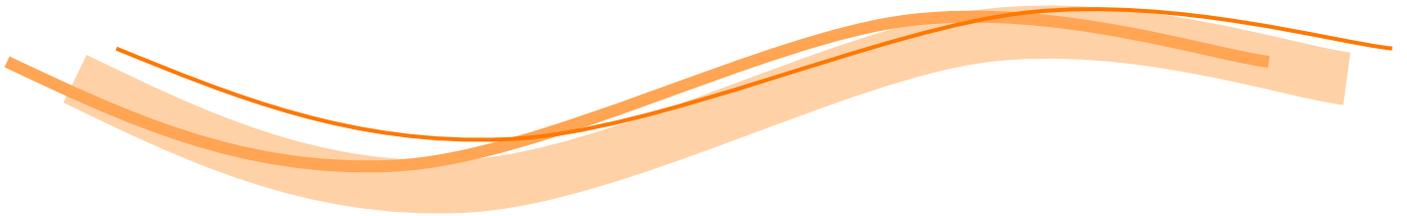




# THOUSAND ISLANDS





## THOUSAND ISLANDS

The 1000 Islands Region blends the waters of the St. Lawrence and Lake Ontario from Kingston to Cornwall. The endless shorelines and majestic waterways of the 1000 Islands are dotted with waterfront villages, sailboats and century-old lighthouses. This area is a Mecca for summer visitors and was a playground of the "Rich and Famous" from as long ago as the 1900's.

Today the 1000 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 as well as the renowned 1000 Islands Playhouse. The area is blessed with charming towns and villages, unique boutique shopping, delicious local gastronomy and cozy accommodations to fit a range of budgets. You can dine on delicious local produce and enjoy local delicacies such as 1000 Islands Dressing, Maple Mustard and Artisanal cheese.

Native peoples called The 1000 Islands the "Garden of the Great Spirit." Gananoque and the 1000 Islands have deep connections and historical significance 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 en 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. They were bought from the Mississauga people in the late 1700's as part of the Crawford Purchase. Currently Gananoque and the Islands are referred to as being Mohawk Territory, as part of the land was gifted to Joseph Brant (Thyendinga) after the American War of Independence.

The Arthur Child Heritage Museum in Gananoque is the centerpiece of the Historic 1000 Islands Village and is a replica of 19th century architecture. Travel in the footsteps of the First Nations, early settlers and fur traders and the military combatants of the War of 1812.

### **Outdoor Adventures and Cruising**

This is a place to embrace the outdoors with freshwater fishing, cycling, golfing, kayaking, boating, hiking and more. With crystal clear waters and an abundance of shipwrecks, the 1000 Islands represent some of the best fresh water scuba diving in the world.

Boldt Castle is one of the most popular destinations on a helicopter tour or scenic cruise. It was built by George C. Boldt, the millionaire proprietor of the Waldorf Astoria Hotel in New York City for his beloved wife – who tragically died before the castle was completed. Incidentally

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|                   | <p>1000 island dressing was invented in this area and then subsequently served at the Waldorf Astoria.</p> <p>1000 Island Helicopter Tours is a new attraction in the area offering the most spectacular views of the 1000 Islands with three unique tours. Feel the exhilaration as you lift off from their new state of the art facility to visit the Islands, the famous Boldt Castle and more....</p> <p>Or take a relaxing scenic boat cruise to see the many summer homes, big and small, perched on the islands in the St Lawrence. Gananoque Boat Line started in the early 50's as a local mail run that also began carrying a few passengers for scenic cruises. Nowadays it has become one of the world's most famous tour boat companies, attracting visitors from around the globe.</p> <p>Tours on offer include the "Boldt Castle Stopover" and "Lost Ships of the 1000 Islands" – the latter has been acknowledged as a "Signature Canadian Experience". Special music themed evening cruises over the summer offer tributes to Elvis Presley, The Beatles, The Bee Gees, Michael Jackson and more.</p> |
| <b>Location</b>   | The 1,000 Islands region is situated midway between Montreal and Toronto, a comfortable three hour drive from both.   |
| <b>Name</b>       | I bet you can't guess how the Thousand Islands were named...!   |
| <b>Population</b> | Around 200,000 in the region, including 117,000 for the City of Kingston and 152,000 for Metro area   |
| <b>Language</b>   | English   |
| <b>Currency</b>   | Canadian Dollar   |
| <b>Tipping</b>    | 10-15%  |
| <b>Time zone</b>  | Eastern Time Zone   |

