

# Media Kit

2023





# Welcome to South Eastern Ontario

Laced together by the sparkling St. Lawrence River, Rideau Canal, Bay of Quinte and Lake Ontario, this region serves up all the ingredients for a perfect getaway. On its shores you'll find fascinating history, quaint villages, inspiring art, live theatre and gastronomic delights. On its waters, enjoy world class sailing and scuba diving, pristine beaches and leisurely cruises.

Inspired by the original Mohawk name 'Kaniatarowanenneh' (big water), this beautiful stretch of Ontario is entirely linked by water – from Cornwall on the St. Lawrence River to Lake Ontario's Kingston and on to the Bay of Quinte. In between, it's dotted by hundreds of lakes and winds its way north along the UNESCO World Heritage designated Rideau Canal. Strap on your hiking boots and take in some fresh air, or set sail and enjoy the wind in your hair. No matter how you choose to explore it, [South Eastern Ontario](#) offers some of the best places to visit in Ontario.





# Prince Edward County

One of Canada's newest wine regions, "The County" is a place of inspiration, hospitality, tranquility and fun, where rural roots and creative pursuits come together to make a unique island vibe. Follow bucolic backroads to award-winning wineries, cideries and breweries. Stop in at art galleries and artists' studios on the Arts Trail. Visit with artisanal food producers, then sample their wares on the Taste Trail. With 800 kilometres of shoreline, one of Canada's best beaches and a range of accommodations from camping to luxury spa suites, you can relax, rejuvenate and experience the majestic in all seasons in beautiful Prince Edward County.

[visitthecounty.com](http://visitthecounty.com)

## Spring

Eagerly awaited, each spring brings blooming lilac hedges as tall as houses; rare migratory birds stopping for a rest; the return of asparagus, wild leeks, and spinach to local restaurant menus and our sweetest treat, maple syrup. Lake Ontario is still chilly but it's worth it to bundle up for beach days, hit the trails for trillium-filled forest hikes, get dancing at music festivals, do some art studio hopping, and explore popular spots without the crowds of summer.



## Summer

Experience Sandbanks or North Beach Provincial Parks and enjoy the clear shallow waters and running down the dunes. Campgrounds and popular spots are full, festivals are plentiful, boats and canoes are docked in the harbours. Walk, run or bike all or part of the [Millennium Trail](#); this 49-kilometre trail goes from Carrying Place to Picton, linking communities like Wellington and Bloomfield, and passing by farmers' fields, marshes, creeks and forests.





## Fall

True to our agricultural roots as the former Garden County of Canada – when we were canning one third of the country’s tomatoes and pumpkins – fall is when warm days and cool nights prompt harvesting from fields and vineyards. Check out the tractor pull at the local fair, hit the farmers’ markets for seasonal eats or perhaps get your hands dirty helping out at a winery picking party. Bring your bike or rent one here to explore the natural beauty of the island on two wheels.



## Winter

Swimsuit weather is over but the icy lakeshores make for stunning walks and photography. Warm up at a local winery, brewery, cidery or restaurant – they often have bonfires and snowshoes on hand. Head downtown to peruse boutique shops and find that perfect County-made gift, or two.

### Did You Know That...

**Natives of the Iroquois tribe were the first people to live in Prince Edward County?**

And Samuel de Champlain was the first European to discover the area?



# Bay of Quinte

You might know the Bay of Quinte region as a midway stop on road trips between Toronto and Montreal, as a sports tournament destination, as the home of Canada's largest air base, or as a top spot for walleye fishing. You might know the Bay of Quinte as the place you grew up in, or you might not know it at all. The Bay of Quinte region is affordable and attractive, allowing for an attainable vacation. Come for a visit to see why we love to live, work and play here.

[bayofquinte.ca](http://bayofquinte.ca)

## Spring

[The National Air Force Museum of Canada](#) - This massive and newly completed facility serves as both an educational museum but also an interactive experience, where visitors can learn about the origins and ongoing story of Canada's Air Force. This is the largest Air Force museum in Canada and is home to an incredible collection of aircraft, artwork and various historical artefacts. Each pristine aircraft on display inside the museum has been restored by a dedicated and passionate team of volunteers.



## Summer

An 85-kilometer-long waterway, [30 nearby conservation areas](#) and a network of [year-round trails](#) that gets you right up close to the Bay of Quinte's communities. Quinte West's natural scenic environment makes it an ideal place for nature lovers. The conservation areas and nature parks in Quinte West are perfect for exploring on foot or cycling. From a real lookout tower and an abandoned limestone quarry, to an old homestead, there are surprises around every corner of the trails. Be sure to check in with the individual conservation area on unfolding restrictions or visiting protocols.





## Fall

The Bay of Quinte region is a haven for craft brewing. Witness the passion that goes into brewing and meet the makers before finding your favourite flavour at places like [Signal Brewery](#) or [Wildcard Brewing](#). Visiting the farmers markets in Bay of Quinte is the perfect way to kick off a fall Saturday morning, ushering in the weekend at a relaxed and down-home pace. Fall is also a perfect time for a round of golf – cooler weather, fewer bugs, peaceful fairways – time to focus on yourself and your game. Whether it's the sweeping vistas of one of the top 30 courses in the country, or the living history of the [Bay of Quinte Golf & Country Club](#) (modelled after country clubs in Europe), golf in the Bay of Quinte is a great way to enjoy the outdoors before winter sets in.



