



The city on the lake—discover the beauty of Kingston



KINGSTON

visitkingston.ca



An artful blend of modern and heritage venues add style to events



Convenience, attractions and facilities make Kingston the sporting choice



St. Lawrence
College

CONFERENCE SERVICES



OPENING FALL 2018

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1-833-SLC-CONF (752-2663)
100 Portsmouth Avenue, Kingston, ON

Charming. Vibrant. Sophisticated. Friendly. Altogether, these words encapsulate the spirit of Kingston. Conveniently nestled midway between Toronto, Montreal and Ottawa, it's the perfect location to get out of town and enjoy a break from the ordinary. Easily accessible from the 401 Highway, with the most VIA Rail stops per day, and even closer by air (several flights a day leave Toronto for Kingston's Norman Rogers Airport), the city's green space, beautiful waterfront and handsome limestone architecture provides the backdrop for a bustling, modern city with plenty of options for meeting planners.



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See what Kingston has to offer!

Scan the QR code to launch the interactive digital edition.

Value Adds

Tourism Kingston provides value-adds for groups to experience the city for meetings, conferences and events. Assistance is available for groups that utilize partner hotels or venues. Find out if you qualify at visitkingston.ca/meeting-planners/support-services

Meetings, Conferences & Executive Retreats



Photo: Remi Theriault



Photo: Jeanne
Rondeau DuCharme

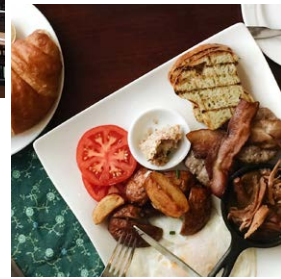


Photo: Remi Theriault



Choosing to meet in Kingston means convenience and authenticity, with plenty of choice for accommodation and a broad range of activities and attractions.

From internationally-known hotel brands, to smaller independently-owned boutique options, Kingston has plenty of flexibility at all price points to accommodate groups.

MEETING SPACES



Delta Hotels by Marriott Kingston

Waterfront, Kingston's only four-star hotel, is perfectly situated downtown at Confederation Harbour, close to dining, shopping and entertainment. All 126 guest rooms, meeting spaces and the acclaimed AquaTerra restaurant feature spectacular water views, with the aptly named Grandview Ballroom accommodating up to 160 people.

The **Ramada Kingston Hotel and Conference Centre's** extensive renovations check all the right boxes. Located conveniently off Highway 401, it has 161 guestrooms and meeting space to accommodate up to 400 guests. The spacious Cartier Ballroom can be divided for extra flexibility and features an adjacent foyer. A new indoor fitness and aquatic facility coupled with complimentary Wi-Fi makes this hotel a great choice for groups in all seasons.