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| <b>CLIMATE</b>            |  |
| <b>General climate</b>    | Because of its proximity to Lake Ontario, This region typically enjoys less extreme temperatures than areas inland.  |
| <b>Today's weather</b>    | 24 degrees Centigrade sun and showers in Gananoque (1st July 2016)   |
| <b>Best time to visit</b> | <p>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.</p> <p>The Fall is perhaps my personally favourite time to visit....</p> <ul style="list-style-type: none"> <li>- It is a spectacular time on land or on water. Fall colours abound – as do fall flavours such as apples, cheese and Maple products.</li> <li>- Gananoque doesn't shut up after the summer season - there is fall programming at the Gananoque Boat Line for cruises and also at the 1000 Islands Playhouse</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>- It's a lovely time of the year to cycle - the Parkway bike path is completed from Gananoque to Brown's Bay</li> <li>- Pick your own delicious fruit ....</li> </ul> |
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| <b>GETTING THERE</b>     |   |
| <b>Access</b>            | It's an easy drive from both Montreal and Toronto to this region, making it possible to plan a day trip there...but so much better to enjoy an extended break and to stay in the region.  |
| <b>City</b>              | <p>The Thousand Islands are home to two vibrant cities. <b>Brockville</b>, gateway to scuba diving, also has beautifully maintained historic buildings and gardens. <b>Gananoque</b> has shops and galleries - and be sure to take in a show at the Thousand Islands Playhouse.</p> <p><b>Kingston</b> 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 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&amp;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> |
| <b>Trolley Buses</b>     | <p>Discover Kingston aboard the <b>Confederation Tour Trolley</b>. \$26 adults (2016). 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><a href="http://www.kingstontrolley.ca/">http://www.kingstontrolley.ca/</a></p>  |
| <b>Distances</b>         | The region is about 2 to 3 hours driving time and less by train from both Montreal and Toronto.   |
| <b>Ferries and Boats</b> | <b>Wolfe Island:</b> Wolfe Islander III ferry – 20 minutes, <b>free</b> , links to Simcoe   |

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|                   | <p>Island and the U.S.; there are also two 9-hole golf courses on the island. <b>Ontario Waterway Cruises</b> are a wonderful way to experience the Rideau Route: see their website at <a href="http://www.ontariowaterwaycruises.com">http://www.ontariowaterwaycruises.com</a></p> <p>Glide on the canal on the <b>Harriet By</b>, an electric launch, through the Rideau Migratory Bird Sanctuary. <a href="http://www.rideauboattours.com">http://www.rideauboattours.com</a></p> <p>Get out the water with a sightseeing Cruise with <b>Gananoque Boat Line</b>. 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 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><b>Rideau Canal Boat Tours</b> – Choose from 4 unique tours:</p> <ul style="list-style-type: none"> <li>- Take a narrated tour on <b>The Blue Goose</b>, 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. <a href="http://www.taycanaltours.com">www.taycanaltours.com</a></li> <li>- <b>The Rideau King</b>, a fifty foot steel tour boat offers full day tours &amp; sails Monday through Thursday every week from its home port of Merrickville, on the historic Rideau Canal. <a href="http://www.RideauKingtours.com">www.RideauKingtours.com</a></li> <li>- The comfortable and spacious <b>Kawartha Voyageur</b> glides through the Rideau on 5 day, 4 night tours <a href="http://www.OntarioWaterwayCruises.com">www.OntarioWaterwayCruises.com</a></li> <li>- Relive that bygone era of genteel river cruising aboard <b>the General Brock III</b> on a full-day Rideau Canal Fall Colour Cruise for spectacular Fall Colour viewing</li> </ul> |
| <b>Trains</b>     | <p><b>Via Rail</b> 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 <a href="http://www.viarail.ca">www.viarail.ca</a> or call 1-800 VIA-Rail.</p>  |
| <b>Car Rental</b> | <p>All major car rental companies are available in the region.</p>   |
| <b>Buses</b>      | <p><b>Coach Canada / Trentway-Wager Bus Lines</b> operates 25 daily departures and arrivals to the region. For more information on bus schedules and fares please call (613) 547 - 4916 or visit <a href="http://www.coachcanada.com">www.coachcanada.com</a></p> <p><b>Voyageur Bus Lines</b> 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 <a href="http://www.greyhound.ca">www.greyhound.ca</a></p>   |

