadian Amateur Hockey Association. The rivalry between Queen's and RMC is the world's oldest in hockey.</p> <p>Kingston is represented in the OHL by the Kingston Frontenacs</p>
Golf	<p>In golf circles, being around water is usually associated with hazardous playing conditions. That's not always so in Eastern Ontario's Great Waterway region, where golf courses may command breathtaking views of Lake Ontario, the St. Lawrence River and the Rideau Canal.</p> <p>No matter where you vacation in The Great Waterway – from the wine region of Prince Edward County, to the heritage villages along the Rideau or in one of the full-service cities on the St. Lawrence or Lake Ontario, there is likely a welcoming golf course within 10 minutes of where you're staying. Many new courses have sprung up in the past 10 years to complement the established golf and country clubs that happily provide tee times to travelling duffers.</p> <p>The Cornwall Golf and Country Club, founded in 1896, is one of the oldest courses in North America. Non-members who would like to enjoy the championship-level course and view overlooking the St. Lawrence</p>

Chris Robison Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>River must make reservations five days in advance. Or try the century-old Brockville Country Club. Like all Eastern Ontario clubs, the staff here are very welcoming.</p> <p>The golf courses in this area are as renowned for their quirky traits as their beautiful waterside vistas. Gananoque Golf and Country Club has a massive granite outcrop that rises from the second fairway, hiding the view of the pin. “It stands out in golfers’ minds and it stands out on the course,” says club manager Pat Huntley of the rock. Huntley has received the occasional complaint from frustrated players. “They’ve gotta put up with it. It’s there to stay,” she says with a laugh.</p> <p>Gananoque Golf & Country Club is also known for its simultaneous 4th and 5th hole tee-offs. Golfers tee off on the 5th, then drive off the 4th, finish that hole, and go back to the 5th to conclude.</p> <p>Huntley says the nine-hole course and club is known for its relaxed atmosphere. “If you want to play a leisurely nine holes, come here,” she says.</p> <p>Just down the road from the Gananoque club is the newly created Smuggler’s Glen Golf Course. Affiliated with the historic Glen House Resort, the resort offers excellent “stay and play” packages including accommodations, meals and green fees and, you guessed it, another commanding view of the St. Lawrence River.</p> <p>Dozens of golf courses line either side of the Rideau Canal extending northward from Kingston. The nine-hole Rideau Lakes Golf and Country Club overlooks Upper Rideau Lake from a number of tees and fairways. Nearby is the picturesque village of Westport with its fabulous array of shops, resorts and restaurants.</p> <p>If you really want to get close to water, try a golf outing at one of the two nine-hole courses on Wolfe Island. The only way to get to the island is a free ride on the Wolfe Island ferry! Alston Moor Golf Links recommends you carry your clubs onto the ferry and they’ll pick you up on the Wolfe Island side and drive you to the course, free of charge. If you have your own boat, there’s also complimentary docking.</p>
<p>Fishing</p>	<p>Fishing charters on the St. Lawrence River offer chances for anglers to catch trout, bass, muskie, carp, walleye, salmon, channel catfish, yellow perch and northern pike. Fish tales from the region boast of the elusive muskellunge that can grow to 65 pounds. Shore lunches on the Islands can be arranged and harken back to an earlier era.</p> <p>The lakes and rivers of the Rideau Waterway offer great fishing opportunities. Species caught along the length of the Rideau Waterway include Largemouth Bass, Smallmouth Bass, Northern Pike, Lake Trout, Yellow Perch, Black Crappie and Walleye (Yellow Pickerel).</p>
<p>Sailing</p>	<p>“Freshwater Sailing Capital of the World”</p> <p>Kingston is famous for its fresh-water sailing, and hosted the sailing events for the 1976 Summer Olympics. CORK — Canadian</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Olympic-training Regatta, Kingston — now hosted by CORK/Sail Kingston Inc. is still held every August. Kingston sits amid excellent cruising and boating territory, with easy access to Lake Ontario, the St. Lawrence River, and the Thousand Islands including the St. Lawrence Islands National Park.</p> <p>Kingston is also home to the youth sail training ship called the St-Lawrence 2.</p> <p>Ahoy Rentals: They specialize in sailing and sea kayaking excursions for groups sizes ranging from 2-6 people which can be tailored to your personal preference. If you've never sailed, that is not a problem, call or e-mail ahead for a 2 hour "Learn to Sail". Their one-on-one instruction allows flexibility to schedule at a time that is convenient for you. www.ahoyrentals.com</p>
<p>Padding</p>	<p>The Rideau is home to excellent flatwater paddling. With over 1,090 kms of shoreline & there's a simple way to add a little decadence to a Rideau paddling adventure. The region features a multitude of B&B's, many of them housed in beautiful historic buildings on or within easy portaging distance of the waterfront. These unique getaways offer luxurious accommodation and gourmet breakfasts to tired and hungry paddlers. For detailed paddling itineraries visit www.rideauheritageroute.ca</p>
<p>Hiking</p>	<p>From city parks and paths to more serious trails in the Shield Country, the region has lots to offer hikers.</p> <p>The Waterfront Trail Recreational Path The path begins at the Ontario/Quebec border travelling along the shoreline to Gray's Creek, and then travels through Cornwall to continue winding through the rolling terrain toward Long Sault. The path then follows the island causeway of the Long Sault Parkway and continues to the Upper Canada Migratory Bird Sanctuary in Ingleside, then arriving at Upper Canada Village Heritage Park. From the Village, the path continues on to the village of Iroquois. A new section has recently been completed from Cornwall north to St. Andrews West. Part of the Ontario Waterfront Trail this multi-use recreational path stretches over 105 kms, the majority of which follows the shoreline of the St. Lawrence River. Web Site: www.waterfronttrail.org</p> <p>Gananoque Meander through the historical town of Gananoque or explore the natural beauty that surrounds the town. The Canadian Shield granite geology provides a picturesque landscape to discover, and offers many different routes for the hiking enthusiast. The Gananoque Trail system</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>is made up of a 12 km perimeter hike that may be divided into three returns to the Trailhead loops, each offer an enjoyable hiking experience. Lions Loop is both bicycle and wheelchair accessible. If you are looking for something a little more rustic make sure you try out the Rogers or River Loops.</p> <p>Gananoque Other trails in the area include the 1000 Islands Parkway, Landon Bay Trail, and the Marble Rock Blue Trail.</p>
Cycling	<p>Explore the Rideau on Two Wheels The large number of secondary roads makes Rideau exploration a fun cycling adventure. It is easy to take the “road less travelled” and discover the quiet beauty the Rideau has to offer. http://rideauheritageroute.ca/en/thingstoseeanddo/CyclingTours.asp</p> <p>The 1000 Islands Bike Path is a 37-kilometre trail that runs parallel to the 1000 Islands Parkway between Gananoque and Brockville. There are great waterfront trails and level bike paths along the Rideau Canal; for the really ambitious, try this: The Great Waterway Circle Tour Cycling Itinerary 730km cycling route 91km average cycling distance per day Cycling in The Great Waterway Number of days cycling: 8 Recommended number of nights stay: 9 Experience rating: challenging, road cycling experience required This is just one of the many cycling itineraries developed by The Great Waterway and available on their website.</p>
Diving	<p>“Best freshwater shipwreck diving in the world”: the visibility here extends to 40-100 feet, in part because the zebra mussels filter the water so effectively. There are 12 wreck sites e.g. The Comet, an 1861 steam-powered side wheeler. Limestone Dive Centre: 61 Yonge St., Kingston, ON, K7M 1E4 Tel: (613) 547 - 3483</p>

