

Tour Legend

Beat Beethoven / Queen's 8K Tour

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.



- 1 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
- 5 Murney Tower 1846
MacDonald Park formerly Murney Point. 3.2 km
- 6 Breakwater Park 1930s
Along the shore Lake Ontario 1.7 km
- 7 JK Tett Centre for Creativity & Learning 1844
Formerly Kingston Brewery & Distillery. 2.55 km
- 8 Kingston Penitentiary 1834
560 King St W, at Sir John A MacDonald Blvd. 3.0 km
- 9 P4W/Canada's Penitentiary Museum 1835
555 King St W, across from the KP. 3.1 km
- 10 Donald Gordon Conference Centre 1841
443 Union St. W. Formerly Roselawn House 3.6 km

- 11 Ban Righ Hall, Queen's U 1925
10 Bader Lane. Women's residence. 5.0 km
- 12 Kingston Hall, Queen's U 1903
103 Stuart St. Theological Hall 5.1 km
- 13 Grant Hall, Queen's U 1905
43 University Av. Lecture Hall seats 900. 5.15 km
- 14 Ontario Hall, Queen's U 1903
67 University Av. Dept of Art. 5.2 km
- 15 Douglas Library, Queen's U 1924
93 University Av. 5.35 km
- 16 Nicol Hall, Queen's U 1912
60 Union St. Engineering & Sciences. 5.5 km
- 17 Theological Hall 1880
5 Field Company Lane & Founders Row. 5.9 km
- 18 Frontenac County Court House 1858
5 Court St. Across from City Park. 6.85 km
- 19 Frontenac Club 1845
225 King St E. Orig Bank of Montreal. 7.7 km
- 20 Springer Market Square, City Hall 1784
Corner of Brock St & King St. E. 8.0 km



Kingston Running Tours

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

Kingston Waterfront 13K Tour



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

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 race course.

Return back to City Hall's Springer Market Square, where you can choose from a number of patios and restaurants for refreshments.



Beat Beethoven & Queen's University 8K Running Tour



Tour Legend

Downtown 5K Heritage Tour

Enjoy this running tour taking you through the centuries old streets of downtown Kingston. Enjoy historic sites, once traveled by important Canadian icons as well as beautiful vistas within Canada's original Capital City.



- 1 **Kingston City Hall & Square** 1844
216 Ontario St. at Confederation Park. 0.0 km
- 2 **Rocheleau Court** 1808
70-72 Princess St. Alley off King St E. 0.25 km
- 3 **St. Pauls Anglican Church** 1845
137 Queen St. Lower burial ground. 0.75 km
- 4 **The Bajus Brewery** 1797
2 Bay St. Oldest structure in Kingston. 1.4 km
- 5 **Rideau Canal Memorial Cross** 2002
Douglas R. Fluhrer Park, Cataraqui River. 1.7 km
- 6 **Molly Brant Home** 1796
North end of Douglas R. Fluhrer Park. 2.0 km
- 7 **McBurney Park, Skeleton Park** 1812
30 Alma St. Old Garrison burial ground. 3.6 km
- 8 **Clergy Street churches**
1. Queen St. United, 151 Clergy St. 1864
2. St. Andrew's P.R., 130 Clergy St. 1822
3. St. Mary's Cathedral, 279 Johnson St. 1848
3.9km > 4.2 km
- 9 **Elizabeth Cottage** 1843
Turn back to 251 Brock St. 4.4 km
- 10 **Hotel Dieu** 1839
166 Brock St. Est. by Bishop Macdonell. 4.6 km
- 11 **Queen's Inn** 1839
125 Brock St. George Mink, founder. 4.8 km
- 12 **Old Kingston Post Office** 1855
86 Clarence St. Corner of Wellington. 4.9 km
- 13 **Whig-Standard building**
300 King St E. Corner of Clarence. 5.0 km
- 14 **Custom House** 1859
294 King St E. Corner of Clarence. 5.0 km
- 15 **St. George Cathedral** 1828
270 King St E. Original building 1792. 5.1 km
- 16 **Gildersleeve House** 1825
264 King St E. Owner Henry Gildersleeve. 5.15 km
- 17 **Frontenac Club** 1845
225 King St E. Orig. Bank of Montreal. 5.25 km
- 18 **Hanley Railway Station** 1886
140 Ontario St. Frankie Pestos Resto. 5.4 km
- 19 **CN Railway Station** 1856
140 Ontario St. Spirit of Sir John A. MacDonald locomotive built 1913. 5.5 km
- 20 **Shoal Tower** 1847
Kingston Harbour, offshore from City Hall.



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Kingston Waterfront 13K Tour



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Fort Henry / RMC 8.3K Tour



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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.



Downtown Kingston Historic 5K Running Tour



Tour Legend

Fort Henry/RMC 8.3K Running Tour

The Royal Military College is Canada's one and only military educational institution for higher learning. It is also steeped in history and has a beautiful campus. It's a short distance from downtown Kingston and Fort Henry.

- 1 **Confederation Park** 1784
216 Ontario St. Across from City Hall. 0.0 km
- 2 **Fort Frontenac** 1783
317 Ontario St. Rebuilt by British. 0.45 km
- 3 **La Salle Causeway** 1917
Hwy 2 crossing Cataraqui River. 0.8 km
- 4 **RMC Gatehouse 1** 1884
Hwy 2 just east of Cataraqui River. 1.2 km
- 5 **RMC Cavalry House** 1908
Between Valour Drive & Hwy 2. 1.4 km
- 6 **RMC Memorial Arch** 1924
Between Valour Drive & Hwy 2. 1.8 km
- 7 **RMC Fort Frederick** 1847
Passchendale Dr at Point Frederick. 2.8 km
- 8 **RMC Parade Square** 1878
Between Valour Drive & Hwy 2. 3.1 km
- 9 **RMC MacKenzie Building** 1878
17 Valour Drive at Parade Square. 3.3 km
- 10 **RMC Administration Building** 1885
19 Valour Drive. Former hospital. 3.3 km
- 11 **RMC Yacht Club** 1885
General Crerar Crescent. 3.45 km
- 12 **Fort Henry XC Groomed Trails**
Home to Ntl XC Championships 2015-18. 4.8 km
- 13 **Fort Henry** 1812
Built for the War of 1812. 5.7 km
- 14 **Military Community Sports Centre**
11 Navy Way. 7.0 km
- 15 **Fort Cataraqui** 1673
Remnants of French trading post & fort. 7.95 km
- 16 **Kingston City Hall** 1784
216 Ontario St. 8.35 km



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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.

Fort Henry RMC 8.3K Running Tour



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.



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Kingston Waterfront 13K Running Tour

Your biggest challenge yet for the Kingston Running Tour Series. The Waterfront 13K Tour gives you the best of Kingston: the historic downtown, the gorgeous waterfront, portions of trails, parks and neighbourhoods abundant with heritage sites.

Sections of this Tour are from the *KRRRA Historic Half Marathon Race*. After following this Tour, you may wish to return in the spring and join the 500+ event participants to earn your shirt.



Kingston Waterfront 13K Running Tour

