

True North



Experiences

NORTH BAY

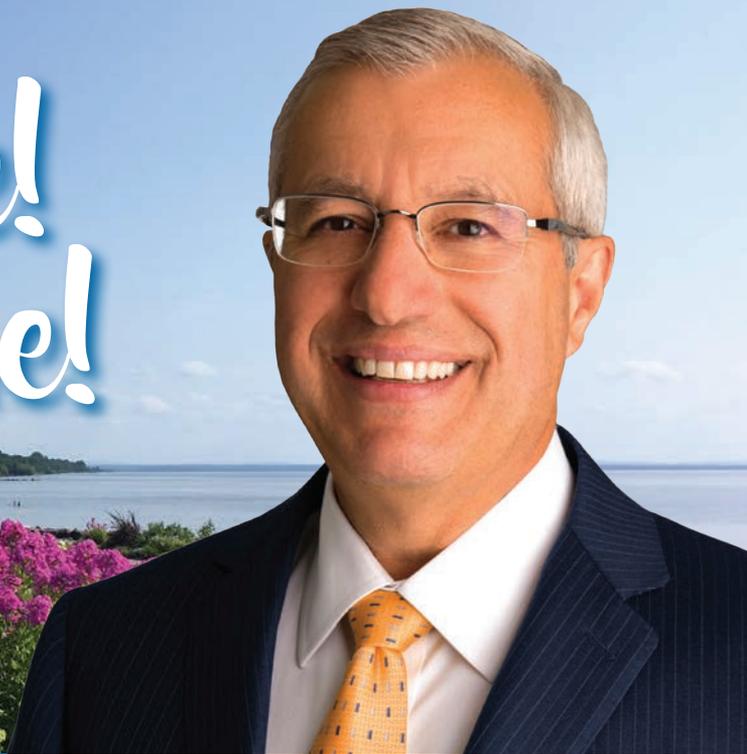
- SINCE 1884 -



GATEWAY OF THE NORTH
CITY OF NORTH BAY

TRULY NORTHERN EXPERIENCES
ARE CLOSER THAN YOU THINK

Welcome! Bienvenue!



fedeli.com

On behalf of the Province of Ontario, I am delighted to extend my warmest welcome to all the visitors to North Bay and surrounding area.

It's my hope you'll have a chance to enjoy our local hospitality and see first-hand some of the wonderful sights and amenities we have to offer.

Au nom de la province de l'Ontario, je suis ravi de souhaiter la bienvenue à tous les visiteurs de North Bay et des environs.

C'est mon espoir que vous aurez une chance de profiter de notre hospitalité locale et de voir pour vous-même quelques-uns des merveilleux sites et services que nous avons à offrir.

Vic Fedeli



**Constituency Office
Bureau de circonscription:**

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My constituency office is open:
Monday to Friday,
9:00 a.m. – 5:00 p.m.

Mon bureau de circonscription est
ouvert du: **lundi au vendredi de**
9h à 17h.

Vic Fedeli
MPP/Député
Nipissing

Chief's Welcome

Aanin / Hello:

On behalf of the Nipissing First Nation Council and community, I would like to extend a warm welcome to our traditional territory.

Lake Nipissing is where our history as the Nipissing (or Nbisiing) people originates. Since time immemorial, we have depended on Lake Nipissing to sustain our way of life and as a source of knowledge. We belong to the lake, and not the other way around.

Historically, the Nipissings were traders due to Lake Nipissing's ideal central location at the junction of the trade routes. Today, Nipissing First Nation is a progressive, culturally strong and self-governing Nation with a diverse economy.

We remain proud stewards of our lands and waters, and hope you enjoy exploring the beautiful surroundings during your stay.

Bi-biingeyok maa Nbisiing / Welcome to Nipissing First Nation.



Chief Scott McLeod



Mayor's Welcome

On behalf of myself, North Bay City Councillors and citizens, I would like to welcome you to the City of North Bay.

It is our hope that you will find our City a beautiful and relaxing place to visit, that you make new friends and memories, and that you enjoy the amenities it has to offer.

We are delighted that you will be spending time in the City of North Bay and, whether it be business or pleasure, we hope that you take some time from your scheduled plans to enjoy the City's pleasant sights and Northern hospitality.

We hope you enjoy your stay and we look forward to having you visit us again soon!

