### ~150 ~ KINGSTON

#### Tour Legend

Kingston Penitentiary 1834

JOHN A MACDONALD BLVD

555 King St W, across from the KP.

10

	Tour Legend			
Ò	Kingston City Hall 1784 216 Ontario St.	0.0 km		
2	Prince George Hotel 1809 200 Ontario St, once used by bootleggers. 0.1 km			
3	Navy Memorial Park 65 Ontario St.	0.55 km		
4	City Park 1840s Between King St E, & Barrie St.	1.25 km		
3	Murney Tower 1846 MacDonald Park; formerly Murney P	oint. 3.2 km		
6	Breakwater Park 1930s Along the shore Lake Ontario	1.7 km		
0	JK Tett Centre for Creativity & Le Formerly Kingston Brewery & Distille			

560 King St W, at Sir John A MacDonald Blvd. 3.0 km

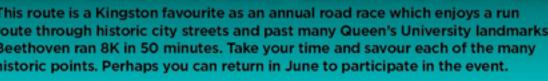
P4W/Canada's Penitentiary Museum 1835

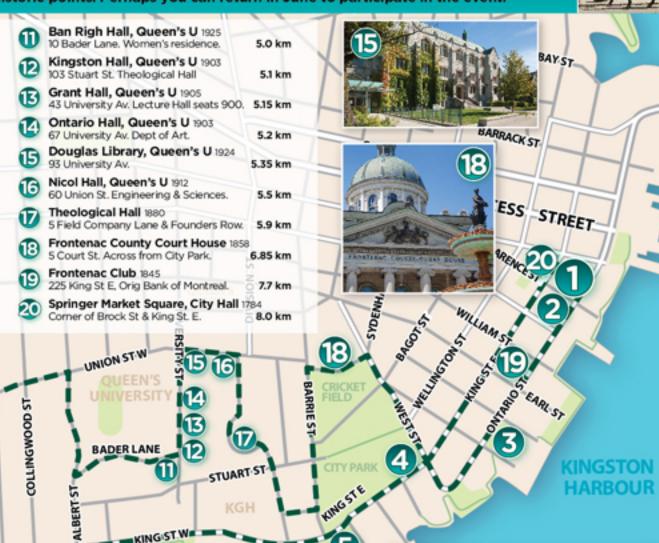
443 Union St. W. Formerly Roselawn House 3.6 km

Donald Gordon Conference Centre 1841

This route is a Kingston favourite as an annual road race which enjoys a run
route through historic city streets and past many Queen's University landmarks.
Beethoven ran 8K in 50 minutes. Take your time and savour each of the many
historic points. Perhaps you can return in June to participate in the event.

Beat Beethoven / Queen's 8K Tour





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### **Beat Beethoven** & Queen's University **8K Running Tour** Travel west from downtown Kingston along King St. East, taking in one of Ontario's oldest neighbourhoods along the gorgeous scenery of Lake Ontario. Loop back, passing through the Queen's University Campus enjoying some of the most prestigious architecture Kingston has to offer. This wonderful 8km running tour is the Kingston Symphony's annual Beat Beethoven Return back to City Hall's Springer Market Square, where you can choose from a number of patios and restaurants for refreshments.

# Kingston Running TOURS

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LAKE ONTARIO

Be sure to pick up the Running Tour brochures for these other amazing Kingston routes.

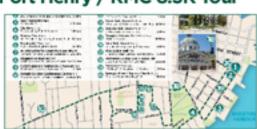
#### Kingston Waterfronk 13K Tour

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#### Downtown Heritage 5K Tour



#### Fort Henry / RMC 8.3K Tour



Informative websites for visitor runners... www.visitkingston.ca www.kingstoncanada.com www.downtownkingston.ca www.runnerschoicekingston.com Kingston's largest running club: www.krra.org

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### **Beat Beethoven** & Queen's University **8K Running Tour**