## Winter

Head to the [Batawa Ski Hill](#) for skiing or snowboarding fun. This outdoor winter gem boasts nine runs that suit everyone from the novice to the experienced, including a terrain park with assorted rails, boxes, jibs and jumps. After a few hours zooming down the hills, head to the rustic chalet and warm up in front of the fireplace. Don't have your own gear? No worries, they've got you covered with a full range of ski and snowboard gear. Anglers come from around the globe to fish in the Bay of Quinte. The eastern tip is more than 50 kilometres long and is plentiful with pike, bass and walleye. Ice fishing starts when the hard water season begins – usually in early January when safe ice forms in some locations. But the ice fishing season really “heats” up in February and is extremely popular right up until March 1, when walleye season closes.





# Rideau Canal

The UNESCO-designated Rideau Canal stretches from Lake Ontario in Kingston to the Ottawa River following the Cataraqui and Rideau Rivers. It is 202 kilometres long, of which about 19 kilometres is man-made (locks and canal cuts), the rest are natural waters. There are 45 locks with 23 lock stations along the main route of the Rideau. The canal winds its way through historic sites, charming villages, quaint attractions and spectacular recreation areas, offering visitors a variety of world-class arts, heritage and recreation experiences.

[visitrideaucanal.com](http://visitrideaucanal.com)

## Spring

Explore the nooks and crannies of this paddler's paradise! Make your own ripples along the Rideau Canal and hit the water paddling. Calm, clear water and natural sights entice people of all ages to pick up a paddle and discover the intimate side of the Rideau. More than 30 launch ramps and most lock stations provide access to the canal and unlike powerboats, paddlers have the advantage of exploring bays and ponds to get a sense of the wildlife that calls the Rideau home. Polish those clubs and head to one of the fine golf courses along the Rideau to take advantage of that warming sun at championship calibre courses.



## Summer

Watch the lockmasters and crew hand crank boats through on this historic waterway. Better yet, rent a boat and experience locking through first hand. Canal staff along the Rideau are friendly and willing to answer questions, and in some locations, such as at Kingston Mills, Chaffey's Lock, Jones Falls and Merrickville, there are museums and visitor centres at the stations. Boat rentals are available at some spots along the canal; indulge in a rental to cross this experience off your bucket list. The Rideau Canal is, by nature, a marvel through and through. But it's also what is popping up all around it that makes for an unforgettable day trip or full-on vacation. Discover incredible beauty at every turn, coupled with unique community experiences all rooted in history along the Rideau Canal!





## Fall

Get out and explore the Rideau au naturel by hitting trails along the way. With lush foliage, rock outcroppings and pristine water, the Rideau Canal provides natural eye candy at every turn. Photo-ready scenes unravel before your eyes; this is nature at its best. [Rock Dunder](#), owned by the Rideau Waterway Land Trust near Morton offers a 3.8-kilometre summit loop that is so worth the hike. Standing atop the rock at the summit gives a breathtaking view of the canal with water and treetops below stretching as far as the eye can see. Another unforgettable vantage point is near Chaffey's Lock on a former train bridge, which is now a section of the [Catawaqui Trail](#). The bridge dates back to the early 1900s and has recently been renovated for use with the trail. A short five-minute walk through the woods from the lock awards visitors with an unforgettable view. [Foley Mountain](#) in Westport looks out over Upper Rideau Lake from granite ridge at Spy Rock.



## Winter

The [North Grenville Trail System](#) links together 150 kilometres of trails, roads, walkways and waterways throughout the municipality. The Sugar Bush Island Trail near Davis Lock also offers incredible views from high atop a rock lookout. It's an easy hike among Butternut, Sugar Maple, White Pine and Bitternut trees. Be delighted by the abundance of bird life here and by finding stairs in the middle of the woods to help easily traverse some hills along the trail!

## Did You Know That...

### South Eastern Ontario has two World Heritage Sites designations?

The Frontenac Arch Biosphere Reserve and the Rideau Canal National Historic Site have been recognized by UNESCO. These two unforgettable and iconic regions have inspired the world to take note!



# Kingston

Kingston is a hub where makers, culinary enthusiasts and musicians bring a vibrant, modern culture to this historic Canadian city. Come for Fort Henry and stay for the world-class festivals, outdoor concerts, unique shops and charming restaurants. Enjoy a diverse mix of fine and casual dining, bars and pubs, microbreweries and cafes. The vibrant downtown features a collection of authentic boutiques, galleries and performance venues including Canada's oldest continuously run farmers market in North America.

[visitkingston.ca](http://visitkingston.ca)

## Spring

Who doesn't love food? We know we do! [The Kingston Food Tour](#) is a walking tour of the Limestone city's beautiful downtown hub. Blending drool-worthy food with sightseeing and inside secrets about the historic culture and thriving community will have you ramped up for a fun night on the town. With food so delicious, people come from hundreds of miles away to explore their taste buds, you can expect to try some mouth watering fish tacos, creamy gelato and aromatic sauces at each of the many locally-owned restaurants featured on this tour.



## Summer

Visit and explore one of Canada's oldest and most notorious prisons. Step inside one of the most prolific buildings in Canada to learn what it would have been like to live inside the limestone prison over the mid to late 1900s. Guided by expert Kingstonians, the tour of Kingston Penitentiary will be an experience unlike anything you could imagine. A must-have on the bucket list for true crime lovers!

Get ready for some fun when attending one of the [1000 Islands Cruises](#) or [St. Lawrence Cruises](#) offered in Kingston! Whether you are travelling alone, with friends or with family, there is a cruise for you. Choose from a variety of daily cruises including sightseeing, dining or a private charter and prepare to be entertained.