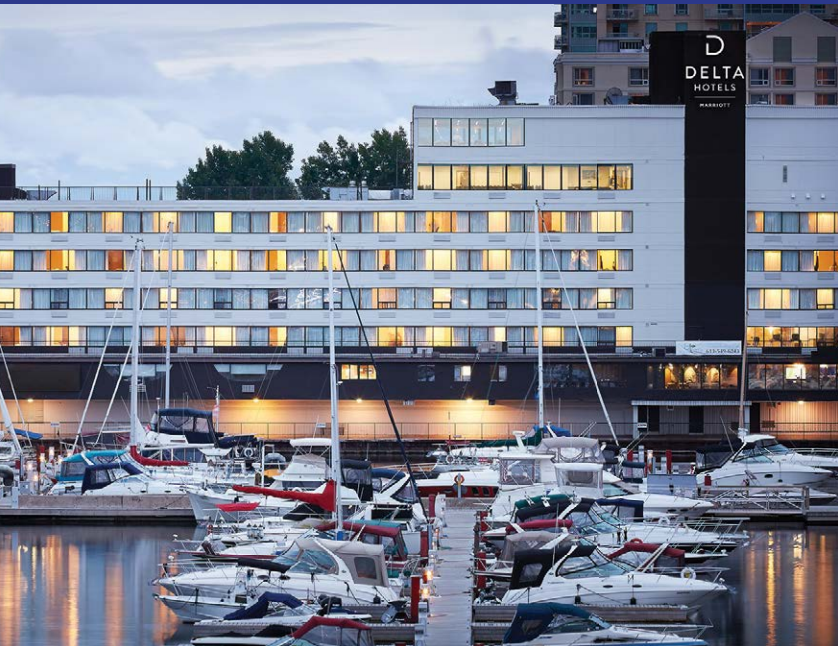


IN THE HEART OF DOWNTOWN KINGSTON

Waterfront Views from every Guest Room

Flexible Meeting Spaces
with Spectacular Waterfront Views

Award-Winning AquaTerra Restaurant



DELTA
HOTELS
MARRIOTT

KINGSTON WATERFRONT

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marriott.com/ygkdk

Marriott
REWARDS.
.....



The **Ambassador Hotel & Conference Centre** is located mid-town, a short distance from the VIA Rail Station and has the largest conference facility between Ottawa and Toronto. It has 22 banquet and meeting spaces, a column-free multi-functional ballroom with state-of-the-art technology and complimentary parking. Free wireless high-speed internet is offered throughout the property.

*From top brands to boutique,
these hotels are ready to service
your meeting needs:*

**Ambassador
Hotel & Conference
Centre**

**Frontenac Club Inn
Green Acres Inn**

**Courtyard by
Marriott Kingston**

**Holiday Inn Kingston
Waterfront**

**Delta Hotels by
Marriott Kingston
Waterfront**

**Ramada Kingston
Hotel and Conference
Centre**

**Donald Gordon
Conference Centre**

**Residence Inn by
Marriott Kingston
Water's Edge**

**Four Points by
Sheraton Kingston**

**Queen's University
Residences**

DISTINCTIVE VENUES

photo: Suzy Lamont Photography



By the Lake

The **Isabel Bader Centre for Performing Arts** is an architecturally stunning building overlooking the waters of Lake Ontario and nearby Wolfe Island. Built as a home for the creative arts of Queen's University, the 80,000-sq.-ft. performing arts venue can be used for galas, weddings, meetings and conferences. In addition to a 566-seat concert hall, it also has a screening room, 100-seat theatre, media labs and a large glass enclosed lobby.



**Take a tour of the Isabel Bader
Centre for the Performing Arts.**

Scan the QR code on page 3 to launch the video.

The venue sits on an old brewery site. The original pine, hemlock and spruce floors found in the old building were kept and used as a finish in the lobby.

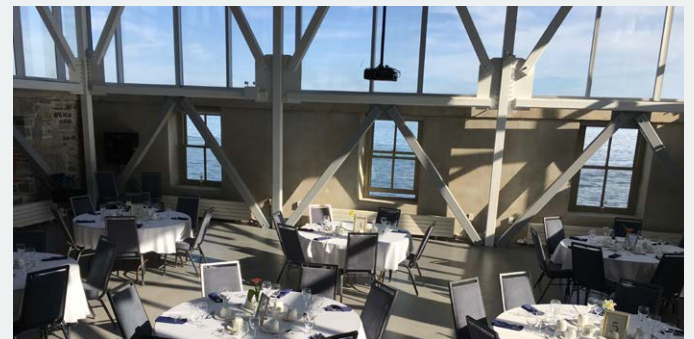
queensu.ca/theisabel



Downtown Charm

Housed in a former piano factory, **Fête Events'** second storey event space is part of the historic Smith Robinson building, and overlooks Princess and Ontario Streets. Exposed limestone walls, polished concrete floors and artisanal furniture create an exquisite gathering place for group celebrations or events. Fête can also host teambuilding culinary or artistic workshops for groups.

fete-events.com



Historic Waterfront

This city-owned heritage building on the Lake Ontario waterfront is operated by the **Tett Centre** for Creativity and Learning, a not-for-profit arts organization made up of tenant groups and community members. It originally formed part of the Morton Brewery and Distillery Company, which was built in the mid-10th century. Funds from rentals of The Malting Tower, Rehearsal Hall, Activity Rooms and the Tett Gallery provide operational funding for the centre.

tettcentre.org

Performances for
5,700 and host up
to 1,000 people on
the arena floor

At the Centre of it All

Almost every Canadian now knows the **Leon's Centre** (formerly K-Rock), when all eyes were glued to the city in 2017 for the Tragically Hip's last concert. Coincidentally, The Hip christened the centre with the inaugural concert in 2008. As the city's largest indoor stadium, the Leon's Centre has hosted sporting events, concerts and community activities. The facility can handle concert performances for 5,700 and can host trade shows and gala dinners for up to 1,000 people on the arena floor.