CULTURE	<p>Take a trip with Aboriginal Adventures to see the 1000 Islands like you've never seen them before - through Indian eyes. Visit a 20' Tipi on the shores of the St. Lawrence in Gananoque and experience aboriginal culture through interactive song, dance, drumming, storytelling and traditional arts all focusing on the First Nation's history and culture. https://www.facebook.com/aboriginaladventures</p>
Arts	<p>Rideau There are 42 public art galleries and artist studios located along the Rideau Heritage Route, with a cluster of 11 artist studios in Merrickville.</p> <p>Kingston The Agnes Etherington Art Centre - One of Canada's most attractive</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>museums. A suite of three elegantly furnished rooms in a 19th century house. Open year-round, located at the corner of University and Queens Crescent. Call 545-2190.</p> <p>Eclectica Gallery - Canadian art, fine crafts and one-of-a-kind gifts. Elegant to the whimsical, fancy to functional, in the heart of Kingston's Heritage Market. Located at 300 King Street East (at Clarence).</p> <p>Union Gallery - Featuring contemporary art by Queen's University BFA students, Queen's Alumni, members and other professional artists. Located on the first floor of the Stauffer Library, Queens University (at University and Union Avenue). Call 545-6000 ext 5384 for more information.</p>
<p>Music</p>	<p>The area has spawned several musicians and musical groups, most of whom are known mainly within Canada, but a few of whom have achieved international success. These include John Kay, lead singer, harmonica player, and occasional guitarist of the heavy metal late 60s/early 70s band Steppenwolf, members of The Tragically Hip, The Mahones, jazz singer Andy Poole, Bedouin Soundclash, Sarah Harmer, The Arrogant Worms, The Headstones, The Inbreds, David Usher (formerly of Moist), and Kingston is the birth place of Bryan Adams. Singer Avril Lavigne, from Napanee, began her career after gaining notice singing at a Kingston fair and bookstore. The first winner of the television series Canadian Idol was Kingston native Ryan Malcolm.</p>
<p>Theatres</p>	<p>The creativity and culture of South Eastern Ontario is demonstrated by the many opportunities for dinner and a show throughout the region! You can enjoy the Arts Centre in Brockville and the St Lawrence Shakespeare Festival in Prescott. The charming church setting of the Wellington Street Theatre and the intimacy of the Baiden Street Theatre in Kingston offer four seasons of unforgettable live entertainment. Many of the opportunities for theatre going have the added component of taking place within beautiful venues..</p> <p>Theatre in the region presents unique, original productions in one-of-a-kind settings including:</p> <p>Upper Canada Playhouse, Morrisburg http://www.uppercanadaplayhouse.com Thousand Islands Playhouse http://www.1000islandsplayhouse.com Festival Players http://festivalplayers.ca The Grand Theatre, Kingston Brockville Arts Centre, Brockville Upper Canada Playhouse, Morrisburg St. Lawrence Shakespeare Festival, Prescott</p> <p>The Grand Theatre is leading the renaissance of downtown Kingston as an Eastern Ontario destination for arts and entertainment, with a recent top to bottom renovation, creating a new performance space</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



