



The Perfect Day in Kingston, Ontario

Thank you for considering **Holiday Inn Express & Candlewood Suites Kingston West**. We hope you choose to stay with us and create unforgettable moments along the way.

We've got countless suggestions on how to spend the perfect day, but here are a few of our favourites to get you started:

Day 1:

- **Kingston Trolley Tours**
 - A perfect way to explore Kingston's history and attractions! The Trolley provides an informative, engaging overview of Kingston's more than 300 years of history.
- **Fort Henry**
 - Tour Ontario's 19th century British military fort. Experience guided tours through a UNESCO World Heritage Site, scenic views, musical performances, and precision military demonstrations by the Fort Henry Guard.
- **Kingston's Food Scene**
 - Kingston has a very vibrant food scene and has more restaurants per capita than almost any other city in Canada! A foodie will find some new favourites here as we have many local restaurants to choose from with many different types of cuisine.



Kingston Trolley Tours



Fort Henry



Kingston's Food Scene

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Day 2:

- **Kingston Penitentiary Tours**
 - Opening in 1835, Canada’s oldest and most notorious maximum-security prison is offering a unique opportunity to go behind the walls with guided tours.
- **Kingston Thousand Islands Cruises**
 - If you aren’t the adventurous type, let someone else take charge and cruise you around Lake Ontario while you relax to take a peek at the 1000 Islands!
- **Ahoy Rentals**
 - Locally owned and operated, Kingston’s only “on the water” equipment rental company. Enjoy an afternoon Canoeing, Sailing, Kayaking, or Paddle boarding on the water or rent some bikes and enjoy the waterfront trail or Wolfe Island.



Kingston Penitentiary



Kingston Thousand Islands Cruises



Ahoy Rentals

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