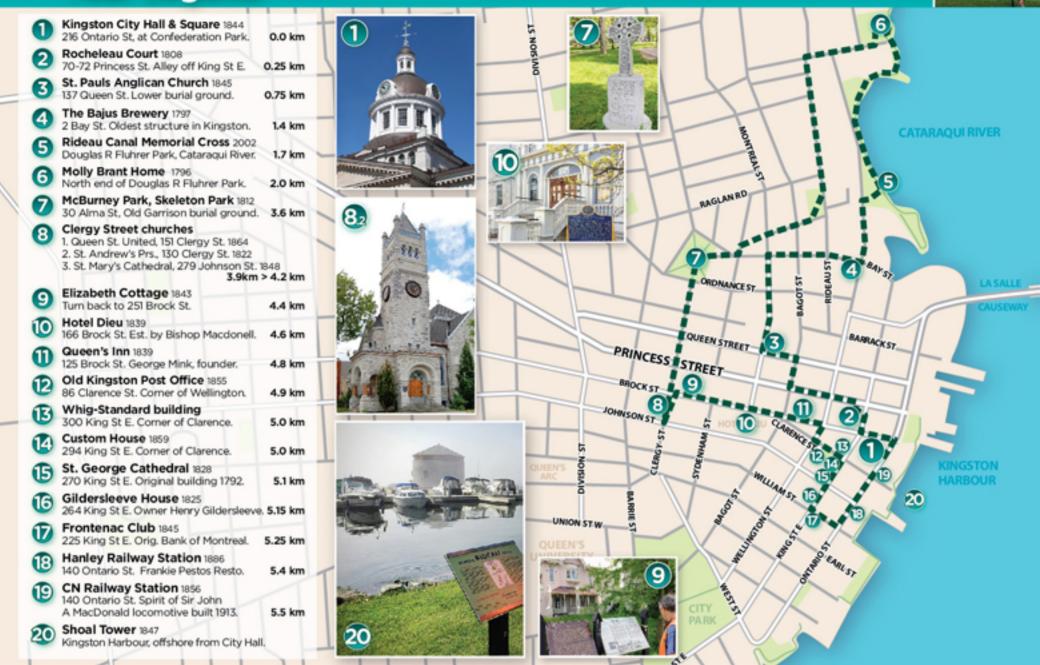
#### -150 -KINGSTON

#### **Tour Legend**

Enjoy this running tour taking you through the centuries old streets of downtown Kingston. Enjoy historic sites, once traveled by important Canadian

**Downtown 5K Heritage Tour** 





#### ~150 ~ KINGSTON

### Downtown **Kingston Historic 5K Running Tour**

Enjoy this short running route that takes you not only through the downtown streets of Kingston, but through two lovely parks.

You will be introduced to some of the oldest and most prestigious locations; giving you a true sense of how Kingston is often referred to as "the limestone city".

Some of the oldest buildings in the province reside on this tour. Take in Canada's history.



# Kingston Running Tours

Be sure to pick up the Running Tour brochures for these other amazing Kingston routes.

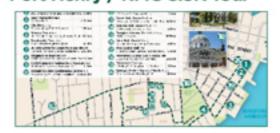
#### Kingston Waterfronk 13K Tour

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#### Beat Beethoven / Queen's U 8K



#### Fort Henry / RMC 8.3K Tour



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## Downtown **Kingston Historic 5K Running Tour**



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#### **Tour Legend**

Confederation Park 1784

Fort Frontenac 1783 317 Ontario St. Rebuilt by British.

La Salle Causeway 1917 Hwy 2 crossing Cataraqui River.

RMC Gatehouse 1 1884 Hwy 2 just east of Cataragui River.

RMC Cavalry House 1908 Between Valour Drive & Hwy 2.

RMC Memorial Arch 1924 Between Valour Drive & Hwy 2.

RMC Fort Frederick 1847 Passchendale Dr at Point Frederick.

RMC Parade Square 1878

RMC Yacht Club 1885

Fort Henry 1812 Built for the War of 1812.