## Did You Know That...

**Kingston boasts four Rembrandt paintings, two film festivals and one vibrant downtown shopping scene.**

Home to Ontario's oldest public market and Canada's hippest live music scene, Kingston is a walkable city, where hidden alleyways contain antique markets and restaurant patios.

If you are a history buff, you've got to check out the [Fort Henry National Historic Site](#) here in Kingston. Built during the war of 1812, Fort Henry was Kingston's main defence due to its location between the three waterways: Rideau Canal, St. Lawrence River and Lake Ontario. Renovated into a living museum in the 1930s, Fort Henry is a blast from the past with genuine cannons, jail cells and hidden passages to explore.



## Fall

Fall is a great time to [Visit Kingston](#), there's plenty to do from live performances by local talent to events to get you in the mood for Halloween. You may want to leave the kids at home for this frighteningly fun outing. Located in the historic (and probably haunted) Fort Henry, a military defence fort originally built in the early 1800s, [Fort Fright](#) holds nothing back when it comes to scare tactics.

## Winter

Lace-up and rediscover the magic of outdoor skating at the [Springer Market Square](#) rink. The square is historic in itself: the market has been on-site in warmer months since 1801. During the winter, this space becomes a public rink that welcomes people to enjoy the colder temps. It's the perfect place to rekindle your love of winter – especially when the snowflakes start falling all around. Magic!





# Frontenac County

Imagine blue skies and calm clear waters, rolling farmland and jutting rock faces, pristine forests and quaint small towns. It's more than just a place, it's Frontenac. Frontenac encompasses an area of almost 4,000 square kilometres from the northern stretches of untouched Crown land to the sandy southern shores of Wolfe Island. There is a sense among the people who live in Frontenac – this area is special. Special for its recreational opportunities, its highly skilled food producers and its growing number of high-quality events. Swing by for a visit sometime, we'll be happy to show you around.

[infrontenac.ca](http://infrontenac.ca)

## Spring

Experience nature up close and personal by walking trails among rock, trees and wildlife. [Frontenac Provincial Park](#) provides extensive hiking and paddling routes, through more than 100 kilometres of looped backpacking and hiking trails, and through 22 lakes! This is where backcountry recreation comes alive as avid hikers can explore Canadian Shield and lush green wilderness. Frontenac Provincial Park's 5,355 hectares even offers 48 interior campsites, so excursions don't have to end at dusk.



## Summer

Wolfe Island is a melting pot of habitats that invite hundreds of species of birds to come and spend their days gazing upon the stunning scenery. You won't have a problem spotting some of the larger birds that stick to the island including owls, osprey and hawks. Tucked away in the [Wolfe Island Community Hall](#) is a home for fine art, crafts and creations from the artists on the island in Frontenac County. The Wolfe Island Gallery is located in Marysville on Wolfe Island, and allows local creativeness to bloom by giving it a collective space in the historic hall with a community-minded approach.



## Fall

Watch the colours change before you as you pedal through the field, forest and alongside the water while exploring Frontenac County. The [K&P Trail](#) is a 63-kilometre dedicated off-road trail that makes for perfect fall cycling, hiking and even equestrian activities. Unique vantage points along the [Cataragui Trail](#) make for unforgettable fall foliage views – cycling is encouraged on this 103-kilometre trail that stretches from Smiths Falls to Strathcona.



## Winter

Escape from the urban grind by booking a two-night stay at [Cabinscape's Penner Cabin](#). This cozy, pint-sized cabin is located close to Frontenac Provincial Park and surrounded by hundreds of kilometres of hiking trails to explore. Unplug and unwind as this backcountry experience will have you feeling like you're one with nature. You won't get bored as you enjoy the stunning surroundings during the day and relax beside a warm fire in the evening.



## Did You Know That...

**You will find Canada's oldest general store in Frontenac County, South Eastern Ontario?**

From giftware to kitchen goods to fashion, [Trousdale's General Store](#) is home to thousands of products and is a community hub.



# Lennox & Addington County

The County of Lennox & Addington (L&A County) stretches from Lake Ontario to the rugged, rocky terrain of the Canadian Shield. The County is 2,777 square kilometre in area and 130 kilometres long. Peppered with lakes and forests, this region is a popular recreational area for activities like geocaching, motorcycling and stargazing.

[naturallyla.ca](http://naturallyla.ca)

## Spring

Ride into spring and experience nature by pedal power in L&A County! The [L&A County Trails](#) have 12 looping cycling routes with 600 kilometres of paved roadway. Ideal for road cyclists, the trails amble north from Lake Ontario revealing charming countryside, unique history and nature at its best. The icing on the cake is that L&A County will even create free custom itineraries for cycling visitors who are keen to stay, sightsee and cycle. Discover laid-back beauty while riding routes through communities in the heart of South Eastern Ontario; the planning is done for you – just enjoy the ride!



## Summer

[MacKinnon Brothers Brewing Company](#) in L&A County crafts 100% farm-grown beer. Located on a bicentennial family farm, the hops, wheat and barley used in the brew are grown right there on the farm to give the beer unique character. The brewery is open with socially distanced pints, live music and more. [Topsy Farms](#) on Amherst Island makes and sells 100% pure wool blankets, bedding, and sheepskin products; they also offer unique farm experiences in abundance. Yurt stays and workshops are run throughout the warmer months. Visitors are welcome to explore the Wool Shed and enjoy a 2km hiking trail to the Sugar Shack, both are open seven days a week year-round. Masks are required. Visitors should note that there is a no cash payment option. Curbside pickup is also available seven days a week.





