

SERVICE	ADDRESS	PHONE	WEBSITE	OTHER INFORMATION
HOSPITALS & WALK-IN CLINICS				
Hotel Dieu Hospital & Urgent Care Centre	166 Brock St.	613-544-3310 or 1-855-544-3400	www.hoteldieu.com	
Maple Family Health Team & After Hours Clinic	1036 Princess St. (in Kingston Shopping Centre)	613-531-5888	www.maplefht.com	
Kingston General Hospital (KGH) Emergency	76 Stuart St.	613-548-3232	www.kgh.on.ca	
Bayridge After-Hours Medical Clinic	775 Strand Blvd.	613-546-5506	www.bayridgemedicalclinic.com	
GETTING AROUND KINGSTON - TRANSPORTATION				
TAXI SERVICES IN KINGSTON				
Modern City Taxi		613-546-2222	www.moderncitytaxi.ca	
Ameys Taxi		613-546-1111	www.ameystaxi.com	
City Taxi (wheelchair taxi)		613-542-3333		
BUS SERVICES IN KINGSTON				
Google "Kingston Transit Trip Planner"	Insert current address and destination	613-546-0000		Single ride - Adult \$3; Day pass -Adult \$8
SHOPPING MALLS IN KINGSTON				
Cataraqui Town Mall	945 Gardiners Road (at Princess St.)	613-389-7900	www.cataraquicentre.com	
RioCan Centre	616 Gardiners Road (at Taylor-Kidd Blvd.)	613-544-9134		
Kingston Shopping Centre	(Corner of Bath Rd. and Princess St.)			
Frontenac Mall	1300 Bath Rd.	613-544-9133	www.frontenacmall.com	
Kings Crossing Fashion Outlet Mall	95 Dalton Avenue	1-888-768-5227		
RESTAURANTS & COFFEE SHOPS				
JM's Restaurant & Lounge (in the Ambassador Hotel)	1550 Princess St.	1-800-267-7800	www.ambassadorhotel.com	
Bistro Stefan	1217 Princess St.	613-549-2211	www.bistrostefan.com	
Olivea	39 Brock St.	613-547-5483	www.olivea.ca	
The Yellow Deli	647 Princess St.	613-546-8384	www.yellowdeli.com	
Flavours of India	461 Princess St.	613-536-3939	www.flavoursofindiakingston.ca	
Tim Hortons	2260 Princess St.	613-531-3304		
Tim Hortons	640 Dalton Ave.	613-507-5509		
Smitty's Family Restaurant	2376 Princess St.	613-549-5212	https://smittys.ca	
Woodenheads Gourmet Pizza	197 Ontario St.	613-549-1812	www.woodenheads.com	
Greco's Grill and Wine Bar	167 Princess St.	613-542-2229	www.grecos.ca	
The Grizzly Grill	395 Princess St.	613-544-7566	www.thegrizzlygrill.ca	
The Small Batch Café & Eatery	282 Princess St.	613-767-0996		
coffeeco Kingston Centre	322 King St. E.	613-542-7994		
David's Tea	225 Princess St.	613-549-2727	www.davidstea.com	
Montana's BBQ and Bar	1090 Division St.	613-544-7481	www.montanas.ca	
Montana's BBQ and Bar	630 Gardiners Road	613-384-9188		
Captain George's Fish & Chips	739 Gardiners Road	613-634-7770		