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| <p><b>ACCOMMODATION TYPES</b></p> | <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.</p> <p>The <b>Colonial Resort &amp; Spa</b> - situated on 10 landscaped acres in the quaint town of Gananoque. The Colonial Resort &amp; Spa is close to many area attractions and is minutes from the 1000 Islands OLG Casino.</p> |
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| <p><b>TARGET GROUPS</b></p> <p><b>Kids</b></p> | <p>This summer, get the kids away from the video games and computer screens and let their imaginations run wild.</p> <p>You can live pioneer style at <b>Upper Canada Village</b> 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><b>A boat ride</b> 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.</p> <p>You can dock for free or take a Rockport Boat Lines tour to arrive at Dark Island and Singer Castle. <b>Singer Castle</b>, 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.</p> <p><b>Kingston 1000 Island Cruises:</b> 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</p> |
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|                       | <p>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.<br/> <a href="http://www.1000islandscruises.on.ca">www.1000islandscruises.on.ca</a></p> <p><b>The Kingston Haunted Walk:</b> \$15.75 (Kids \$11.75) as at July 2016<br/> 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.<br/> <a href="http://www.hauntedwalk.com">www.hauntedwalk.com</a></p>   |
| <p><b>Teens</b></p>   | <p><b>1000 Islands Kayaking</b><br/> 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.<br/> <a href="http://www.1000ikc.com">http://www.1000ikc.com</a></p> <p><b>The Skydeck</b> is a unique attraction. The 130 metre tower offers a spectacular view of the 1000 Islands above the St. Lawrence River.</p> <p><b>Lake Ontario Amusement Park:</b> 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><b>Kingston Family Fun World Park:</b> 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. <a href="http://www.funworldpark.com">http://www.funworldpark.com</a></p> |
| <p><b>Romance</b></p> | <p>One of the great love stories of the world played out at <b>Boldt Castle</b> in the Thousand Islands...</p> <p>Construction began on Boldt Castle in 1900 at the bidding of millionaire hotel magnate George C. Boldt as a tribute to his beloved wife Louise. Boldt Castle was designed as their summer dream home on the St. Lawrence River, in the heart of the 1000 Islands. However it was not to be: Mrs. Boldt passed away suddenly just months before the completion</p>  |

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|   | <p>of the castle. Mr. Boldt was inconsolable and immediately stopped all construction on Heart Island, leaving the property vacant for over seventy years...</p> <p><b>Spas:</b> Escape the world and experience the tranquility of the <b>Dolce Bella Spa</b> 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 ideal theme for this spa. Although only about a kilometer from downtown Kingston, Canada's first capital, it feels like you are miles away. <a href="http://www.dolcebellaspa.com">www.dolcebellaspa.com</a></p> <p>For refreshing and soothing spa treatments and packages, you can also try the <b>Vinotherapy Spa at Rosemount Inn</b> 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:<br/> <a href="http://www.rosemountinn.com/spa_treatments.htm">http://www.rosemountinn.com/spa_treatments.htm</a></p> |
| <p><b>Honeymoons &amp; Weddings</b></p> | <p>Great inns, romantic Victorian B&amp;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 &amp; 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 <b>Bride Guide</b> handbook for those planning the perfect day!</p>  |
| <p><b>Zoomers</b></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><b>Mica Mine Tour &amp; themed dinner theatre</b></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.<br/> <a href="http://www.heritagemicadays.ca">www.heritagemicadays.ca</a></p>  |

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| <b>Surprising</b> | There are actually 1,864 islands in the region!   |
| <b>History</b>    | <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 <b>Samuel de Champlain</b> 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 <b>United Empire Loyalists</b>, 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</p> <p>The 100-kilometre <b>Loyalist Parkway</b> 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</p> <p>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><b>Kingston, First Capital of Canada.</b></p> <p>Kingston was a burgeoning military and port town long before today's 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</p> |