Yours In Hospitality,



Al McDonald
Mayor, City of North Bay



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TOURISM
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TOURISM

NORTH BAY

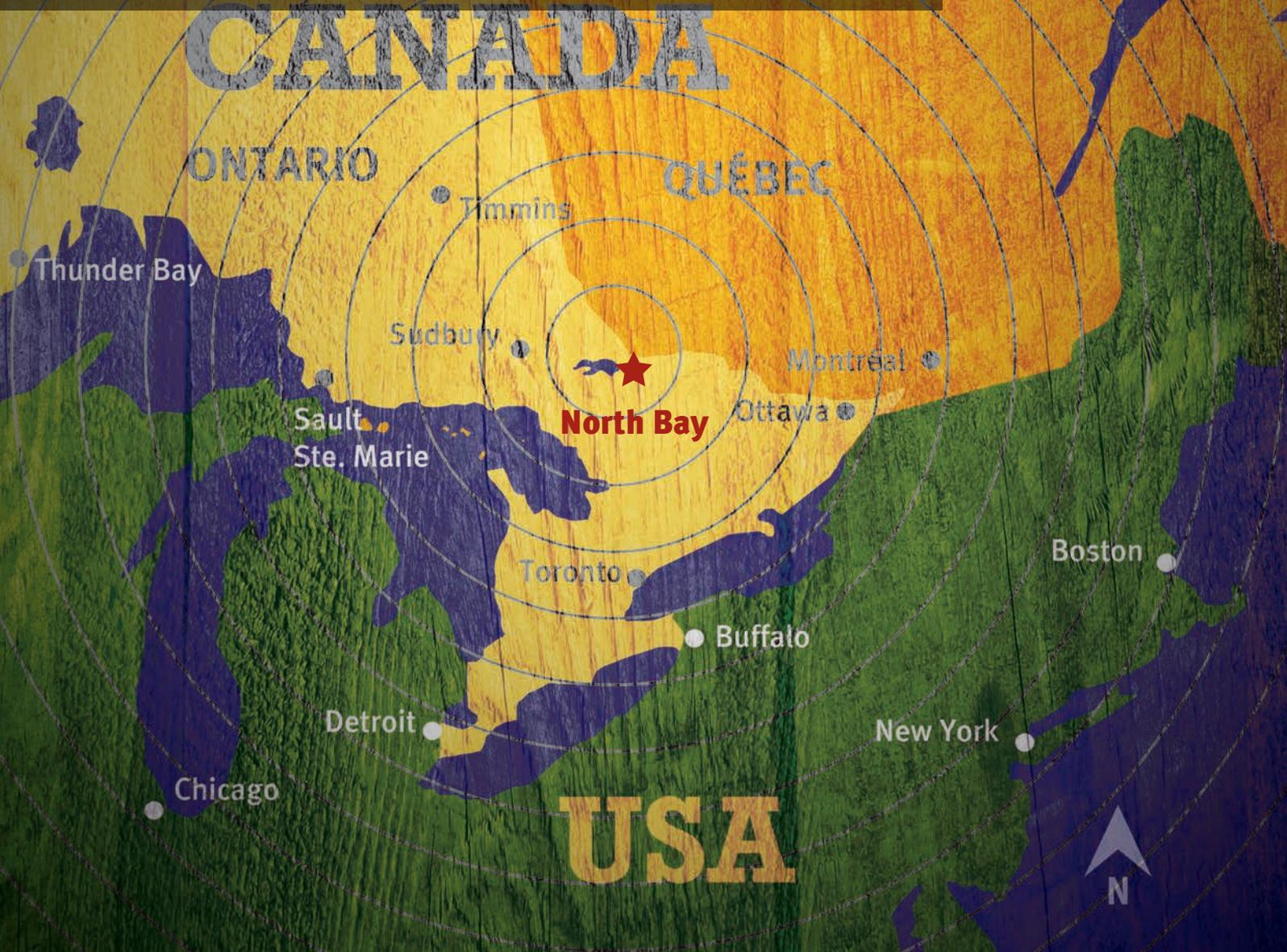
TOURISMNORTHBAY.COM



Where in the world is North Bay?



North Bay, nestled between two of Northeastern Ontario's most stunning lakes and surrounded by forests, is a modern city with its own unique values and features. Located 3.5 hours north of Toronto and 4 hours west of Ottawa, North Bay is surrounded by the beauty of nature, lakes and rivers, and offers something for everyone to experience.



Each ring represents 100 km.

