



For Sale & Lease

207 Princess St, Kingston, ON

Downtown Commercial Opportunity

Rockwell Commercial
Real Estate, Brokerage
78 Brock St. Kingston, ON K7L 1R9
www.rockwellcre.com





Zoning & Permitted Uses

DT2 zoning allows for a broad range of uses including but not limited to the following:

- Community centre
- Department store
- Entertainment establishment
- Financial institution
- Fitness centre
- Grocery store
- Hotel
- Laboratory
- Office
- Public market
- Personal service shop
- Recreation facility
- Restaurant
- Retail store
- Training facility
- Wellness clinic

The Offering

Rockwell Commercial Real Estate, Brokerage is pleased to present 207 Princess Street, a prominent multi-level streetfront commercial property located along Downtown Kingston's primary retail corridor. The offering provides flexibility for retail, restaurant, medical, fitness, service, and office users, as well as investors and owner-users seeking a core downtown asset with long-term upside.

With significant residential intensification underway, including The Crown Condominiums and Homestead's Madeleine developments, the surrounding area is experiencing increasing pedestrian volumes, daytime population growth, and strengthened demand for centrally located commercial space.

100

Walker's Paradise

Daily errands do not require a car

59

Good Transit

Many nearby transportation options

78

Very Bikable

Biking is Convenient for most trips

At a Glance

- ±14,585 sf of prime streetfront space over two levels, plus ±3,100 sf basement
- ±107' ft of frontage along Princess Street, Kingston's main retail corridor
- Offered For Sale at \$3,500,000 and For Lease at \$19.50 psf (net)
- Prominent location amid major residential intensification and strong pedestrian traffic
- Steps from national retailers, restaurants, transit, and municipal parking facilities



Lease Opportunity Details

Rentable Space	± 14,585 sf over two floors, plus bonus basement storage and office space (± 3,100 sf)
Base Rent	\$19.50 psf
Additional Rent	\$10.00 psf (est. 2026)
Street Frontage	107.05' ft along Princess Street
Occupancy	Immediate

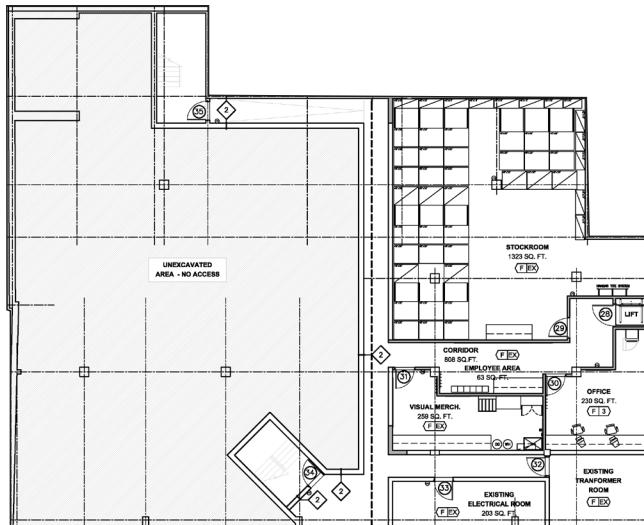


Sale Opportunity Details

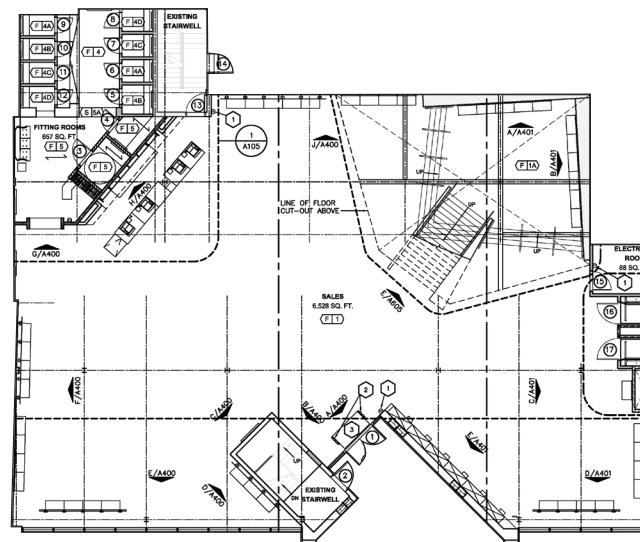
Building Size	± 14,585 sf over two floors, plus ± 3,100 sf basement, totaling ± 17,685
Asking Price	\$3,500,000.00
Building Construction	<ul style="list-style-type: none">• Completely reconstructed in 2008-2009• Tar + gravel roof (2008)• Sprinkler system• Finished concrete floors• 5 rooftop gas-fired HVAC units• Concrete block + precast construction• Steel frame• Poured concrete foundation• 600 Amp, 3 phase, 120/208V• Passenger lifts (Garaventra Genesis)
Lot Size	± 0.223 acres
Official Plan Designation	Central Business District (CDB)
PIN	360490187
Legal Description	PT LT 307 ORIGINAL SURVEY KINGSTON CITY; PT LT 308 ORIGINAL SURVEY KINGSTON CITY AS IN FR257978; S/T & T/W FR257978; KINGSTON ; THE COUNTY OF FRONTENAC
Realty Taxes	\$118,246.00 (2025 Final)
Parking	None
Occupancy	Vacant