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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 60 acres help re-create life in Canada in the 1860s. Knowledgeable staff in period costume forge iron, spin wool, tend to livestock and

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|                  | <p>gardens and provide horse-drawn wagon rides. Special artisans' displays take place on weekends throughout the season.</p> <p><b>Crysler's Farm:</b> 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>   |
| <b>Books</b>     | <p><b>Lonely Planet's Canada</b> is the go-to guidebook:<br/> <a href="http://shop.lonelyplanet.com/canada/canada-travel-guide-12/">http://shop.lonelyplanet.com/canada/canada-travel-guide-12/</a></p> <p><b>The Rideau Heritage Route Travel Guide</b> is an excellent, pocket-sized guide to the attractions of the area. An online version is available here:<br/> <a href="http://www.nxtbook.com/nxtbooks/dawson/rhrt_a_travelguide0809-en">http://www.nxtbook.com/nxtbooks/dawson/rhrt_a_travelguide0809-en</a></p>  |
| <b>Must Sees</b> | <p><b>The 1000 Islands Frontenac Arch Biosphere Reserve</b> designation began with the "Biosphere Conference" organized by United Nations Education Scientific and Cultural Organization in 1968. UNESCO identified the need for both conservation and use of natural resources in the world's precious landscapes. Better known today for its sustainable development and earth friendly "green" efforts. The 1000 Islands Frontenac Arch Biosphere Reserve is recognized as one of only 15 such designations in Canada, and of 529 in the world.</p> <p>This classification celebrates the global significance of our 1000 Islands in regional sustainable development and commands a responsibility for its safekeeping and conservation. The forested lands, wetlands, waterways and immense granite formations from the Canadian Shield are marked as one of the most biologically diverse areas in the world. 2700 square kilometers in area, the Biosphere's exceptional ecosystem is comprised also of the unique cultures of the 1000 Islands and area and initiatives for the education, conservation, culture and quality of life.</p> <p><a href="http://www.fabr.ca">www.fabr.ca</a></p> |

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| <b>SPORTS ACTIVITIES</b> | <p>Although contested, Kingston lays claim to being the <b>birthplace of ice hockey</b>. 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. Kingston is represented in the OHL by the Kingston Frontenacs</p> |
| <b>Golf</b>              | <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>  |

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|                       | <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><b>The Cornwall Golf and Country Club</b>, 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 River must make reservations five days in advance.</p> <p>Or try the century-old <b>Brockville Country Club</b>. 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. <b>Gananoque Golf and Country Club</b> 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 &amp; 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 <b>Smuggler’s Glen Golf Course</b>. 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><b>Fishing</b></p> | <p>Fishing charters on the <b>St. Lawrence River</b> 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><b>Sailing</b></p> | <p><b>“Freshwater Sailing Capital of the World”</b></p> <p>Kingston is famous for its fresh-water sailing, and hosted the sailing events for the 1976 Summer Olympics. CORK — Canadian 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>   |

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|                        | <p>Kingston is also home to the youth sail training ship called the St-Lawrence 2.</p> <p><b>Ahoy Rentals:</b><br/>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.<br/><a href="http://www.ahoyrentals.com">www.ahoyrentals.com</a></p>   |
| <p><b>Paddling</b></p> | <p>Gananoque's magnificent waterfront is a playground for outstanding recreational boating, including canoeing, kayaking and a delightful array of water sports. The 1000 Islands are a natural place of wonder to explore on the water, with breathtaking vistas and captivating wildlife close enough to touch.</p> <p>Paddling Gananoque's waterways can be relaxing, rejuvenating and even exhilarating. The 1000 Islands watershed is where lakes, rivers and streams flow into the St. Lawrence River with endless inland and river paddling routes. The Admiralty Islands southwest of Gananoque offer adventure in channels, bays, and clusters of island gems, and the Gananoque River leads to the majestic Marble Rock Conservation Area.</p>   |
| <p><b>Hiking</b></p>   | <p>From city parks and paths to more serious trails in the Shield Country, the region has lots to offer hikers.</p> <p><b>The Waterfront Trail Recreational Path</b><br/>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.<br/>Web Site: <a href="http://www.waterfronttrail.org">www.waterfronttrail.org</a></p> <p><b>Gananoque</b><br/>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 is made up of a 12 km perimeter hike that may be divided into three</p> |