## Fall

The fall night sky comes alive in Lennox & Addington. Experience stargazing at the [Lennox-Addington County Dark Sky Viewing Area](#), an awe-inspiring place where blankets of stars seem at your fingertips. Bundle up and bring a lawn chair – no special equipment is needed here. The area is well known in astronomy circles as the most southernly dark sky viewing area in Ontario, providing an unobstructed view of the sky with no artificial light sources.

## Winter

Witness a window into Lennox & Addington's past by exploring items found here from prehistoric times to the first tire produced at the Goodyear plant in 1988 and beyond. [The Lennox & Addington County Museum and Archives](#) is home to incredible collections from the Lennox and Addington Historical Society – its artifact inventory tops 10,000 items! The rich local history is unveiled through furniture, textiles, clothing and toys, ceramics, household collectables and more.



## Did You Know That...

### **One of the best places to see the Northern Lights In Canada is in the County of Lennox & Addington in South Eastern Ontario?**

The L&A Dark Sky Viewing Area is the most southerly point in Ontario that offers a night sky experience very similar to what was available more than 100 years ago.



# Gananoque 1000 Islands

As Charles Dickens rightly noted during his trip here in the 1840s, the Thousand Islands “can hardly be imagined.” Where else in the world can you find almost two thousand islands, all unique and just waiting to be discovered? Gananoque is the perfect jumping off point for a 1000 Islands cruise, scuba diving adventure or even helicopter tour. Visitors enjoy its shops and galleries as well as taking in a show on the waterfront at the popular Thousand Islands Playhouse. You’ll hear stories and legends of triumph, tragedy, romance, shipwreck and piracy, and see the lavish homes of the rich and famous aboard a 1000 Islands cruise.

[1000islandstourism.com](http://1000islandstourism.com)

## Spring

If you want to experience the 1000 Islands by bike instead of boat, you’ll surely enjoy the paved bike path that runs parallel to the 1000 Islands Parkway and the St. Lawrence River. Plenty of access points ensure a whole lot of ways you can configure a trip. And with a 10-foot wide, newly paved trail, this is an outing the whole family can enjoy! The path along the 1000 Islands Parkway is a great place to start! The 37-kilometre paved multi-use pathway that runs adjacent to the St. Lawrence River offers cycling enthusiasts spectacular water views along the way. It’s smooth-surfaced, separate from the high traffic roadway, and even runs alongside Landon’s Bay with a spectacular lookout.



## Summer

Journey through the 1000 Islands on a sight-seeing cruise with [Gananoque Boat Line](#) and discover untold secrets of the St. Lawrence River. The Lost Ships of the 1000 Islands Cruise uses storytelling, sonar imagery and video to share the history of shipwrecks dating back to as early as the 1700s. Grab a drink and enjoy the beautiful 1000 Islands mansions, Boldt Castle and many more scenic marvels.

Known for having one of the top five theatre festivals in Ontario, the [Thousand Islands Playhouse](#) is bound to impress. The playhouse is a true-blue Canadian monument, producing almost all of its shows through Canadian writers. You don’t have to worry about missing a show either – it is one of the most active theatres in South Eastern Ontario. So, whether you are visiting for a day or a week, attending a show at the Thousand Islands Playhouse is a rare and exclusive opportunity to experience true Canadian talent.



## Fall

Enjoy the crisp calm of the St. Lawrence near Gananoque at this time of year and glide through the water with a [1000 Islands Kayaking](#) guide or on your own. Paddle at your own pace to discover the inlets and island life surrounded by nature. Guides can offer cultural significance along the way, and even prepare an island gourmet lunch! Share an intimate guided tour of the islands by kayak to explore up close and personal. Open seven days a week until mid-October and then weekends only until November.



## Winter

Enjoy the stunning winter landscape and get a bird's eye view of the 1000 Islands by traveling first class with the [1000 Islands Helicopter Tours](#). Perfect for a romantic setting to spend with your special someone, or a great memory to create with family and friends. The view is unlike anything you've ever seen, and is truly the best way to take in the beauty of the 1000 Islands.



## Did You Know That...

### **The 1000 Islands in South Eastern Ontario inspired the World Famous 1000 Islands Dressing?**

The salad dressing's name comes from the 1000 Islands region, located along the upper St. Lawrence River between the United States and Canada. Within that region, one common version of the dressing's origin story says that a fishing guide's wife, Sophia LaLonde, made the condiment as part of her husband George's shore dinner.



# Brockville

Brockville is an enchanting waterfront destination. Experience a sound and light show in Canada's First Rail Tunnel. Visit the Aquatarium, enjoy live theatre or a boat cruise in the famous 1000 Islands. Brockville is one of the world's best freshwater diving destinations with many wrecks and an underwater sculpture park.

[brockvilletourism.com](http://brockvilletourism.com)

## Spring

The whole family can have a blast at Brockville's [Aquatarium](#). Don't be afraid to get dirty at this attraction because you will be invited to get hands-on! Get to know the beautiful St. Lawrence River by meeting native species of fish and animals, exploring sunken ship replicas and diving into the fun of an adventure! Did we forget to mention that the Aquatarium is a thrill-seekers paradise? For a small cost, adventurers can gain access to an indoor ropes course and a and a 40-foot high AquaDrop!