within an historic shell. A few years ago, construction crews pulled the plaster off the walls exposing original limestone walls circa 1879 – the early days of Confederation when Sir John A. Macdonald strolled the streets of the city, perhaps taking in a show at what was then known as Martin's Opera House. Today, the main auditorium has been updated with acoustical equipment sporting all the current day bells and whistles.

There's a long, luscious history at **The Empire Theatre** in Belleville. In 1938 it opened its doors as The McCarthy Theatre, a popular venue for feature films and live performance. The 1960s were a rough time for the theatre; it sat closed for a dozen years until a local entrepreneur purchased the building with a dream of transforming the space into a state of the art theatre. In 2003, the spiffed up and wired-in 700-seat Empire Theatre and Centre for the Performing Arts opened its doors. The new performance space hosts top name acts like Bachman & Turner and Serena Ryder, as well as stage productions like The Wizard of Oz and Stuart McLean's Vinyl Café.

Arriving at the theatre by boat . . . well, that is a bit unusual. Gananoque's very popular **Thousand Islands Playhouse** draws guests (they come on foot, by car, bus tour and by boat) for music and theatre performances in two renovated historic venues right on the banks of the St. Lawrence River. Thirty years ago, the community undertook an extensive renovation to create a theatre space in what had been the local canoe club. Hailed as the most active theatre in Eastern Ontario, the Thousand Islands Playhouse has consistently been named one of the top five summer festivals in Ontario. In Morrisburg, the Upper Canada Playhouse can honestly claim its performance roots come from "under the big tent." The theatre troupe had its beginnings in a giant tent before converting a former toothbrush factory into its current home, a totally equipped, fully accessible, intimate theatre space seating 265. The main draw is the summer season of comedies, but the theatre also offers a Christmas play, and shows in the spring and the fall.

Classic Theatre Festival, Rideau

Ottawa Valley's professional summer theatre festival, featuring Canada's top theatrical talent, presents the Classic hits of Broadway and the London stage in Heritage Perth. 2012 season: William Gibson's quirky comic love story, "Two for the Seesaw," July 13 to August 5, and Jean Kerr's comedy about second chances, "Mary, Mary," August 10 to September 2. All shows at the wheelchair accessible, air conditioned Mason Theatre, 13 Victoria Street, Perth. Free parking. Address: 57 Foster Street, PO Box 2121, Perth.. Shows run Wednesday to Saturday

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>at 8 pm; Wednesday, Saturday and Sunday matinees at 2pm. http://www.classictheatre.ca</p>
<p>Museums</p>	<p>The Lost Villages Museum The beautiful 1000 Islands region is also famous for what you don't see. In 1958, over 6,500 people in several villages were displaced to create a dam which would allow for the construction of the St. Lawrence Seaway. When the cofferdams that had been holding back the water during construction were blown apart, 10 riverside communities were flooded and submerged. The Lost Villages Museum is located in Ault Park near Long Sault.</p> <p>Doran Bay Model Ship Museum Marvel at one of the world's finest private collections of museum quality model ships, beautifully displayed in a period home overlooking Iroquois Seaway Lock near Cornwall. Special Exhibit: A unique collection of British and American warships from the War of 1812. Open April – October – private guided tours available upon request.</p> <p>Arthur Child Heritage Museum The Arthur Child Heritage Museum of the 1000 Islands is the centerpiece of the historic 1000 Islands Village, a replica of nineteenth century architecture. Here you can experience the wonders of the Frontenac Arch then travel in the footsteps of the First Nations, Early Settlers and Fur Traders and the Military Combatants of the War of 1812. Step back in time into the Golden Age of Castles and Cottages and get lost in the dreamy past of a very special time in the 1000 Islands. 125 Water Street, Gananoque, ON K7G 3E3 Tel:1-877-217-7391 http://www.1000islandsheritagemuseum.com</p> <p>Kingston Marine Museum of the Great Lakes: Tall tales, high adventure, bold exploration and mighty enterprise highlight the story of Canada's great inland seas. The museum's facilities include a library, reading room, archives and a book & gift shop. http://www.marmuseum.ca</p> <p>The Penitentiary Museum: Explore the history of Canada's federal penitentiaries. The museum is located in the former Warden's residence of Kingston Penitentiary, built by inmate labour between 1870 and 1873. Call 613-530-3122 for more information or visit http://www.penitentiarymuseum.ca</p> <p>Bellevue House From 1848-1849, Bellevue was home to Canada's first prime minister, Sir John A Macdonald. The estate has been restored to represent the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>period, and during the summer months tour guides will greet visitors in their period costumes. Bellevue House is located at 35 Centre Street in Kingston. Call 545-8666 for more information. I found this a charming and strangely moving place to spend a couple of hours. http://www.pc.gc.ca/eng/lhn-nhs/on/bellevue/index.aspx</p> <p>City Hall Next to the old market and with a fine view of the waterfront, City Hall on King Street was originally intended to be Canada's first parliament building. But by the time construction was completed (when TK), Kingston was no longer the capital. Guided and self-guided tours are available.</p> <p>International Hockey Museum Relive great memories with heroes of the past and present at the International Hockey Museum. It's collection of photographs and mementos celebrate 100 years. Located at Alfred and York streets in Kingston. Call 613-544-2355 for more information.</p> <p>Kingston Archaeological Centre Offering an impressive display representing more than 8,000 years of Kingston region. Located at 72 Gilmore Ave in Kingston. Call 613-542-3483 for more information.</p> <p>Kingston Mills Blockhouse Experience the life of an 1839 soldier in the restored Blockhouse. Discover more of the Rideau River's past in the visitors bureau. Local history will come alive at the Kingston Mills Lock Station. Admission is free. The Blockhouse is located on Kingston Mills Road, 1.5 kilometres north of Highway 401. Call 359-5377 for more details.</p> <p>Maclachlan Woodworking Museum Features displays and demonstrations that illustrate 19th century life... Women at Work, Logging and Lumbering, Canadian Planemakers. Located on Hwy 2, 10 km East of Kingston. Call 613-542-0543 for more information.</p> <p>Marine Museum Celebrate nearly 300 years of shipbuilding in Kingston. The Marine Museum occupies four connected buildings, each with various exhibits and artifacts. Permanently berthed alongside the museum is the decommissioned Canadian Coast vessel Alexander Henry, which also offers tours. The museum is located 55 Ontario Street. Call 542-2261 for more details, or visit the museum's website at http://www.marmus.ca</p> <p>The Military Communications and Electronics Museum North America's largest specialized communications museum. Explore communications history from 1867 to modern day. Located at 95 Craftsman Blvd. CFB Kingston. Call 613-541-5395 for more information.</p>
<p>Festivals</p>	<p>Country Fairs are plentiful in the summer and each has its own feature, like a demolition derby, talent contest, ball tournament, equestrian</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