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|                | <p>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>  |
| <b>Cycling</b> | <p><b>The 1000 Islands Bike Path</b> 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:</p> <p><b>The Great Waterway Circle Tour Cycling Itinerary</b><br/>         730km cycling route<br/>         91km average cycling distance per day<br/>         Cycling in The Great Waterway<br/>         Number of days cycling: 8<br/>         Recommended number of nights stay: 9<br/>         Experience rating: challenging, road cycling experience required<br/>         This is just one of the many cycling itineraries developed by The Great Waterway and available on their website.</p> |
| <b>Diving</b>  | <p><b>"Best freshwater shipwreck diving in the world"</b>: 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.</p> <p><b>Limestone Dive Centre:</b> 61 Yonge St., Kingston (613) 547 - 3483</p>   |

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| <b>CULTURE</b> | <p>Native peoples called The Thousand Islands the "<b>Garden of the Great Spirit.</b>" 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 people in the late 1700's as part of the Crawford Purchase. Currently Gananoque and the Islands are referred to as being Mohawk Territory as part of the land was gifted to Joseph Brant (Thyendinga) after the American War of Independence.</p> |
| <b>Arts</b>    | <p><b>Kingston</b></p> <p><b>The Agnes Etherington Art Centre</b> - One of Canada's most attractive 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><b>Eclectica Gallery</b> - Canadian art, fine crafts and one-of-a-kind gifts. Elegant to the whimsical, fancy to functional, in the heart of Kingston's</p>   |

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|                        | <p>Heritage Market. Located at 300 King Street East (at Clarence).<br/> <b>Union Gallery</b> - 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><b>Music</b></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 <b>Steppenwolf</b>, members of <b>The Tragically Hip</b>, 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 <b>Bryan Adams</b>. Singer <b>Avril Lavigne</b>, 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><b>Theatres</b></p> | <p>The <b>1000 Islands Playhouse</b> really is a jewel. It operates two fully-renovated historic venues side by side on the banks of the St. Lawrence River - the 360 seat Springer Theatre and the 140 seat Firehall Theatre. The location of the theatre is spectacular with wonderful views over the majestic islands in the St Lawrence River.</p> <p>The 1000 Islands Playhouse theatre company has been presenting quality, professional theatre for over 30 years and was founded in 1982 by former Stratford actor Greg Wanless, a graduate of the National Theatre School and Queens University. The Theatre program lasts right into October so you can still enjoy a visit to the theatre as well as taking in the beautiful fall colours... <a href="http://www.1000islandsplayhouse.com">www.1000islandsplayhouse.com</a></p> <p>Here are the 2016 productions -</p> <p><b>Blithe Spirit June 17 - July 16</b><br/>         Noël Coward's ghostly romp is a riotous comedy that has delighted audiences around the world.<br/>         Socialite and novelist Charles has invited the eccentric medium, Madame Arcati, to his house as research for his next book. But when her séance proves successful, Charles' marriage is suddenly in jeopardy as he is haunted by the ghost of his first wife. While Charles aims to get rid of the ghost, she is hard at work trying to get rid of his new wife! Laughter meets the supernatural in this magical comedy of manners.</p> <p><b>Assassinating Thomson July 5 - 17</b></p> |

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Art, politics, murder, and laughter are intertwined in this one-man investigation of a Canadian icon!  
Visual artist and performer Bruce Horak has spent his life painting with only 9% vision. In *Assassinating Thomson*, he shares the unique way he sees the world while exploring the truth and lies behind the mysterious death of one of Canada's greatest artists and unofficial 8th member of the Group of Seven, Tom Thomson. To top it all off, he paints a portrait of the audience live during each performance!

**Beneath Springhill July 19 - 31**

This is a powerful story of a Canadian hero, told through song like never before.

*Beneath Springhill* is the incredible story of Maurice Ruddick, "the singing miner," an African-Canadian who survived nine days underground during the historic Springhill mining disaster of 1958. This multi-award-winning one-man show recalls the events during the disaster, the effect it had on the rural Canadian community, and the racial tension that grew from it. The play is a celebration of hope, courage and community.

**Into The Woods July 22 – August 13**

Fairytales come to life in this musical about finding one's purpose in the most unlikely of places.