## Summer

See the beauty of the 1000 Islands for yourself on a [1000 Islands and Seaway Cruise](#)! Feel the eastern wind on your face and enjoy the "royal treatment" as you travel through the St. Lawrence River's world-famous 1000 Islands and witness the undeniable beauty of the Boldt Castle and Singer Castle. Truly an unforgettable experience for all ages.

Enjoy a performance at the [Brockville Arts Centre](#), located in the heart of downtown Brockville. Known as one of the finest medium size historic theatres in Canada, guests can look forward to being swept off their feet through awe-inspiring performances by world renowned artists. Whether you like comedy, musicals or drama, the art centre provides an eclectic mix of performing arts that is sure to impress you and your guests.





## Fall

Marvel at being able to walk through a piece of our country's history – take a stroll through Canada's first railway tunnel! The [Brockville Railway Tunnel](#) runs underneath the city's downtown and is a must-see experience. With interpretive sign boards along the way, the sounds of trains chugging through the tunnel transport visitors back in time to when this was a valuable link from the waterfront under the city. Fall is a unique time to see the tunnel, as darkness falls earlier and it's especially enchanting at night! Once the sun goes down, the light show inside Canada's first railway tunnel seems amplified with reds, blues, purples and greens cascading down the walls. The tunnel doors close at 9 p.m. so there is plenty of time to visit after watching the sunset over the St. Lawrence River on Blockhouse Island.



## Winter

Brockville has some of the best beers around, and you can be sure to find the right ale for you from one of their many breweries around the area. [BUSL](#) is usually known for its delicious ciders, but has recently partnered with [Arbru](#) to create a premium craft lager adding another five-star drink to its menu! Be inspired by the natural surroundings, which tell a story about the exceptional landscapes of the 1000 Islands at [Mac Johnson Wildlife Area](#). With 11 kilometres of trails that cross woodland, wetland and field, this is the perfect place to spend a day outdoors.

## Did You Know That...

**The oldest railway tunnel in Canada actually exists under the downtown core of Brockville, Ontario?**

Located in the tranquil community on the shores of the St. Lawrence River at the eastern edge of the 1000 Islands, the Brockville Railway Tunnel was built between 1854 and 1860 to allow the fledgling Brockville and Ottawa Railway to connect the Brockville industrial waterfront area to the outlying areas lying between the St. Lawrence and Ottawa rivers.



# Cornwall and SDG Counties

There are countless ways to enjoy Cornwall and SDG Counties. Whether it's taking in beautiful waterfront trails, tantalizing your taste buds at one of many great dining establishments, shopping for that unique item or going to a festival or event, this area has a lot to offer. Cornwall has a rich history and a diverse culture. Cornwall has world-class amenities you'd expect from a big city together with small-town charm and hospitality. Cornwall is situated at the heart of the United Counties of Stormont, Dundas and Glengarry, an area rich in history and natural beauty. From historic sites to popular campsites and beaches and world-class attractions, there is plenty to explore in Stormont, Dundas and Glengarry.

[cornwalltourism.com](http://cornwalltourism.com)

[whereontariobegan.ca](http://whereontariobegan.ca)

## Spring

A historic walking tour in Cornwall gives visitors and residents alike a chance to walk back in time and experience the city's rich history through a collection of 30 plaques erected at key points throughout the waterfront, Downtown and Le Village areas. History comes to life at [Upper Canada Village](#) near Morrisburg where costumed villagers re-enact and live as though it's 1860. Inspire awe at the Village's authentic buildings and activities. Being so close to the St. Lawrence River affords some stunning views from the waterfront trail that spans the city's waterfront. Spend the day cycling or walking along the trail that runs through [Lamoureux Park](#). Cornwall's portion of the trail is a dedicated off-road, multi-use trail that spans the waterfront through the entire city. Stop for a picnic in the park and marvel at the stunning views of the Cornwall Canal and the St. Lawrence River along the way.



## Summer

A handful of beaches in Cornwall and the Counties make summer memorable! Pack up and head for the warmth of a day in the sun and surf, be sure to bring your camera too as the views are as delightful as feeling the sand between your toes. Some beaches even have adjacent playgrounds or picnic areas like [Farran Park Beach](#) in Ingleside.

World famous highlands dancing competitions, caber toss and North America's largest performance of massed pipe bands all combine at the [Glengarry Highland Games](#) annually for the largest gathering of its kind outside of Scotland. This event draws in thousands of visitors at the beginning of August each year from all parts of the earth to take part in piping and dancing competitions.





## Fall

Pumpkinferno is one of the most anticipated festivals of the year in South Eastern Ontario! Held at Upper Canada Village, this hauntingly beautiful and spellbinding outdoor exhibit showcases close to 6,000 awe-inspiring, hand-carved artificial pumpkins. Once lit, the night-time backdrop makes for an incredible sight! Pumpkinferno is the most inspiring and memorable event you can experience during the fall.



## Winter

Switch out your sneakers for some snowshoes, or trade-in your bike for some skis and hit the trail at the Summerstown Trails located in the Township of South Glengarry. With roughly 20 kilometres of beautiful snowy trails individually crafted for cross-country skiing and another 9 kilometres groomed for the perfect snowshoeing experience, any age can participate and fall in love with the stunning winter wonderland.

Upper Canada Village's Alight at Night festival is one of the largest outdoor light festivals in all of South Eastern Ontario. You will truly feel like you have walked into a winter wonderland, with wagon rides, Christmas carols and gingerbread houses galore.