events and more. Of course each one provides great family fun with a midway, games of chance, entertainment, Holstein shows and much more.

Race the Runway Aug 24, 2013

Speed on over to the Smiths Falls Russ Beach Airport in Montague Township for the region's largest exotic car show and speed festival: Race the Runway. This 2nd annual event features 80 extreme performance cars from across Ontario and Quebec participating in radar-clocked, half-mile runs. What better place to watch them compete for the top speed than on an airport runway! Corvette, Porsche, Ferrari, Lamborghini – check out big names in fast cars! Revel in the speed, sound and power on Aug. 24. www.racetherunway.com

The Annual **Merrickville Artists' Guild Studio Tour & Sale** – This venerable self-guided free tour features artists and studios offering such wares as paintings, hot glass, jewellery, pottery, sculpture, textile arts, woodturnings, metal smithing and letterpress printing — all within a 15 km radius of the village. – 28/29 Sept and Oct 5/6 2013
www.merrickvilleartists.com

Guinness World Record Kilt Run 22 June , 2013

Perth, Ontario holds the world record for the most people running in kilts – 1,764! The fourth annual edition of the Perth Kilt Run on June 22.
<http://perthkilrun.blogspot.ca>

Limestone City Blues Festival August 22-25, 2013

www.kingstonblues.com The Limestone City Blues Festival will once again bring Downtown Kingston alive with the sounds of the blues August 22, 23 ,24 & 25, 2013. Celebrating its 17th year, the festival is delighted to announce that Ana Popovic will be headlining the Springer Market Square Stage on Saturday, August 24, 2013. Popovic, a native of Serbia but now based in Memphis, Tennessee, is known for her fearless guitar-playing and soulful voice. Opening for her will be Canadian Maple Blues Award nominees, The Harpoonist and the Axe Murderer.

Kingston Fall Fair September 12-15, 2013 www.kingstonfair.com

The event showcases agricultural displays, an indoor horse show, cattle shows, 4-H shows, grain competitions, home-crafts, baking, grandstand attractions, musical entertainment, and a midway with rides & games.

Kingston WritersFest Sept 25-29, 2013

www.kingstonwritersfest.ca Celebrating 5 years of great authors and

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>audiences by bringing back some favourite alumni – Margaret Atwood, Joseph Boyden, Michael Crummey, Anne Michaels – and all of the events attendees have come to love – the International Marquee, Author! Author!, the Saturday Night SpeakEasy, and Afternoon Delight. And there’s a great lineup of writers and events guaranteed to stimulate, provoke, and delight</p> <p>Studio Art Tour October, 2013 Tour the scenic countryside and unique areas of Kingston Ontario and visit local artists in their studios. It’s a great way to get to know the art and the artists!</p>
--	---