In order to reverse a curse put on them by the witch next door, the baker and his wife must go into the woods to find four magical ingredients. On their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel, and Jack, each one on a quest to fulfill a wish of their own. Weaving together popular fairy tales, this musical was the inspiration for the 2014 hit film, starring Meryl Streep. *Into The woods* explores what happens when "happily ever after" doesn't unfold quite as planned.

**In A Blue Moon August 12 – August 28**

This is the World Premiere of this beautiful story of love and family. After her dad dies, six-year-old Frankie and her mom move to an old cottage where they meet Frankie's Uncle Will, a freelance photographer. Over time, a tender and unlikely love story emerges as the three discover a new understanding of family. Poignant and touching, heartfelt and hilarious, *IN A BLUE MOON* is a brand new play that you won't soon forget.

**A Grand Time In The Rapids August 19 – September 17**

This door-slamming, drink-throwing, towel-wearing farce will test your manners and tickle your funny bone.

Ted, a well-intentioned etiquette expert, has arrived at the apartment of

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|                       | <p>Thalia to help her with her romantic troubles. But when her boyfriend Boyd arrives, she has to admit the details of her disastrous past, and the wheels are set in motion for a madcap misunderstanding that is anything but polite!</p> <p><b>Das Ding      September 9 - 25</b><br/> A talking Cotton Fiber goes on a great adventure and provides a searing look at our global economy.<br/> Philipp Löhle's highly ambitious social comedy Das Ding spans an interconnected world that binds the fates of an African named Siwa, Chinese business people, Romanian pig-breeders and two young newlyweds, Katrin and Thomas. Featuring five actors, playing fourteen characters in nine different locations, this fast and funny play has dazzled audiences around the world.</p> <p><b>You Are Here      September 23 – October 16</b><br/> This powerful one-woman musical will take you to the moon. On the night of the 1969 moon landing, an ordinary housewife walks out on her husband for no real reason. She has never been unhappy; she simply sees the astronauts taking that great step and is struck by the realization that some people lead exciting lives. And so she sets out to find one for herself. You Are here is a musical that asks whether the grass is always greener on the other side.</p> |
| <p><b>Museums</b></p> | <p><b>The Lost Villages Museum</b><br/> 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><b>Doran Bay Model Ship Museum</b><br/> 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><b>Arthur Child Heritage Museum</b><br/> 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</p>  |

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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>

### **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>

**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>

### **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 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>

### **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.

### **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.

### **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.

### **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

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|                    | <p>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><b>Maclachlan Woodworking Museum</b><br/>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><b>Marine Museum</b><br/>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 <a href="http://www.marmus.ca">http://www.marmus.ca</a></p> <p><b>The Military Communications and Electronics Museum</b><br/>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> |
| <b>Festivals</b>   | <p>The 1000 Islands also has a lively calendar of festivals:</p> <ul style="list-style-type: none"> <li>- <b>1000 Islands Pirate Days</b> in July comprises 3 days of piratical fun and music</li> <li>- And the angling community celebrates <b>the 1000 Islands Big Bass Classic</b> in October.</li> </ul>  |
| <b>ATTRACTIONS</b> | <p><b>1000 Island Helicopter Tours</b> is a new attraction offering the most spectacular views of the 1000 Islands with three unique tours. Feel the exhilaration as you lift off from their new state of the art facility to visit the Islands, Boldt Castle and more...From \$99 per person.(2016)<br/><a href="http://www.1000islandshelicoptertours.com/">http://www.1000islandshelicoptertours.com/</a></p>   |
| <b>Beaches</b>     | <p>1000 Islands swimming is completely different from anywhere else in the world. The pristine clear waters are clean and exceptionally clear. The beaches can range from all granite rock formations that are incredibly therapeutic to relax upon or explore, to beautiful sandy beaches with emerald green waters. There are many different places to swim in the 1000 Islands, but many are only accessible by boat. Be sure to have your swimsuit, as a dip in the St. Lawrence River is a must.</p> <p>In Gananoque, enjoy an afternoon in beautiful Joel Stone Park on the shores of the St. Lawrence River with deep water swimming dock and sand beach. Take a swim, or just relax and float while you take in the beauty of the river and islands all around you. Joel Stone Park is</p>   |