## Did You Know That...

### **The birthplace of the Macintosh Apple was in SDG Counties in South Eastern Ontario?**

John McIntosh discovered the original McIntosh sapling on his Dundela farm in Upper Canada in 1811. He and his wife cultivated it, and the family started grafting the tree and selling the fruit in 1835.



# Explore South Eastern Ontario

## Wellness and Adventure

Take some much-needed time to relax, recharge, or reconnect with your sense of adventure in one of our many communities across the region. An hour of hot yoga, a day at the pumpkin patch, a paddle along the Rideau Canal – whatever your heart desires, we’ve got your stops all planned out.

## Food and Drink

Great artisanal foods and master chefs are peppered among the award-winning wineries of Prince Edward County. This edgy young region on the shore of Lake Ontario offers a compelling alternative to Niagara wine tours. Stop for a tasting or tour and stay for dinner. Microbreweries and cideries are emerging across our region, and the local food movement is in full swing in South Eastern Ontario. Artisanal producers are making things by hand in small batches, showcasing the best flavours and quality ingredients this region has to offer. Purchase fresh produce, meat and eggs directly from farms, and look for locally produced ingredients on restaurant menus.

## Vintage Design and Architecture

Discover history around every corner in our charming quaint towns. Admire beautiful architecture steeped in heritage, or find that hidden gem you didn’t know you needed in a modern vintage shop. Experience a blast from the past in South Eastern Ontario – we’ll show you how.

## Golf

South Eastern Ontario is lucky enough to be the home of some of the best courses in all of Canada. From the Upper Canada Golf Course just outside of Morrisburg to Wellington on the Lake Golf in Prince Edward County, South Eastern Ontario has over a dozen spectacular courses for you to play. Once you step onto the greens, you’ll see why this area has a reputation for being a premier golf destination.





## Theatre

Live performance is part of South Eastern Ontario's playbill. Prince Edward County is the place to mix a taste for fine local wines and cheeses with performances at Picton and Belleville theatres. The Picton-based Festival Players perform a full summer season of great Canadian plays at outdoor venues like the Rosehall Run Vineyards. Brockville theatre combines history and heritage with entertainment for modern audiences. Dating back to 1858, the 700 seat Brockville Arts Centre is one of the most venerable theatres in Canada. Theatre in Kingston offers four seasons of unforgettable live entertainment. Upriver in Gananoque, the Thousand Islands Playhouse brings professional summer theatre to life and is a destination in and of itself.

## Cycling

The air and waters of South Eastern Ontario are clear. The summer sun is gentle, and the outdoors invites cycling from hours to days. The rolling countryside here makes cycling accessible for every skill level. Criss-crossed by well-defined routes, it's easy to go at your own pace or keep up with one of the many organized bike tours that connect area attractions. Thousands of miles of country roads and dedicated bike trails make exploration expansive and easy. From Kingston, hit the K&P Trail and bike north to Harrowsmith — keep heading north on the K&P, or turn and take the Cataraqui Trail — both routes thread silently through nature's best. The Waterfront Trail offers 90 kilometres of uninterrupted cycling along a scenic route on the shore of the St. Lawrence River. Running right through the heart of colonial Cornwall and neighbouring towns, Adventure Cyclist magazine calls it "one of the best cycling tour routes in Canada."

## Heritage and History

Morrisburg's Upper Canada Village is a living, working, colonial town where 1860s pioneer life in Upper Canada comes alive. Make your way up river to Brockville and discover Canada's First Railway Tunnel. Continue to Rockport and enjoy an important steamboat building, transportation and cord wood refueling centre. Brockville, Rockport and Gananoque are three perfect locations to experience a 1000 Islands cruise — one of South Eastern Ontario's "Canadian Signature Experiences". From Gananoque, head east to Kingston, Canada's first Capital City, and tour Fort Henry and the Kingston Fortifications. Travel north up the Rideau Canal, through many lockstations and stop to tour the grounds at Jones Falls where you can talk with a Parks Canada blacksmith, tour his blacksmith shop as well as a defensible Lockmaster's House and visit the Stone Arch Dam. In Frontenac, cycle the historic K&P Trail and visit Trousdale's, Canada's Oldest General Store.





# Fun Facts About the 1000 Islands

## Not Just 1000 Islands:

In fact, there are actually 1,864 islands that make up this region. Some are small rocky shores, while others are very large.

## Define Island:

To be considered an actual island in the 1000 Islands a piece of land must stay above water throughout the year and support a living tree.