ATTRACTIONS	
<p>Beaches</p>	<p>Experience the Caribbean ...in Ontario! Forged from glaciers 12,000 years ago, Sandbanks Provincial Park in Prince Edward County is often cited as one of the best beaches in Canada. Home to the largest freshwater bay mouth barrier dune system in the world, and stretching 12 kilometers, its soft white sand dunes shadow the clear blue-green waters of Lake Ontario, some towering over 12-25 metres high. Wakeboarders, kayakers and kite surfers abound on its tranquil shores, and if the wind is right surfers crowd the lapping waters. Attracting over 550,000 visitors every year, Sandbanks truly has something for every traveler – from high adventure, to lazy naps on the white sand.</p> <p>Kingston stands on a solid limestone foundation, deposited millions of years ago, so the majority of the shoreline consists of huge rocky embankments. However, fantastic sandy beaches are only a short car or ferry ride away. Wolfe Island boasts Big Sandy Bay, while Grass Creek Park is located eastbound (approximately 10 km) on Highway 2, near the MacLachlan Woodworking Museum.</p> <p>Leo Lafleur Memorial Pool is a seasonal outdoor pool operating during July and August. This 30-metre pool includes the largest outdoor waterslide in Kingston (303 York Street).</p> <p>The Artillery Park Aquatic Centre is a year-round aquatic and fitness centre in Kingston that includes a 25-metre pool with sauna, fitness centre and gym.</p>
<p>Parks</p>	<p>1000 Islands: There are 1864 actually – (an island is defined as above water 365 days a year plus supports 2+ trees) “The Garden of the Great Spirit” is its native name.</p> <p>Thousand Islands National Park comprises 21 different islands in the St. Lawrence River, and is Canada’s smallest national park. Journey along the scenic Thousand Islands Parkway and Bikepath, running for 37km from Gananoque to Brockville; or take the picturesque St.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Lawrence Recreational Trail which follows the shoreline of the River from Morrisburg to Cornwall (50km). There are over 40 provincial, Federal and State parks in the region. The Rideau Heritage Route encompasses 4 Provincial Parks and 10 Conservation Areas, including Charleston Lake, Frontenac, Murphy's Point and Rideau River.</p> <p>Murphy's Point - Located on the historic Rideau Waterway, this park near Perth offers tours of a restored mica mine and trails - groomed in winter for cross-country skiing - to sawmill ruins and pioneer homesteads. At Big Rideau Lake, pitch your tent at a boat-in campsite and enjoy boating, canoeing and exceptional fishing.</p> <p>Charleston Lake - Natives once sheltered under rock overhangs on the shores of this coldwater lake north of the St. Lawrence River. Then wealthy Victorian cottagers summered here. The rugged look of the north blended with the south still draws hikers and canoeists to these scenic shores and winding trails.</p> <p>Frontenac - Situated on a southern arm of the Canadian Shield north of Kingston, this semi-wilderness park features granite outcrops, vast wetlands and mixed forests, plants and wildlife. Trails wind through rugged terrain to Moulton Gorge, the Arkon Lake Bog, the Black Lake homestead and the Crab Lake mines. From Otter Lake, hikers and canoeists head into the interior for glimpses of osprey and kingfisher, deer and black bear, coyote and fox, and abundant beaver. Wilderness skills courses are offered in summer and winter</p>
Birding	<p>Near Morrisburg, the self-guided nature trail winds through the Upper Canada Migratory Bird Sanctuary, a diverse landscape of mature forests, old fields, wetlands and open water. Seasoned and amateur birders can get up close to 200 waterfowl, raptor, passerine and other bird species.</p>
Gardens	<p>Lake Ontario Park, Kingston A multitude of activities for young and old are available at Lake Ontario Park. Swim, play mini-golf or stroll the appealing pathways around the area. The Lake Ontario Amusement Park is located in the vicinity, and offers several rides and events. Camping is available.</p>
Historical Sites	<p>History buffs come feed your passion. Explore life as a Loyalist at Upper Canada Village. Learn how the soldiers protected our borders in 1812 at Fort Wellington, National Historic Site of Canada in Prescott and World Heritage Site Fort Henry in Kingston. Learn about military history with a visit to the National Historic Site Fort Wellington in Prescott and the National Air Force Museum in Trenton. When you tour the villages along The Great Waterway, you'll also uncover some small gems including the Mariner's Park Museum in Picton and Rose House Museum in Waupoos.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Boldt Castle George and Louise Boldt were two of such wealthy magnates drawn to the 1000 Islands. At the turn of the century Boldt commissioned the building of a majestic and ornately-designed, 120 room replica of a German Castle on “heart Island”, along with a drawbridge, powerhouse, tunnels, a children’s playhouse, Italian gardens and a stone arch resembling Arc de Triumph in Paris. It was to be a gift to his beloved wife, however Louise died unexpectedly and the Castle was left for ruin. Today, the castle stands refurbished and restored, a monument to one man’s love for his wife, and one of our remaining examples of what life in the 1000 Islands was like during the Gilded Age. Alexandria Bay, NY http://www.boldtcastle.com</p>
<p>Upper Canada Village</p>	<p>Upper Canada Village is a sister attraction to Fort Henry, downriver on the St Lawrence. It is a recreated 1860s riverside community on approximately 70 acres. The Village includes over 40 heritage buildings, many recovered from the area prior to the Seaway flooding in 1958. Costumed historical interpreters and artisans engage over 150,000 visitors and students each year with the sights and sounds of 1860s village life and social activities, featuring talks and demonstrations at the tinsmith’s, broom-maker’s, at the farms, in the printing office, at the cheese factory, woolen factory, sawmill, flour mill and bakery. Horse-drawn boat and wagon rides add to visitors’ enjoyment. Fresh-baked bread, cheddar cheese and other goods produced by Village artisans are available for purchase in the Village Store. The Village has the highest Michelin Green (Travel) Guide rating – 3-stars recognizing the site as “highly recommended” and designated one of only a few “Principal Sites” to visit in Canada. www.uppercanadavillage.com</p>
<p>Castles/Forts</p>	<p>Fort Henry, erected in 1812 and largely unchanged since its reconstruction in the 1830s, commands a high promontory overlooking the harbour and town. Mid May to end August, the Fort Henry Guard and their goat mascot, David, perform 19th-century drills, musters, and parades. Regular programming includes music and marching displays by the fife-and-drum band, exhibitions of infantry drill, and mock battles of tall ships, many of them brought to a close with the firing of the garrison artillery and the lowering of the Union Jack. Parts of the fort - the officers' quarters, men's barracks, kitchens, and artisans' shops - have been restored to show the military way of life as it was around the year 1867. The most imposing events are the "Sunset Ceremonies," elaborate military tattoos with martial music performed Wednesdays at 7:30pm in July and August. On those nights, an extra treat is a three-course dinner served in the officers' dining room followed by</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>seating in bleachers or in the balcony to view the sunset ceremonies. Martello Towers: Built in response to the 1846 Oregon Crisis with US, these are 6 round towers, two of them open: Murney and Fort Frederick, which have canons on rotating tracks.</p>
--	---