Floor Plans

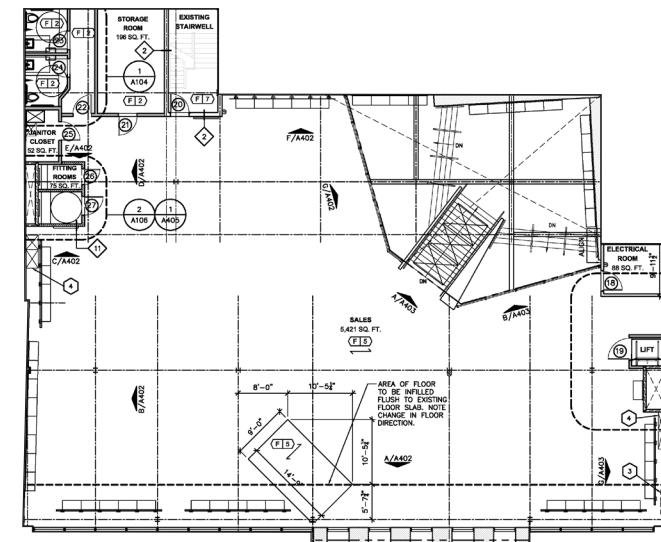
Basement Floor



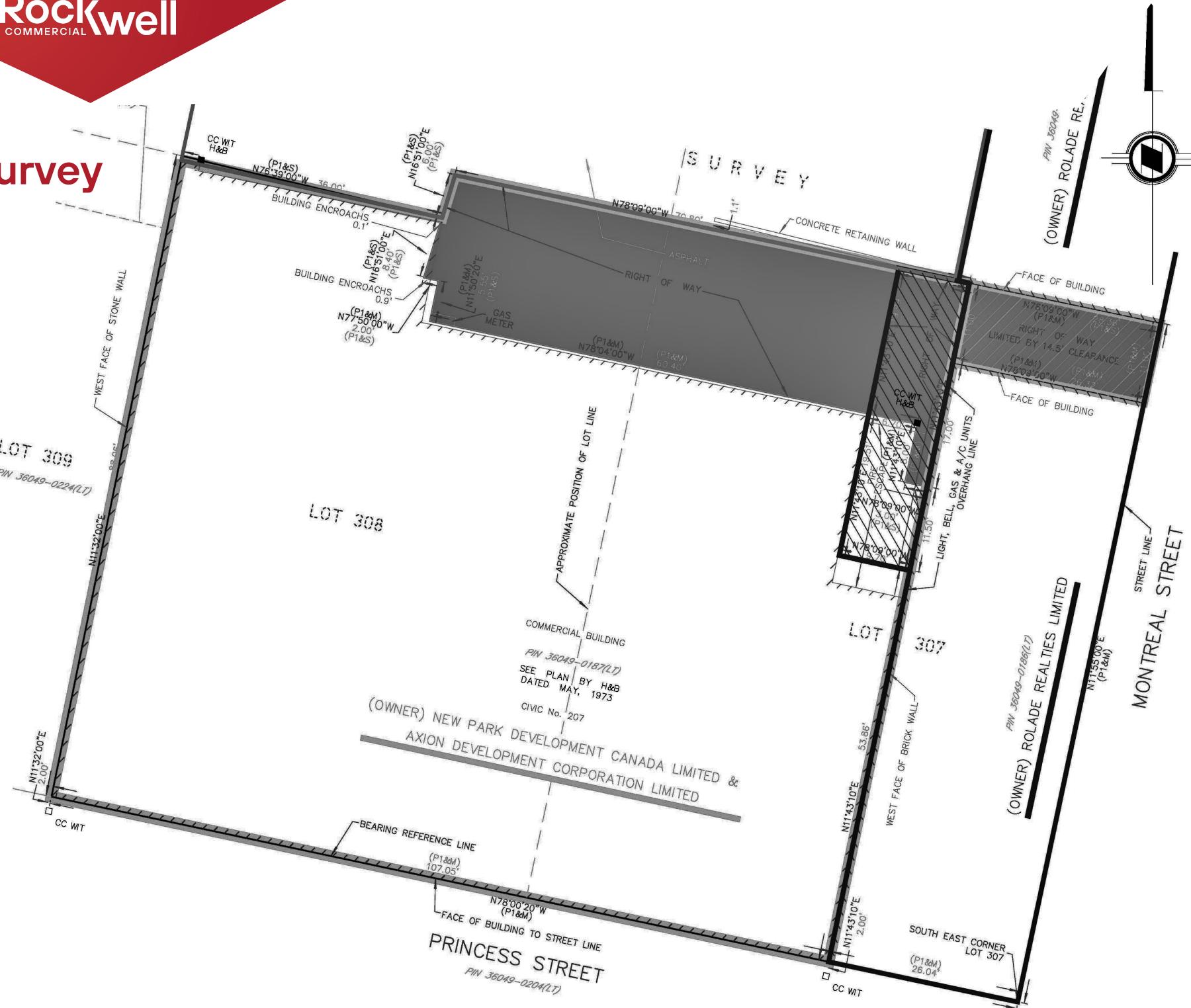
Ground Floor



Second Floor



Survey





Growth & Development

Significant residential intensification is underway in the immediate downtown core, continuing to drive population growth and pedestrian activity.

Homestead's 23-storey Madeleine development at 18 Queen Street is nearing completion and will deliver 153 residential apartments, over ±30,000 SF of fully occupied office space, and ground-floor commercial uses.

Homestead's Phase 2 tower, a 19-storey building, is now under construction and will add a further ±200 residential units with additional street-level retail.

The Crown Condominiums at 223 Princess Street, located on the same block, are now complete, introducing ±182 new condominium units with ground-floor commercial space.

IN8's approved mixed-use tower at 64 Barrack Street will rise 25 storeys and contribute approximately ±344 new residential units to the downtown core, supported by a multi-storey podium and retail at grade.

The proposed 14-storey development at 279 Wellington Street remains planned, comprising ±158 apartment units with five levels of structured parking. Together, these projects will significantly increase residential density and further strengthen demand for downtown retail, service, and commercial space.

Additional mixed-use and high-density residential projects within Kingston's downtown core further reinforce the area's growth trajectory, including the approved 275 Queen Street development (±192 residential units), an application at 259 King Street is slated to add ±85 units, and the proposed Princess & Barrie Street redevelopment, currently anchored by Metro, is planned to deliver ±450 new housing units.

Nearby Parking

Name	No Spots
Barrack Municipal Lot 63 Barrack St	141
Springer Memorial Lot 140 Queen St	61
Byron Lot 169 Queen St	74
Hanson Memorial Garage 105 Brock St	290
Chown Memorial Garage 197 Brock St	425
Ontario Brock Lot 230 Ontario St	115



Great Cataraqui River



Neighbourhood Overview

Retail

1. Becker's Shoes
2. Bulk Barn
3. Circle K
4. Cook's Fine Foods
5. Dollar Tree
6. Dollarama
7. Food Basics
8. Hatley Boutique
9. LCBO
10. Lululemon
11. Metro