Living Large at the Grand

Restored to its former turn of the century glory, Kingston's **Grand Theatre** hosts numerous cultural events throughout the year. The Regina Rose auditorium, the Baby Grand space, two lounges and the lobby can be used for event and meeting space.

kingstongrand.ca



Have it all at Queen's

Comprehensive conference services for groups of 1000+

Located on Lake Ontario and a short drive from Ottawa, Montreal, and Toronto, Queen's University is the ideal location for your next meeting or conference. A variety of state-of-the-art facilities and modern overnight accommodations are set against one of Canada's most beautiful campuses and just minutes from Kingston's vibrant downtown. Allow us to help make your conference a success!

To learn more, visit: eventservices.queensu.ca
or email: event.services@queensu.ca

GROUP ACTIVITIES

Photo: KAP Photos



Photo: Dwayne Brown Studio

Touring Kingston's historic downtown and waterfront sites is a snap with **Kingston Trolley Tours**, with its hop on and off policy to explore any site of interest. The tours take in Queen's University, the Penitentiary Museum, Fort Henry, Bellevue House (former home of Canada's first prime minister) and Royal Military College of Canada. Private charters are a novel way to transport your group in style—and makes for a great Instagram post!

kingstontrolley.ca

Dining

With more restaurants per capita than any other city in Canada, your biggest decision is where to take your group to dine in Kingston. Local produce, artisanal cheeses, farm-raised meats and the nearby wineries of Prince Edward County make meals memorable.



Photos: Patrick Blisson





Photo: Marley

AquaTerra restaurant in the Delta Hotels by Marriott Kingston Waterfront has made the *Where to Eat in Canada* list for over a decade. Overlooking Confederation Harbour, private dining is available for groups of up to 24, with either a customized or à la carte menu. Guests can also enjoy something to eat or drink at the Lobby Bar or adjacent Vu Lounge.

DOX Restaurant and Lounge overlooks Kingston's inner harbour from their large outside patio. DOX is open daily for breakfast, lunch and dinner inside the Holiday Inn Kingston Waterfront hotel. They specialize in crafted cocktails, and international fusion cuisine prepped with locally-produced ingredients.

Other group friendly restaurants:

Olivea

Italian-inspired fare, featuring fresh, made in-house pasta and gnocchi. A private room for up to 30 people is available three days a week.

olivea.ca

Chez Piggy

A perennial Kingston favourite with a beautiful outdoor patio during the summer months. The upper floor can accommodate up to 60 people for a private function.

chezpiggy.com

Red House

This stylish pub serves up local craft beers and locally-sourced comfort food. Owned by three Kingston brothers, it now has two locations in the city. Great for a casual beer and a bite.

redhousedowntown.ca





Get in the Game

*Kingston combines community charm
with a wide variety of fitness facilities and
venues for indoor and outdoor sports.*



BASKETBALL AT THE ARC

Kingston combines community charm with a wide variety of fitness facilities and venues for indoor and outdoor sports. Its central location is a plus for families or sports teams.

Summer training camps help to foster camaraderie, teamwork and promote athletic conditioning. **Queen's University** campus provides many of the components necessary for a successful training camp, including a compact campus, housing and state-of-the-art facilities.

On campus, the **Athletics & Recreation Centre (ARC)** provides a wide variety of programs for the student campus and Kingston community, but during the summer months it's a mecca for sports teams and leagues with basketball and volleyball courts, dance studios, combat rooms, a large pool with up to 14 lanes and four diving boards and extensive cardio and weight training facilities. The ARC is located centrally on campus, close to student residences and a short walk to downtown. Opening in 2019, the Innovation and Wellness Centre will be home to ARC South, offering three additional gymnasiums and high performance training area.