We're CLOSER than you THINK.

Sunset Point on Lake Nipissing

Steps from wilderness and recreation, those who stay here in North Bay enjoy outdoor adventures, lake life and the serenity of nature. Enjoy a hike through one of the many trail systems to take in the fall foliage, or during the winter go for a ride on one of the many snowmobiling trails. If you're visiting in the summer, head down to the waterfront where you can rent canoes, kayaks, and more. North Bay is also home to the most exquisite forest bathing experiences. This is the North Bay reality, numerous people visit here from all over the world.

North Bay is a modern city nestled between two of Northeastern Ontario's most stunning lakes and surrounded by forests.

City	KM	Miles	Est. Driving Time
Toronto	330	200	3.5 hr
Ottawa	365	227	4 hr
London	498	297	5 hr
Montreal	564	348	5.5 hr
Windsor	675	419	8 hr
Sudbury	125	78	1.5 hr
Sault Ste. Marie	434	269	5 hr

Throughout the city, you will find a series of planned and unplanned trails and pathways that can get you where you want to go while experiencing the local culture and nature at its best.

Our beaches are some of the finest you will see. Did you know that North Bay has 43 beach access points? Located on Lake Nipissing and Trout Lake, you can enjoy white sandy beaches. Lifeguards are on duty at Marathon Beach, Birchaven Cove and Olmsted Beach. Don't forget your sunscreen!



Iconic Experiences in the Great Outdoors

Ask anyone in North Bay what they enjoy most about living here and they will likely say something about having wilderness at our doorstep. There's no place so well-suited to embrace and revel in four seasons of unspoiled nature than in North Bay.



1 January

Ice fishing is the perfect way to spend quality time with family and friends. There is nothing better than sitting in anticipation waiting for your next catch whilst drinking hot chocolate with the ones you love. North Bay is home to one of Ontario's most beautiful lakes. When you drop your line in Lake Nipissing the odds are good that you'll catch some of your favourite fish such as Northern Pike, Muskie, Smallmouth Bass, Walleye and more. Come and explore the many local fishing supply stores and ice hut rental options available to meet your ice fishing needs.



2 February

Snowmobiling is a local favourite in North Bay! The North Bay region is located in the epicentre of 3400 kilometres of groomed ecstasy and is the perfect starting point for all your fun. Incredibly well-marked trails lead to a variety of exciting opportunities. Our winter heaven has an abundance of accommodation and lodging choices. The city is home to multiple trail systems perfect for all snowmobiles. These trails connect to some of the most beautiful landscapes in Ontario. There are plenty of trailer parking areas near the local trails for your convenience.



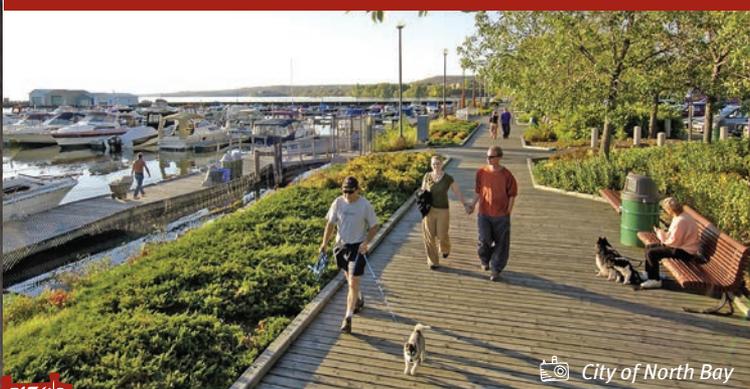
3 March

What better way to learn about our history than by visiting North Bay's Canadian Forces Museum of Aerospace Defence? This museum features exhibits showcasing Canada's historical contributions to air defence dating back to the First World War, Second World War, Cold War and Post-Cold War eras.



4 April

Nothing is as iconic as Canadian maple syrup, and the North Bay region is home to classic maple syrup producers. Explore the bush by hay wagon, see the tree taps and watch as wood-fired vats are used to boil sap to syrup. Pour it onto fresh spring snow to make toffee and don't forget to buy some of the liquid gold to take home. You can even attend a local festival for freshly-flipped pancakes and newly-produced maple syrup or to try other maple syrup inspired delights—like maple bacon!