OTHER ACTIVITIES	
Shopping	<p>No trip to the lake-splattered region north of Kingston is complete without a shopping excursion to Trousdale's General Store in the village of Sydenham. In its heyday during the 1800s, the village streets were lined with mills, breweries, hotels and taverns. Today, the limestone heritage buildings have been renovated into cafes, specialty shops and bakeries. At the heart of the village is Trousdale's General Store, a thriving shop that has been in the same family for five generations. Trousdale's has all the modern wares (from martini glasses to funky garden art) as well as a handpicked selection of candles, soaps and kitchen gadgets, all surrounded by the original creaky wooden floors and tin ceilings. Now part time capsule and part shopping experience, the wares are interspersed with some of the original fixtures and displays of antiques and memorabilia.</p> <p>The famous Rideau Canal is the thread that joins small villages along its winding route linking the cities of Kingston and Ottawa – places like Merrickville, Chaffey's Mills and Westport were originally mill towns built by the stonemasons who created the canal.</p> <p>In the fall and winter months, the villages along the Rideau positively sparkle – unique products, attentive service and small town atmosphere are an unbeatable combination. When it comes to retail therapy along the Rideau, small is definitely big!</p> <p>Once a sleepy little village, nestled at the midway point of the Rideau Canal, Westport has developed a niche as a magnet for atmosphere-thirsty shoppers. On the banks of Upper Rideau Lake, the village has it all: the perfect countryside setting and just the right number of small back streets, liberally sprinkled with unique shops, antique haunts, bakeries, restaurants and tea rooms.</p> <p>When the air turns crisp, it's time for the Fall Colours Studio Tour, usually held on the Thanksgiving weekend. Artisans, photographers, rug makers and potters open their studio doors to show off a wide range of original works – from primitive carvings to funky clothing and accessories to exquisite mosaic glass pieces (and everything between!).</p> <p>Step onto the main street of Merrickville and you'll see why this picturesque community was named Canada's most beautiful village. Merrickville is home to dozens of boutiques, studios and galleries that have settled into the many heritage, Victorian-era properties. Shopping divas can let loose at one-of-a-kind shops like Rowland</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	Leather (handbags, backpacks, briefcases and travel bags in colours and quality second to none) and Village Metalsmiths, which lays claim to being Canada's oldest foundry, dating back to 1840. The ironworks is renowned for its colourful, period, heritage-style signs, weather vanes and mailboxes.
Markets	Canada's oldest operating farmers' market is in Kingston: since 1801 in Market Square, adjacent to City Hall – I bet you can't resist some of the tasty temptations!
Nightlife	First class entertainment and a lively pub and music scene mean that there's always plenty to do in the evenings here!
Casinos	OLG Casino 1000 Islands Straddling the historic communities of Leeds, 1000 Islands, and Gananoque, OLG Casino 1000 Islands is a first-class gaming experience in a magnificent natural setting. The Casino is located just 20 minutes east of Kingston and 10 minutes from the U.S. border. There are over 500 slot machines, ranging from 1¢ to \$5, with favourites such as Wheel Of Fortune, Monopoly and John Wayne Progressive. Try your luck at table games such as Texas Hold'em, Blackjack, Let It Ride, Craps, Roulette and more. When you're ready for a break from the gaming action, enjoy delicious cuisine at their restaurant. 380 Highway 2, Gananoque, ON K7G 2V4 Tel: 866-266-8422 http://www.1000islandscharitycasino.com
Cruises	The Sunset Sail with Ahoy Rentals (www.ahoyrentals.com) is highly recommended.