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GROCERY & CONVENIENCE STORES				
FreshCo	2327 Princess St.	613-542-5719	www.freshco.com	
Loblaws	1100 Princess St.	613-530-3861	www.loblaws.ca	
Metro	775 Bayridge Dr.	613-384-8800	www.metro.ca	
Food Basics	1225 Princess St.	613-544-8202	www.foodbasics.ca	
Farm Boy	940 Futures Gate	613-547-2173	www.farmboy.ca	
M&M Food Market	795 Gardiner's Rd.	613-384-6892	www.mmfoodmarket.com	
Parkway Grocery (across from Ambassador Hotel)	1469 Princess St.	613-531-6550		
ESSO (Convenience Store & Gas Bar)	1465 Princess St.	613-542-0474	www.esso.ca	
Macs Milk Convenience	2814 Princess St.	613-389-6842		
BANKS AND ATM's				
ATM (located in Ambassador Hotel)	1550 Princess St.	613-548-3605	www.ambassadorhotel.com	
TD Canada Trust- Bank & ATM	1062 Princess St.	613-546-2666	www.tdcanadatrust.ca	
CIBC - Bank & ATM	117 Bath Rd.	613-544-4320	www.locations.cibc.com	
BMO Bank of Montreal - Bank & ATM	42 Bath Rd.	613-545-3037	www.branches.bmo.com	
RBC - Bank & ATM	832 Princess St.	613-546-3628	www.maps.rbcroyalbank.com	
CIBC -ATM	2236 Princess St.	1-800-465-2422		
BMO Bank of Montreal - Bank & ATM	945 Gardiners Rd. (in Cataraqi Centre)	613-584-3276	www.branches.bmo.com	
National Bank - Bank & ATM	2628 Princess St.	613-542-7200	www.locator.nbc.ca	
Scotiabank - Bank & ATM	660 Gardiners Rd. (located in RioCan Ctr.)	613-389-6620	www.scotiabank.com	
President's Choice Financial - ATM	1100 Princess St.	1-888-723-8881	www.pcfincial.ca	
PHARMACIES				
Shoppers Drug Mart	136 Princess St.	613-544-5430	www.shoppersdrugmart.ca	
Shoppers Drug Mart	767 Bayridge Drive	613-384-7477		
Shoppers Drug Mart	1011 Princess St. (in KingstonCentre)	613-531-5373		
Shppers Simple Pharmacy	797 Princess St.	613-544-2500		
Loblaw Pharmacy	1048 Midland Ave.	613-389-4119	www.loblaws.ca/pharmacy	
Rexall Pharma Plus	1036 Princess St.	613-542-1211	www.rexall.ca	
IDA Quarry Medical Pharmacy	100 Princess St.	613-530-2666	www.quarrymedicalpharmacy.com	
GARDEN CENTRES				
Potter's Nurseries	690 Golden Mile Rd., Kingston	613-389-3333	www.pottersnurseries.com	Open every day
Sun Harvest Greenhouses	2542 Perth Rd., Glenburnie	613-546-6541	www.sunharvest.ca	Open every day
Simple Country Pleasures	5861 County Road 9, Napanee	613-354-4488	www.simplecountrypleasures.ca	Open every day
Burt's Greenhouses	539 Maple Rd., Odessa	613-386-3426	www.burtsgh.com	Open every day
Silverbrooke Garden Centre	3071 Rutlege Rd., Sydenham	613-376-7632	www.silverbrookegardencentre.com	Open every day
Riley's Garden Centre	2129 Bath Rd., Kingston	613-389-0630	www.rileys.ca	Open every day
Made in the Shade Perennials	3626 Hwy. 2 (Cty. Rd. 2), Gananoque	613-382-8251	www.mitsperennials.com	Open every day
GAS STATIONS				
ESSO (Convenience Store & Gas Bar)	1465 Princess St.	613-542-0474	www.esso.ca	

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PetroCanada	2444 Princess St.	613-547-3838	www.petro-canada.ca	
Pioneer Energy	2236 Princess St.	613-542-6492	www.pioneer.ca	
POINTS OF INTEREST IN KINGSTON				
Fort Henry	1 Fort Henry Drive, Kingston	1-800-437-2233; 613-542-7388	getaway@parks.on.ca	9:30 A.M. to 5:00 P.M.
Kingston Penitentiary Tours	560 King St. West, Kingston	1-800-437-2233; 613-542-7388	www.penitentiarymuseum.ca ; www.kingstonpentours.ca	
Bellevue House	555 King St. West, Kingston	613-530-3122	www.Belleview.House@pc.gc.ca	10:00 A.M. to 5:00 P.M.
Murney Tower	1421 King St. West, Kingston	613-507-5181		10:00 A.M. to 5:00 P.M.
Correctional Service of Canada Museum	555 King St. West, Kingston	613-530-3122	info@penitentiarymuseum.ca	10:00 A.M. to 5:00 P.M.
Kingston Trolley Tours	1 Brock St., Kingston (across from City Hall)	613-549-5544	info@ktic.ca	First tour departs at 9:30 A.M.
Kingston 1000 Island Cruises	248 Ontario St., Kingston	613-549-5544	www.1000islandscruises.ca	Opens at 9:00 A.M.
Haunted Walks of Kingston	200 Ontario St.	613-549-6366	www.hauntedwalk.com	