12. Roots
13. Runner's Choice
14. Running Room
15. Shoppers Drug Mart
16. Staples
17. Trailhead
18. Wine Rack

Personal Service

1. Dental Care Kingston
2. James Brett Coiffure
3. Quarry Medical Pharmacy

Entertainment

1. "The Hub" Student Entertainment District
2. The Grand Theatre
3. The Screening Room

Food & Beverage

1. Balzac's
2. Freshii
3. Jack Astor's
4. Lone Star
5. McDonald's
6. Milestones
7. Quesada
8. The Keg
9. The Works
10. A&W
11. Chuck's Roadhouse

Demographics within 1.5 KM

Population

15,363

Total Households

8,240

Avg. Household Income

\$78,991

The City of Kingston

Where history & Innovation Thrive

Downtown Kingston sits at the centre of this momentum as a dynamic mixed-use core. The commercial district supports more than 700 national and local retailers, restaurants, and entertainment venues, anchored by cultural and activity hubs such as Market Square, Slush Puppie Place, Queen's University, and the Lake Ontario waterfront. This concentration of uses drives strong year-round pedestrian volumes from residents, students, workers, and visitors alike, reinforcing the area's role as one of the region's most active commercial environments.

Poised for Growth

Kingston, Ontario, is poised for significant growth, driven by an expanding population and rising employment opportunities. The 2021 Statistics Canada Census reports that the city's population has increased by 7.0% since 2016, reaching over 132,000 in 2021. In a recent study, The City of Kingston forecasts, in an endorsed medium growth scenario, that the population will climb by an average annual rate of 1.4%, projecting a population of 197,000 by 2051, reflecting a strong demand for housing. Additionally, Kingston's employment sector is thriving, with key industries like healthcare, education, and technology contributing to job growth. This combination of factors positions Kingston for continued economic and demographic expansion and creates an ideal landscape for development.





Contact Information

Peter Kostogiannis

Broker of Record/President

+1 613 542-2724

peter.kostogiannis@rockwellcre.com

Scott Botting, B.Com

Broker

+1 613 542-2724

scott.botting@rockwellcre.com



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