CUISINE	Walker's Shortbread baking competition The baking competition is sponsored by none other than the famous Walker's Shortbread of Scotland and will be judged by Alistair Walker, who is the great-grandson of the original founder, along with two local experts. The company's signature pure butter shortbread is baked using an original family recipe perfected by Joseph Walker in 1898. There's a lot of Scottish pride in Perth and the area – and lots of family recipes, too.
Food	Flavours of the Rideau The Traditional Rideau Shore Lunch lives on at Hotel Kenney Hotel Kenney has been in the Kenney Family for 4 generations since 1877 and they still take visitors out on full day fishing excursions complete with boat, guide and a traditional shore lunch with your fresh catch of the day! The lunch ingredients come packed in an old wooden box complete with a white linen table cloth. And of course the meal is topped off with French toast smothered in local maple syrup. www.hotelkenney.com

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Gourmet Picnic Baskets Order your gourmet Flavours of the Rideau picnic which includes a delicious assortment of fresh local cheeses, smoked bison sausage, fresh baked maple tarts and local apple cider. The Picnic is provided by Wendy's Country Market and is perfect for all kinds of explorers on the Rideau Heritage Route... hikers, cyclists, boaters and paddlers. www.wendysmobilemarket.com</p> <p>The Mustard-Makers of Merrickville Merrickville is headquarters to Mrs. McGarrigle's. Fourteen flavours of mustard are handmade here with love, the seeds soaked for several hours prior to mixing and other carefully sourced ingredients added for delicious results. Mrs. McGarrigle's Canadian Maple, Chipotle Lime, Red Wine & Garlic and Hot Whiskey mustards have won awards at the Napa Valley Mustard Festival in California. www.mustard.ca</p>
<p>Wine</p>	<p>Due to the combination of climate and soil, rich in Limestone, the region has many thriving vineyards and wineries in both Prince Edward County and Addington Country – currently a total of 34 wineries. The area has come to be recognized as one of Canada's best producers of fine wine. Wine connoisseurs will be interested to learn that Prince Edward County has officially been designated as Ontario's 4th Designated Viticultural Area (DVA). This eastern Ontario region produces some of the finest wines in the world such as Pinot Noir, Riesling, Chardonnay, Cabernet Franc and others, according to Ontario wine experts. There are a number of Prince Edward County wine tour routes. A suggested route would be to start the tour off from the north west, driving down through the towns of Wellington, Bloomfield and Picton to Glenora Ferry, for a quick ferry ride across Picton Bay, and then on to Kingston.</p> <p>Once you've stocked up on wine for the year, be sure to visit the award winning County Cider Company (which uses local apples grown in their orchard), Barley Days – the local brewery (which uses seasonal ingredients such as maple syrup), and the new 66 Gilead Distillery (which uses pine and other local ingredients to make vodka).</p> <p>Kingston Brewing Company (KBC) is located on Clarence St. near the intersection of Ontario St. As implied by its name, this pub brews its own beer and offers many seasonal beers. Notable brews from KBC include White Tail, Dragon's Breath, and the pub's own apple cider. KBC also offers beers from other companies, including Guinness, and other well known brands. They have a monthly "Brewer's Whim" which is usually a Canadian microbrew.</p>
<p>Restaurants</p>	<p>1000 Islands Dinner Cruise A Unique evening of ever changing scenery, candlelight dining and</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



dancing with live entertainment in the 1000 islands. Fine wines compliment a delicious three course choice menu that is freshly prepared on board. The Island Star Sunset Dinner Cruise gets rave reviews. Boarding 6pm and departing 6:30pm. Departures from 1 Brock Street. Call 613-549-5544. www.1000islandscruises.on.ca

Fiddleheads Bar & Grill, Perth

Occupying 5000 sq. feet in one of Perth's oldest heritage buildings, with 4 very unique and distinct spaces to choose from, you are certain to find something to suit your taste here. Whether it's a lively bar, a sunny patio, an elegant dining room or an open air courtyard, come explore one of Perth's gems. For fine dining let your senses escape in the hands of a seasoned culinary team in the main dining room of Fiddleheads in Perth. Enjoy the easy atmosphere and pub menu in the atrium and bar. Sunday brunch is a local favorite with live jazz on alternate Sundays.

<http://www.fiddleheadsbarandgrill.com>

Watermark Restaurant at the Gananoque Inn

Executive Chef Adam Koppany uses fresh, local ingredients to create regionally-inspired seasonal menus for The Watermark Restaurant. A native of Ontario, Adam has spent most of his professional cooking career in Alberta hotels including Banff's renowned Rimrock Resort Hotel. The Watermark features an intimate wine bar serving international vintages and a large selection of Ontario VQA Wines from Prince Edward County and the Niagara district. In addition, the restaurant's waterfront terrace boasts one of the best views in the 1000 Islands region, making it the ideal place to enjoy expertly prepared local fare on our bistro style menu.

http://www.gananoqueinn.com/index.cfm?page=dining&s=dining_room

The Restaurant on the Knoll

Relax in their lakeside restaurant featuring cathedral ceilings, impressive fireplaces and an incredible view of West Lake and the dunes of Sandbanks Provincial Park in Prince Edward County. The Knoll's menu has been carefully crafted using the finest fresh local ingredients and select cuts of locally raised AAA beef. Dine in the screened veranda or on the beach-side patio while enjoying the country ambiance and a view that's unique.