City of North Bay

16/7/03
5 May

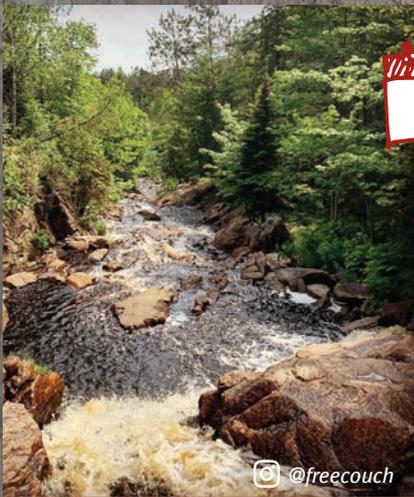
When people in North Bay want to show off their city, they usually start with the magnificent waterfront. This area has become the flagship attraction of North Bay and rightly so! As each summer unfolds, people converge on the waterfront area for a wide variety of purposes, including swimming, boating, kayaking, fishing and rollerblading, or just plain relaxing while watching a beautiful Lake Nipissing sunset.



City of North Bay

16/7/03
6 June

The North Bay area is home to several golf courses and each one offers unique golf experiences. Whether you are looking for a 9 or 18-hole course, there are incredible opportunities for golfing enthusiasts, of all skill levels to tee up some fun, relax and enjoy a round.



@freecouch

16/7/03
7 July

Duchesnay Falls Trail is an amazing attraction that lures new adventurers to North Bay every year. This trail, located near the Canadore College and Nipissing University campuses, is a loop of approximately 11.6 kilometres starting as a series of low, picturesque cascades on the river. The river soon breaks into two main channels, each tumbling over several different precipices. The west channel carries well over half of the river's discharge and has two main waterfalls. The lower falls on the west branch are the largest of all at Duchesnay—a chute that falls roughly 8 to 10 metres and is close to the same width at its base.

Join us for a live performance or movie during your visit to North Bay!

capitolcentre.org 150 Main Street East North Bay, ON PIB1A8 705-474-4747



8 August

There is no better way to complete your summer than by relaxing on Lake Nipissing with friends and family. Lake Nipissing is one of the largest lakes in the province and is a world-class freshwater fishery — anglers have been journeying here for decades to test their skill. It has also developed into a popular boating destination. From the wide-open spaces of the main lake to the small inlets and bays at the mouth of the French River, this lake offers something for every boater.



Destination Ontario



@gayberog



9 September

Come take a stroll down the Kate Pace Way! This 12-kilometre pathway, named in honour of Olympic skier and ‘hometown daughter’ Kate Pace, is a multi-use trail winding through a variety of environments, including: sections surrounded by trees, streams and nature; municipal parks; roadways, and residential areas; as well as North Bay’s beautiful waterfront. Along the waterfront, walkers and runners may choose to take the interlocking-stone sidewalk which curves through seasonal gardens and along beautiful Lake Nipissing, while bikers and bladders continue along the paved pathway. The pathway runs parallel to Lakeshore Drive where you can take a short detour to enjoy lunch or dinner at one of many restaurants.



City of North Bay



10 October

Hike through the Laurier Woods Trails for a beautiful nature-filled experience! Laurier Woods encompasses a provincially significant wetland, rocky outcrops and upland forest, and it is a sanctuary to a broad range of wetland and woodland creatures, including migrating birds. A 10+ kilometre trail network spans the woods offering excellent opportunities for hiking and wildlife viewing. Stop at the dipping platform on the lower pond to catch a glimpse of the wetland birds and aquatic life, or have a seat at the Haist Lookout for a birds’ eye view. Download the **“Forest Talk Radio”** app today from all participating app stores and enjoy a guided hike.



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1308 ALGONQUIN



Laure Larocque



November

Get ready for winter! The North Bay Nordic Ski Club offers an incredible interactive experience comprised of some of North Bay’s most beautiful nature trails. The North Bay Nordic Ski Club includes well-groomed trails ready to accommodate any level of skill. If you are looking for a challenge, or just looking for an easy course, the North Bay Nordic Ski Club has something for you.



December

Seeking a little adventure? Laurentian Ski Hill is a 300-foot vertical right here in North Bay. This ski hill features well-groomed runs perfect for people of all skill levels. Whether you are a beginner or a master of the slopes, Laurentian Ski Hill is ready for you. Equipped with a terrain park with lift, moguls, rentals, beginner area and certified instructors—there is something for everyone! Rental equipment and lessons for first-timers are available.