## Ahoy, landlubbers:

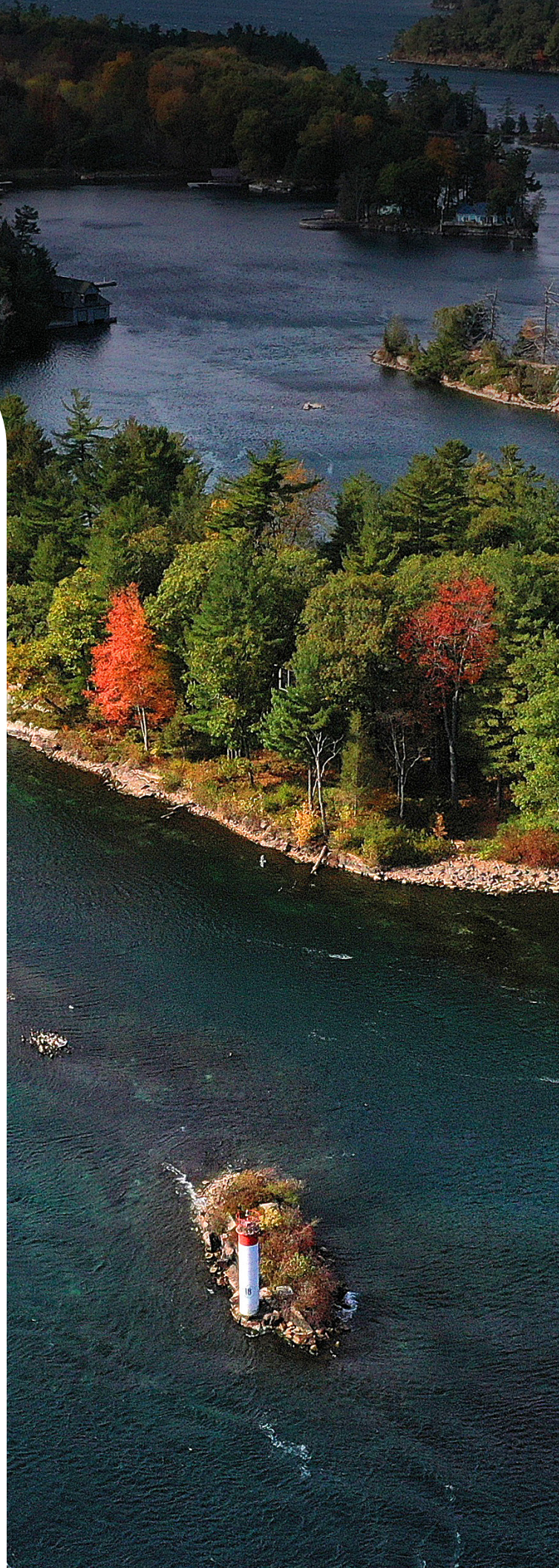
The majestic St. Lawrence River once had real pirates traversing its waters! One of those fabled pirates is Bill Johnston, who plundered and torched the British steamer Sir Robert Peel on the St. Lawrence in 1838 after looting its valuables and removing its passengers to shore.

## Treasure hunters take note:

Tales of buried gold and jewels are rich in the 1000 Islands. Dozens of islands reportedly have barrels of silver or sacks of gold hiding beneath the soil, originating from raids in the 1800s, shipwrecks and treacherous behaviour.

## Bridging history:

There is a structure in the 1000 Islands that spans the history of two countries! President Franklin D. Roosevelt and Prime Minister Mackenzie King were on hand on August 18, 1938, to dedicate and officially open the Thousand Island Bridge and celebrate this achievement along the international border.





## Smuggler's paradise:

Smuggling has an infamous history in the 1000 Islands. With all the nooks and crannies among rocks and caves it's no wonder smugglers successfully ran everything from animals to alcohol to gold across the river! One such cove starts near Virgin Island and ends at Smuggler's Cove. The cave was known as a depot rumoured to house prohibition-era alcohol, pirate loot and other treasure.

## Underwater island intrigue:

The 1000 Islands is a haven for fresh water scuba diving enthusiasts, as the riverbed is home to the silent skeletons of shipwrecks. Local scuba diving companies explore these sunken ships for an up close and personal journey into a memorable underwater realm that few get to experience.

## Angler's paradise:

The 1000 Islands on the St. Lawrence River is famous as a playground for fishing enthusiasts. Ever since the area was settled; anglers, guides, visitors and locals have fished the waters, enjoyed legendary shore breakfasts made from their catch and told a few tall tales along the way. The region has recently seen celebrities like up-and-coming angler Ashley Rae, Canadian fishing icon Big Jim McLaughlin and even Bob Izumi casting their lines into the waters surrounding the islands!

## Famous faces:

For more than 100 years, the 1000 Islands has been a playground for the rich and famous. Of course, most people are familiar with Boldt Castle and Singer Castle, but there is also a long list of celebrities who frequented summer homes to get lost among the islands. Prime ministers and presidents; the Kellogg family; the Wrigley family; editor of Scribner's magazine; the head of the Singer Sewing Machine Company; the head of Macy's Department store in New York City; famous Canadian musicians; internationally renowned authors and playwrights; NHL players; political celebrities like the Trudeaus; and even poet John McCrae of In Flanders fields fame are all rumoured to have spent time in the 1000 Islands.







### **One of the Best Places to See the Northern Lights in Canada**

The Weather Network

[Read Full Article](#)



### **Canada's 5 Most Beautiful Islands**

Hello Vancity

[Read Full Article](#)



### **Celebrating North America's Greatest Fisheries**

FishingBooker

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### **The 20 Absolute Best Beaches In Canada**

Chatelaine

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### **1000 Islands featured as part of Emmy-nominated travel documentary**

1000islandstourism.com

[Read Full Article](#)



### **Readers pick: Seven great places for retirement**

The Globe and Mail

[Read Full Article](#)





# Awards and Recognition

2022

**2022: Regional Tourism Organization 9**

## **TIAO Ontario Resiliency Awards - Rail + Roam Campaign**

The Rail + Roam campaign was conceived in summer 2021 as a partnership campaign intended to drive interest in winter getaway travel to South Eastern Ontario city destinations; Cornwall, Brockville, Kingston, and Belleville. The campaign received recognition at the 2022 TIAO Resiliency Awards in the Collaboration category for Transportation, Regional Tourism Organization, and Accommodation.



2019

**2019: Kingston Accommodation Partners**

## **Tourism Marketing Campaign Award Under \$50,000 - Meet the Makers**

Kingston's Meet the Makers Series was created to connect hotel guests to the area's local makers. The Maker's Guide to Kingston and the Makers Studio Map were distributed at the time of check-in at all hotels in Kingston during the summer of 2018, and by the makers themselves at out-of-market craft markets and trade shows.