<http://isaiahtubbs.com/index.php/dining/restaurant-knoll>

Here are some suggestions in **Kingston:**

Kingston By Fork: Homegrown Eats

Tuesdays, Thursdays and Saturdays at noon.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



This walking and lunch tour begins at the historic Kingston Public Market in Springer square and highlights the vibrant local food community, from producer to consumer, in the downtown area. The informational walking portion will last about 1-hour.

The tour will conclude with a full 3-course lunch at the renowned AquaTerra Restaubistro, one of Kingston's premier gourmet restaurants. The lunch is made with locally-sourced and seasonal ingredients
adults: \$40 students/seniors: \$30 <http://www.kingstonbyfork.com>

Olivea Restaurant www.olivea.ca
Olivea [O-li-và-y-a] is a contemporary Italian trattoria serving rustic Italian and Mediterranean food. They are dedicated to supporting local farmers and growers. Their dining room is fun and lively, overlooking downtown Kingston's Farmers Market in the summer and the public skating rink in the winter.

Chez Piggy
This is a popular landmark with a quaint, out-of-the-way atmosphere. Enjoy microbrewery beers, cocktails and vintage wines by the glass or bottle in the garden patio or cozy limestone bar and restaurant. The building was once a livery stable. Join visitors, academics, artists and local business people to savour the season over specialty food and drinks. Open daily until 1:00 am. Downtown at 68R Princess Street. Call 549-7673.

Café Aroma www.aromawinebar.com
Proprietors Sue Cummins & Chef Gurkan Sayic invite you to experience their restaurant / wine bar featuring modern interpretations of classic comfort fare along with a creative fusion of global flavours. The menus change and evolve frequently using the freshest seasonal ingredients available. .

Le Chien Noir
One of Kingston's most popular dining establishments, featuring French bistro classics - steak frites, duck confit, mussels and contemporary cuisine prepared using fresh, high quality ingredients. Located at 69 Brock Street. Call 613-549-5635.
www.lechiennoir.com

Wooden Heads
Kingston's funkier downtown restaurant offers a contemporary dining alternative in an upbeat atmosphere — indoors or on the courtyard patio. Listen to your favourite tunes while enjoying unique Mediterranean-style tapas or the specialty of the house — gourmet, thin-crust pizza from a woodburning oven. The options for pizza toppings are endless. Located at 192 Ontario Street. Call 549-1812.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>TRAVEL SHOW TRIP PRIZE</p>	<p>The historic Hotel Kenney in Jones Falls for fresh air, rugged beauty, good food, warm hospitality and old fashioned comfort. The views are stunning! This year, Hotel Kenney celebrates 136-years of warm and gracious inn-keeping. It's the kind of place you visit and never want to leave. Set in a place that time has seemingly forgotten, amidst nature, in the heart of the Rideau Lakes. The food is excellent; the hospitality from another time; the views postcard perfect and the memories are often extraordinary. Come see why Canadian publication, "Today Magazine" nominated Hotel Kenney "Best Small Hotel" in the country and why Queen Victoria's daughter, Princess Louise, once proclaimed Jones Falls, "by far the loveliest place in all of Canada." 59 Kenney Road, Jones Falls, Elgin Ontario K0G1E0 Toll Free: 866-KENNEYS http://hotelkenney.com</p> <p>The Colonial Resort & Spa - situated on 10 landscaped acres in the quaint town of Gananoque. The Colonial Resort & Spa is close to many area attractions and is minutes from the 1000 Islands OLG Casino. There are 54 comfortable, non-smoking rooms -- all at ground level for easy accessibility. Facilities include a restaurant (open for pre-arranged group meals), Harp & Heather Pub, Indoor Recreation (indoor heated pool, hot tub, steam room and sauna), Sensations Spa Services, Outdoor Recreation (outdoor pool, tennis, horseshoes, shuffleboard, bocce ball) and Wishing Well Patio. 780 King Street West, Gananoque, Ontario K7G 2H5 Tel: 613-382-3226 http://www.colonialresort.com</p>
<p>Websites and More</p>	<p>Rideau Heritage Route Website: www.rideauheritageroute.ca Tel: 613-389-4783 info@rideauheritageroute.ca Free online Travel Guide: http://www.nxtbook.com/nxtbooks/dawson/rhrt_a_travelguide0809-en/ Facebook: https://www.facebook.com/Rideau.Heritage.Route Twitter: https://twitter.com/RideauHeritage</p> <p>Thousand Islands Website: www.1000islandstourism.com Tel: 1-800-561-1595 Facebook: https://www.facebook.com/pages/1000-Islands-Tourism Twitter: https://twitter.com/1000islandscan</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.