Fort Cataraqui 1673

Kingston City Hall 1784

11 Navy Way.

216 Ontario St.

General Crerar Crescent.

0

Between Valour Drive & Hwy 2. RMC MacKenzie Building 1878

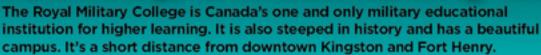
17 Valour Drive at PArade Square.

Fort Henry XC Groomed Trails

Military Community Sports Centre

RMC Administration Building 1885 19 Valour Drive. Former hospital.

The Royal Military College is Canada's one and only military educational campus. It's a short distance from downtown Kingston and Fort Henry.



Fort Henry/RMC 8.3K Running Tour



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# **Fort Henry RMC 8.3K Running Tour**

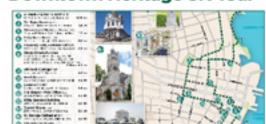
A campus unlike any other, the Royal Military College and Fort Henry are steeped in history that dates back well before Canada was born.

A gorgeous part of Kingston, set apart from downtown, yet very close. It begs to be discovered. Enjoy the grounds. Discover military relics. Pass amongst the walls that protected this British colony from invasion, centuries-past. See where the Canadian National Cross Country Championships happen. Take in the best view in the city from the highest point in Kingston.

# Kingston Running Tours

Be sure to pick up the Running Tour brochures for these other amazing Kingston routes.

#### Downtown Heritage 5K Tour



#### Beat Beethoven / Queen's U 8K



#### Kingston Waterfront 13K Tour



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## **Fort Henry RMC 8.3K Running Tour**



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#### **Tour Legend**

### Kingston Waterfront Tour

Enjoy this running tour taking you along the shores of Lake Ontario, within the Kingston city limits. Enjoy historic sites, interspersed with some of Kingston's most beautiful green spaces.

LAKE ONTARIO



- Tragically Hip Way 2012 At Barrack St, in front of K-Rock Centre. 0.3 km
- La Salle Causeway on Cataraqui River 1917 Hwy 2, replaced 1829 wooden 'Penny Bridge.' 0.75 km
- Fort Frontenac 1673 317 Ontario St, north of Wolfe Island Ferry. 0.75 km Confederation Park 1967
- Waterfront park across from City Hall.
- Shoal Tower 1847 Kingston Harbour, offshore from City Hall.
- Prince George Hotel 1809 200 Ontario St, once used by bootleggers. 1.1 km
- Battery Park 2010 Earl St, along the Waterfront Pathway.
- Navy Memorial Park 65 Ontario St. 2.1 km
- Pump House Steam Museum 1850 An Gorta Mor Park, via Rideau Trail.
- Murney Tower 1846 NacDonald Park; formerly Murney Point. 3.2 km
- Breakwater Park 1930s 300 King St E. Corner of Clarence 3.6 km Kingston Penitentiary 1834 560 King St W, at Sir John A MacDonald Blvd.5.2 km P4W/Canada's Penitentiary Museum 1835 555 King St W, across from the KP. Portsmouth Olympic Harbour 1800s Orig. KP port. 1976 Summer Games. 5.8 km Lake Ontario Park 1894 37 acres east of Cataragui Bay. 7.25 km Church of the Good Thief 1894 9.2 km Portsmouth Village 1784 9.3 km Annexed by Kingston in 1952. Bellevue House 1840 35 Centre St. Home of Canada's 1st PM. 10.75 km 20 City Park 1840s Between King St E, & Barrie St. Frontenac Club 1845 225 King St E. Originally Bank of Montreal.12.9 km Kingston City Hall, Market Square 1784

Return to King St E & Market St.

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# Kingston Running Tours

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Be sure to pick up the Running Tour brochures for these other amazing Kingston routes.

#### Downtown Heritage 5K Tour

#### Beat Beethoven / Queen's U 8K



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# Kingston Waterfront 13K Running Tour