@threekidsinthewoods

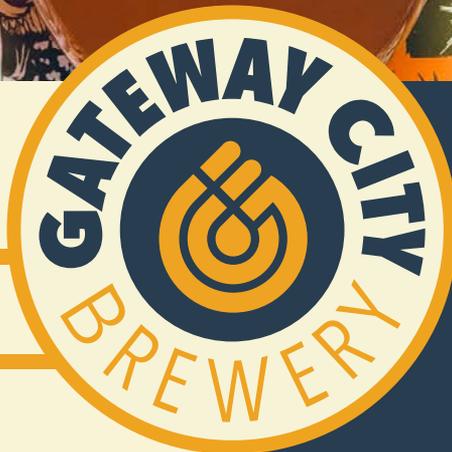


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 - 2.** Trouvez chacun des emplacements identifiés.
 - 3.** À l'aide des panneaux du Tour du lac Témiscamingue, trouvez les boîtes bleues spécialement identifiées et poinçonnez votre carte de jeu à chaque arrêt
- 1.** Request your Adventure Passport game card at the Temiskaming Shores & Area Chamber of Commerce, at participating
 - 2.** Find each location.
 - 3.** Look for the Lake Temiskaming Tour signs and find the Blue Passport Box and punch your game card.



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On the Water

Experience the lake effect. From canoeing, kayaking and sailing, to fishing, stand up paddle boarding and more; make the most out of life on the lake.



Destination Ontario

Lake Nipissing

One of the largest lakes in Ontario, Lake Nipissing has major appeal as both a recreational destination and a world-class sport fishery in all four seasons. The home of the Manitou Islands and the source of the French River, you'll fall in love with its gentle sandbars and rugged islands.

BOAT TOURS

Experience the sights of the lake from the deck of the **Chief Commanda II**, a 320-passenger twin-hull vessel designed especially for cruising our northern waters. Come aboard and enjoy one of four different cruises.

chiefcommanda.ca



Destination Ontario

Chief Commanda II



North Bay Marina

City of North Bay

BOAT LAUNCHES

There are a couple of free public boat launches in and near the city for your convenience. The City of North Bay offers a public launch spot at the **North Bay Marina** for a fee.

(705) 495-3595



Sailing on Lake Nipissing

City of North Bay

SAILING

One of the best ways to experience Lake Nipissing is in a sailboat! If you're looking to learn how to captain your own vessel, **Blue Sky Sailing Club** offers lessons and even rentals.

CANOEING AND KAYAKING

Shockwave Paddle Adventures offers fully outfitted and guided kayak day trips in the North Bay area. From one of several scenic waterways, you will get to experience a new and fun activity. Choose from a river canyon ending in a beautiful waterfall, or a scenic sunset paddle along the city shoreline.

shockwaves.ca



Shockwave Paddle Adventures



Lake Nipissing

FISHING

Our lake is famous for the plethora of fish and the sport they provide. Of the 44 fish species to be found in Lake Nipissing, the significant include: Northern Pike, Muskie, Walleye, Smallmouth Bass, Largemouth Bass, Gar, Yellow Perch, Cisco or Lake Herring and Whitefish.

Two species deemed to be 'at risk' by the Ministry of Natural Resources and Forestry are the Northern Brook Lamprey and Lake Sturgeon.

Be sure to check out the **Ontario Fishing Regulations and Licensing Requirements** at www.ontario.ca/fishing before you go.



Heritage Carousel
@candice.shuman



Heritage Railway
@candice.shuman



Kate Pace Way

North Bay Waterfront

In a time when there is too much hustle and bustle in our lives, the North Bay Waterfront offers a break to thousands who frequent the area on a regular basis.

HERITAGE RAILWAY AND CAROUSEL

Enjoy a day of old fashioned fun and hours of laughter at North Bay’s most treasured landmarks. Experience the magic of our lovingly restored **Heritage Carousel** or stop by for a nostalgic tour on the **Heritage Railway**.

heritagetrainandcarousel.weebly.com

KATE PACE WAY

Along the waterfront, walkers may choose to walk along the lock-stone sidewalk which meanders through seasonal gardens and along beautiful Lake Nipissing, while bikers and rollerbladers continue along the paved pathway. The pathway runs parallel to Lakeshore Drive where pathway users can take a short detour and enjoy lunch or dinner at one of many restaurants. This 12-kilometre pathway is named in honour of Olympic skier and ‘hometown daughter’ Kate Pace.