**2019: Kingston Accommodation Partners**

## **Tourism Digital Marketing Award - 25 Things Campaign**

Shining a light on Kingston's artistic and cultural communities, the 25 Things Campaign showcased an expansive variety of events across sectors including music, culture, performing arts, festivals, exhibitions and sports. From listicles, video, paid search and digital ad units, the "constant evolution" of Kingston showcased the dynamic nature of Kingston's monthly event calendars.



2018

### **Gord Brown Gets Tourism Award**

The late Gord Brown, former MP for the Riding of Leeds-Grenville-Thousand Islands-Rideau Lakes was also a strong voice in parliament for the Ontario tourism and hospitality sector. He was instrumental in bringing millions of dollars in funding to tourism products in his riding through his collaboration with the 1000 Islands Community Development Corporation and others. His influence was undeniable and his effect immeasurable, as witnessed by so many federal investments in support of such entities as the 1000 Islands Boat Museum, Port of Johnstown, Fort Wellington, Rideau Canal Locks, Brockville Aquatarium, Brockville Tunnel, Thousand Islands Playhouse, Skywood, Rockport Customs House, Brockville Airport, Mallory Coach House, and the list goes on and on and on. Gord passed away in May, leaving behind his wife Claudine, sons Tristan and Chance, sister Janice and brother Jeff.



### **Bay of Quinte Regional Marketing Board – Bay of Quinte Discovery Guide**

The fourth edition of the Bay of Quinte Discovery Guide was an attempt at breaking the mold of the typical regional guide. The Bay of Quinte Regional Marketing Board wanted to create something that people would not only be excited to pick up, but that they wouldn't toss after the first read. The organization doubled down on design and used playful and energetic illustration as a driver. They also wanted it to be real, so local writers and photographers were hired to tell the story of their own region. The custom illustrations have inspired a new brand identity for Bay of Quinte.



### **Kingston Accommodation Partners – Fresh Made Daily Digital Campaign**

Working closely with Kingston's culinary community, the Fresh Made Daily digital culinary campaign incorporated elements of editorial, influencer outreach, video and interactive digital ad units to showcase the authentic, creative side of Kingston's thriving food scene while telling a deliciously immersive story and creating compelling reasons for visitors to try a taste of Kingston. From musicians to artists to jewelry makers, the Maker's Guide to Kingston is the road map for how to meet and explore Kingston like locals do.



### **St. Lawrence Parks Commission**

The St. Lawrence Parks Commission has been investing in accessibility improvements at its historic sites, parks and recreational facilities consistently for many years. About \$175,000 has been invested in the past three years alone in specific accessibility improvement initiatives, with greater focus placed on improving visitor experience and on-site engagement. For example, virtual tours via iPad have been implemented at historic sites where installation of lifts to get to upper floors is not possible. The St. Lawrence Parks Commission also offers specialized tours for guests with a wide range of disabilities, including special event accessibility nights that cater specifically to special needs communities.





2017

## George Fischer

George Fischer is one of Canada's most renowned and prolific landscape photographers. He has produced over 55 photo books from around the globe and Canada-but one of his most beloved areas of Canada is the 1000 Islands region of Ontario, where he can be most often found dangling precariously outside a helicopter, trying to capture another breathtaking image. Whether on land, water or air, George's romance with the 1000 Islands has produced countless images that have appeared in international magazines and the promotional publications of tourism agencies around the world.



## Kingston Accommodation Partners

The "Makers of Kingston" digital campaign included content marketing, database marketing, paid advertising and social outreach. Centred around stories featuring local tattoo artists, chefs, artisans, entrepreneurs and designers, content included development of video and editorial to tell a more immersive story, and had a consistent call to action to learn more about Kingston as a destination at [visitkingston.ca](http://visitkingston.ca).





# South Eastern Ontario YouTube Videos

**Cherish Fall in South  
Eastern Ontario**



**Embrace Winter in South  
Eastern Ontario**



**Everything's Better on the Water  
(OnRoute) Cruising Video**



**Flavours of South  
Eastern Ontario**



**Cycling in South  
Eastern Ontario**



**Golfing in South  
Eastern Ontario**



**On the Water in South  
Eastern Ontario**



**Rideau Canal World  
Heritage Site**



# Where Am I? Videos

**Rideau Canal**



**Gananoque 1000 Islands**



**Bay of Quinte**



**Kingston**



**Brockville**



**Frontenac County / Lennox &  
Addington (Land O' Lakes)**



**Cornwall and SDG Counties**



**Prince Edward County**





# Find your adventure, in South Eastern Ontario







## About RTO 9

RTO 9 is a regional tourism organization established in 2010 that is funded by the Ontario Ministry of Heritage, Sport, Tourism and Culture Industries. RTO 9 actively promotes tourism for the South Eastern Ontario region and works to support and grow the tourism industry through marketing, product development, investment attraction, and workforce development initiatives. The regions of South Eastern Ontario are 1000 Islands Gananoque, Bay of Quinte, Brockville, Cornwall and Stormont, Dundas & Glengarry Counties, Frontenac County, Kingston, Lennox & Addington, Prince Edward County and the Rideau Canal.

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## Media Contact

To arrange an interview with Bonnie Ruddock, Executive Director of Region 9 Regional Tourism Organization (South Eastern Ontario), for more information or to request high-res images, please contact:

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