As well as the ARC, Queen's also has numerous turf and grass fields for events. Both **Queen's University** and **St. Lawrence College** offer residence



POOL FACILITY AT THE ARC

accommodations during the summer months. Queen's has just converted David C. Smith House into a hotel operation from April 30th – August 27th. Each room will have a double bed, flat screen television and mini-fridge. Some two-room suites with a private washroom are also available.

eventservices.queensu.ca/accommodations
stlawrencecollege.ca



Richardson Stadium—home to the Queen's Golden Gaels—is a full CFL regulation grass field and received extensive renovations in 2016, including improved sightlines, enhanced amenities and integrated seating options.

After the Tournament

After training or competing, the city has lots for groups to visit and explore. Kingston is a heritage city, and was once considered as a site for Canada's capital. There are popular tours of **Fort Henry, Bellevue House** (the home of Canada's first prime minister), the **Kingston Penitentiary** tour or the perennially popular **Haunted Walk of Kingston**.

Teams and families with extra energy to burn can try their problem-solving savvy in five different reality escape rooms in the city. **Improbable Escapes** lets coaches play for free with a minimum of 24 players—perfect for nurturing teamwork, communication or leadership skills. In the summer, groups can hop on the ferry for a quick jaunt to Wolfe Island to try the corn maze or enjoy Sandy Bay, or opt for a scenic river tour with the **Kingston 1000 Islands Cruises**.



ALL ABOARD THE KINGSTON
1000 ISLANDS CRUISES



Photo: City of Kingston

Teams who choose Kingston as a destination to compete or train will find the city full of options for accommodations, activities and dining. Family-friendly, Kingston has at least 10 hotels within a five-mile radius of the INVISTA Centre, a popular site for hockey tournaments.



**Check out a full listing
of Kingston hotels**

Scan the QR code on page 3



CASE STUDIES

Kids for Kids Hockey Tournament

At the end of March for the last 20 years, Kingston hosts a 10,000-strong delegation for the Kids for Kids Hockey Tournament that brings 3,400 players on more than 200 teams to raise money for the Boys and Girls Club and Pediatrics at Kingston General Hospital. The original tournament started to raise funds after the horrific ice storm of 1998 that devastated Eastern Ontario and Quebec. The three-day tournament features teams from Novice to Midget.

Local Arenas

Cataraqui: 1 NHL size, 1 Olympic size

Centre 70: 1 NHL Rink

INVISTA Centre: 4 NHL size rinks, 1 mini rink

Memorial Centre: 1 NHL rink

Leon's Centre (formerly K-Rock): 1 NHL rink

Constantine Arena: 1 NHL rink



HAVE IT ALL
AT QUEEN'S

The Queen's Advantage



Queen's University is a perfect option for seasonal sport events and tournaments requiring guest accommodations in Kingston, Ontario! Offering modern two bedroom suites, we can accommodate the budget and space requirements of most sports organizations. Queen's also offers on-campus group dining and multiple state-of-the-art athletic facilities, featuring a gymnasium with seating for 1,900; 2 additional gyms for multiple courts; indoor 40m pool; 4 artificial turf fields including the Revitalized Richardson Stadium with capacity for over 8,000. Conveniently located along the shores of Lake Ontario and minutes from downtown Kingston.

To learn more visit: gogaelsgo.com/facilities or contact manager.facilities@queensu.ca



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BY WYNDHAM



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Minutes from Downtown Kingston

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New Indoor Pool & Fitness Centre

161 Guest Rooms

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Summer Sailing

Kingston's fantastic location on Lake Ontario came into play when the 1976 Olympic committee chose Portsmouth Harbour to host sailing competitions that year. No less impressive is the annual CORK Freshwater Sailing Festival that hosts regattas during the summer months. Regattas for every age—from kids to Olympic hopefuls—ply the fabulous winds of the Portsmouth Olympic and Kingston harbours. The largest event is the CORK International in August with over 500 competitors.

Kim Garrett, event coordinator for CORK/Sail Kingston says the city has hosted 43 World Championships since the 1976 Olympics and double that for North American and Canadian Championships. "It's the favourable winds and the freshwater that keeps our sailors returning year-after-year," says Garrett. "Kingston is also an easy city to navigate, and our waterfront is pretty and very accessible. I know that a lot of our participants cycle to their hotels after competition, and there's plenty to keep families occupied after sailing is done for the day."

KINGSTON

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