@victoria_rulyova

HERITAGE GARDENS

North Bay offers you beautiful gardens along the Lake Nipissing waterfront and in various locations throughout the city. Part of the Nipissing Botanical Gardens, these gardens are maintained by the North Bay Heritage Gardeners, a group dedicated to developing year-round, community-based educational, horticultural and environmental programs.

MARATHON BEACH

Whether you prefer napping in the sun, splashing in the water, building a sandcastle, enjoying a leisurely stroll or capturing that unforgettable sunset, there’s a beach that’s perfect for it right at the North Bay Waterfront.

cityofnorthbay.ca

THE BOAT

Nestled in the marina on Lake Nipissing, this cruise ship is working through retirement as North Bay’s Lakeside Bar and Grill. **The Boat** is a summer hot spot for locals and tourists. Sit back and take in the stunning sunset views and live entertainment while enjoying a nice meal and cold drink.

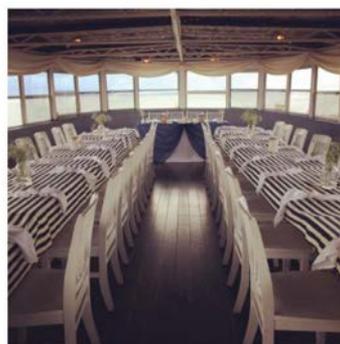
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Trout Lake

Tucked into the Canadian Shield and boreal forest, this historic lake is one of North Bay’s best kept secrets. The source of the Mattawa River, the Voyageurs knew all about Trout Lake, and traversed it on their passage along historic fur-trading routes.

Beach Volleyball



SWIMMING

Trout Lake is home to two of three supervised beaches in North Bay, Olmsted Beach and Birchaven Cove—or as the locals call it “The Cove”.

Olmsted Beach is a small beach located at the north end of Trout Lake. Enjoy its beach as well as a tree-covered area great for a peaceful afternoon swim and picnic.

The Cove is an isolated beach area which makes for a beautiful place to swim and take in some of the natural scenery. The sand area is large and a great place for children to play in and lifeguards are on the premises. There is also a dock in the water for swimming.

DINING

The shores of Trout Lake are home to varied culinary delights, that range from home-made fudge and ice cream, to Indian and domestic food trucks, through to fine dining on a lakeside patio.

Mattawa River Canoe Race



MATTAWA RIVER CANOE RACE

Each July you can grab your paddle and join canoes, kayaks, stand-up paddle boards and paddlers of all age and skill levels to paddle 64 kilometres from North Bay to Mattawa in North Bay-Mattawa Conservation Authority’s **Mattawa River Canoe Race**. This canoe race offers the opportunity to connect with nature and push yourself to achieve your goals in a supportive community environment. A 13-kilometre race is also available for family and youth.

mattawarivercanoerace.ca



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Parks + Leisure



FOREST CLASSROOM



Explore the NORTH BAY-MATTAWA Conservation Areas

by Sue Buckle

Whether you're looking for a wilderness trail, a sandy beach, or an urban paved bike path, you'll discover it at one of North Bay-Mattawa Conservation Authority's (NBMCA) 15 conservation areas and multi-use trails—including seven within the City of North Bay.

Grab your hiking boots, bike, paddle, binoculars, fishing rod or camera to conquer, capture, or simply experience the awe-inspiring views and vistas of our northern forests, wetlands and waterways.

Within the City of North Bay, take in the breathtaking view of the city and Lake Nipissing or challenge the trails on your bike at the Laurentian Escarpment Conservation Area. Explore the 240-acre Laurier Woods Conservation Area, where more than 33 species of birds call home and a spectacular array of birds rest up during their spring and fall migration. Walk in the footsteps of history at La Vase Portages and Elks Lodge 25 Family Park Conservation Areas where the First Nations and Voyageurs made their way by canoe enroute between the Great Lakes and the St. Lawrence. Pack a picnic and enjoy the view of the Manitou Islands on Lake Nipissing at the Eva Wardlaw Conservation Area. Looking for a paved path to bike, walk, rollerblade or e-bike as you explore the waterfront or traverse the city? Follow the Kate Pace Way as well as the Kinsmen Trail which features the Chippewa Creek EcoPath.