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|                     | <p>located to the east of the Municipal Marina and visitors can also enjoy watching the boats meander by as they enter and leave the harbour.</p> <p>To the west of the Gananoque Marina is Rotary Beach, a small beach area that can be accessed by Bay Road. Not just for swimming, as this a great spot for visitors to launch kayaks and parking is readily available.</p> <p>To the east of Gananoque along the 1000 Islands Parkway you will find a multitude of parks and parkettes with beaches to swim, relax, and picnic.</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 <b>Big Sandy Bay</b>, while Grass Creek Park is located eastbound (approximately 10 km) on Highway 2, near the MacLachlan Woodworking Museum.</p> <p><b>Leo Lafleur Memorial Pool</b> 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><b>The Artillery Park Aquatic Centre</b> is a year-round aquatic and fitness centre in Kingston that includes a 25-metre pool with sauna, fitness centre and gym.</p> |
| <p><b>Parks</b></p> | <p><b>1000 Islands:</b> 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><b>Thousand Islands National Park</b> comprises 21 different islands in the St. Lawrence River, and is Canada’s smallest national park. Journey along the scenic <b>Thousand Islands Parkway and Bikepath</b>, running for 37km from Gananoque to Brockville; or take the picturesque St. Lawrence Recreational Trail which follows the shoreline of the River from Morrisburg to Cornwall (50km).</p> <p>There are over 40 provincial, Federal and State parks in the region. The <b>Rideau Heritage Route</b> encompasses 4 Provincial Parks and 10 Conservation Areas, including Charleston Lake, Frontenac, Murphy’s Point and Rideau River.</p> <p><b>Murphy’s Point</b> - 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</p>  |

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|                                | <p>and enjoy boating, canoeing and exceptional fishing.</p> <p><b>Charleston Lake</b> - 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><b>Frontenac</b> - 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>   |
| <p><b>Birding</b></p>          | <p>Near Morrisburg, the self-guided nature trail winds through the <b>Upper Canada Migratory Bird Sanctuary</b>, 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>  |
| <p><b>Gardens</b></p>          | <p><b>Lake Ontario Park, Kingston</b><br/>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>   |
| <p><b>Historical Sites</b></p> | <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> <p><b>Boldt Castle</b><br/>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.</p> |

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|                             | <p>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.</p> <p>Alexandria Bay, NY<br/> <a href="http://www.boldtcastle.com">http://www.boldtcastle.com</a></p>   |
| <b>Upper Canada Village</b> | <p><b>Upper Canada Village</b> 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.</p> <p><a href="http://www.uppercanadavillage.com">www.uppercanadavillage.com</a></p>  |
| <b>Castles/Forts</b>        | <p><b>Fort Henry</b>, 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 seating in bleachers or in the balcony to view the sunset ceremonies.</p> <p><b>Martello Towers:</b> 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> |

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| <b>OTHER ACTIVITIES</b> |  |
| <b>Shopping</b>         | <p>One of a kind artistry, foods, fashions, and collectables. Fabulous shopping in downtown <b>Gananoque</b> is a short walk from the marina and most hotels. You can browse for unique foods, distinctive fashions,</p> |

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|                  | <p>original art, home accessories, or a special collectable. Venture into the historic district of Gananoque, where some shops and businesses are housed in restored buildings dating back to the 1800's and shopping doubles as a walking tour!</p> <p>The charm and aromas in the town bakery offers irresistible goodies and fresh bread, while small boutiques, variety shops, general store and old-fashioned hardware store offer an enjoyable way to tour the town and mingle with the locals. Authentic small-town ambiance, shopping and dining can be a way to treat the senses and enjoy a welcoming absence of the hustle and bustle of the city. It also won't empty your wallet.</p>  |
| <b>Markets</b>   | Canada's oldest operating <b>farmers' market</b> is in Kingston: since 1801 in Market Square, adjacent to City Hall – I bet you can't resist some of the tasty temptations!   |
| <b>Nightlife</b> | First class entertainment and a lively pub and music scene mean that there's always plenty to do in the evenings in Kingston.   |
| <b>Casinos</b>   | <p><b>OLG Casino 1000 Islands</b></p> <p>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.</p> <p>380 Highway 2, Gananoque, ON K7G 2V4<br/> <a href="http://www.1000islandscharitycasino.com">http://www.1000islandscharitycasino.com</a></p> |

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| <b>CUISINE</b> | <p><b>Walker's Shortbread baking competition</b></p> <p>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.</p> |
| <b>Food</b>    | Most of the restaurants in this region source their food locally and the "farm-to-table" movement is strong here.  |
| <b>Drink</b>   | <p><b>Kingston Brewing Company (KBC)</b> 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</p>  |

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|                           | <p>other well-known brands. They have a monthly "Brewer's Whim" which is usually a Canadian microbrew.</p> <p>Due to the combination of climate and soil, rich in Limestone, the region has many thriving vineyards and wineries in both <b>Prince Edward County</b> 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 is <b>Ontario's 4th Designated Viticultural Area (DVA)</b>.</p>   |
| <p><b>Restaurants</b></p> | <p><b>1000 Islands Dinner Cruise</b><br/> A Unique evening of ever changing scenery, candlelight dining and 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. <a href="http://www.1000islandscruises.on.ca">www.1000islandscruises.on.ca</a></p> <p><b>Watermark Restaurant at the Gananoque Inn</b><br/> Executive Chef Adam Koppány 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.<br/> <a href="http://www.gananoqueinn.com/index.cfm?page=dining&amp;s=dining_room">http://www.gananoqueinn.com/index.cfm?page=dining&amp;s=dining_room</a></p> <p>Here are some suggestions in <b>Kingston:</b></p> <p><b>Olivea Restaurant</b> <a href="http://www.olivea.ca">www.olivea.ca</a><br/> Olivea [O-li-và-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.</p> <p><b>Chez Piggy</b><br/> 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</p> |

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|  | <p>drinks. Open daily until 1:00 am. Downtown at 68R Princess Street. Call 549-7673.</p> <p><b>Café Aroma</b> <a href="http://www.aromawinebar.com">www.aromawinebar.com</a><br/>         Proprietors Sue Cummins &amp; 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. .</p> <p><b>Le Chien Noir</b> <a href="http://www.lechiennoir.com">www.lechiennoir.com</a><br/>         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.</p> |
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| <b>Connect</b>                    | <p>Website: <a href="http://www.1000islandstourism.com">www.1000islandstourism.com</a><br/>         Tel: 1-800-561-1595<br/>         Facebook: <a href="https://www.facebook.com/pages/1000-Islands-Tourism">https://www.facebook.com/pages/1000-Islands-Tourism</a><br/>         Twitter: <a href="https://twitter.com/1000islandscan">https://twitter.com/1000islandscan</a></p>   |
| <b>Contest</b>                    | <p>The Thousand Islands team is running a contest where one lucky winner will get to enjoy their very own private island in the 1000 Islands....</p> <ul style="list-style-type: none"> <li>- Win an exclusive Private Island getaway in the heart of the 1000 Islands...plus an unbelievable vacation prize package! Enter at <a href="http://1000islandstourism.com/contests/">http://1000islandstourism.com/contests/</a></li> </ul> <p>One week on your own private island</p> <ul style="list-style-type: none"> <li>- One week on your own private island</li> <li>- A barbeque for you and up to 30 friends</li> <li>- Aerial tour of the islands for 2 courtesy of the 1000 Islands Helicopter Tours</li> <li>- Boat tour for 5 aboard Gananoque Boat Line cruises</li> <li>- 4 tickets to a Thousand Islands Playhouse theatre performance</li> </ul> |
| <b>Travel Show “Magic Moment”</b> | <p><i>“It’s my first visit to the Thousand Islands Playhouse in Gananoque and I am surprised and delighted to find such a quality theatre company in such a small town in the middle of the picturesque scenery of the Thousand Islands. This historic venue has been the perfect stage for a delightful performance of “Boeing, Boeing”, Marc Camoletti’s timeless farce of tangled jet-setting lives. We have come to the interval and I join the throngs of theatre-goers heading for a half-time refreshment. It’s not often that the interval at the theatre is as memorable as the</i></p>   |

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*production.... But this is the Thousand Islands and the bar leads out to a balcony perched over the St Lawrence River. Sunset colours illuminate the bobbing sailboats moored below us and the islands in the river seem to positively glow. The moment elegantly sums up the unique fusion of Nature and Culture to be found in this lovely part of Ontario.”*

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