At the conservation areas throughout the Nipissing region, you'll discover the thundering waterfalls of Eau Claire Gorge, the footprints of glaciers at Corbeil, the spectacular views from Powassan Mountain, the "meeting of two rivers" at Mattawa Island, the trout of Papineau Lake and the joy of nature at Shields-McLaren and Shirley Skinner Conservation Areas, as well as JP Webster Nature Preserve.



Studies show that being in nature reduces anger, anxiety and stress.



It's good for your health to explore our natural heritage! Studies show that being in nature reduces anger, anxiety and stress. Being outdoors boosts your energy, immune system and creativity, restores your focus and gives you your daily dose of vitamin D while reducing blood pressure, heart rate and muscle tension.

Dogs are welcome at conservation areas, but for the safety of visitors and your pet, they must be kept on leash at all times. Also, please remember to dispose of all pet waste in the garbage bins. Help keep the trails safe and clean for everyone!

And here at the NBMCA's conservation areas, there is no fee to enter or enjoy the trails!

Discover the full list of conservation areas and trails, with directions and trail maps online www.nbmca.ca.

Share your photos of your adventure on our social media!

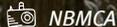
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**NORTH BAY-MATTAWA
CONSERVATION
AUTHORITY**
www.nbmca.ca

Snowshoeing at Laurentian Escarpment



Conservation Areas

LAURENTIAN ESCARPMENT

The Laurentian Escarpment Conservation Area serves as a starting point for several of the public snowshoe hikes and special events held by the NBMCA throughout the year. This area was originally logged in the 1880s and was settled and farmed soon after. Much of the escarpment was cleared at this time, with very little old-growth forest remaining, though some of the regenerated forest stands are in excess of 75 years old.



Eau Claire Gorge



EAU CLAIRE GORGE

The most spectacular scenic feature is the gorge itself, where the Amable du Fond River flows between steep rock walls in a dramatic series of rapids and waterfalls. Below the gorge, the river widens and winds its way through a cluster of islands before flowing into Smith Lake. A self-guided 1.9-kilometre interpretive trail details the natural and human history of the area, including a log slide and dam built on the property in the 1870s for the Mackey Lumber Company. A logger's cabin, found along the trail, was reconstructed in 1989. Please note the cabin is for day use only—overnight stays and campfires are not permitted.



Laurier Woods



LAURIER WOODS

Located in the heart of the city, the 240-acre Laurier Woods encompasses a provincially significant wetland, rocky outcrops, upland forest, and is a sanctuary to a broad range of wetland and woodland creatures, including migrating birds.



FUN FACT:

Forest Talk Radio, the Laurier Woods edition, weaves together folktales and forest science to produce an old-fashioned radio comedy experience delivered right to your smartphone as you walk the Orange and White trail. Just download the app, plug in your earbuds, and push GO!

LA VASE PORTAGE

The La Vase Portage is a 14-kilometre route through unspoiled areas with beaver dams and swamps. The three portages together constitute a key link between the Mattawa River flowing east to Lake Nipissing and the French River flowing west into Georgian Bay.



La Vase Portage



CORBEIL

Corbeil Conservation Area includes part of the historic La Vase River and its floodplain. Recognizing its unique ecological features, NBMCA developed a self-guided, 1.8-kilometre trail which leads visitors across numerous boardwalks and through a variety of landscapes. A number of interpretive sites detail the changes that occurred in the forest over time. A highlight of the walk is a number of interesting rock formations that were created by glaciers during the last ice age.

Family Picnic
City of North Bay



Parks and Recreation Areas

North Bay is home to many parks and recreation areas for visitors to enjoy. See the list below to learn more about some of the most popular parks in the city. For a complete list of parks, visit cityofnorthbay.ca.

WATERFRONT PARK

Located in North Bay's waterfront area, visitors will enjoy spectacular lake views, walking paths, scenic lookouts, picnic areas and more.

LEE PARK

Near downtown, Lee Park is home to a mounted RCAF CF-100 Canuck jet and the famous Gateway Arch. Built in 1928, the arch acted as a welcome sign and marked the boundary between North Bay and West Ferris. A great place to pack a picnic and spend the day with loads of space for outdoor games.

CHAMPLAIN PARK

Samuel de Champlain first stood at this panoramic location in 1615. Since then, many explorers have caught their first glimpse of Lake Nipissing as they paddled westward on a journey from Montreal to the Great Lakes by way of the Ottawa, Mattawa and French Rivers.

ARMSTRONG PARK

Located at the north end of Trout Lake, enjoy the beach as well as a tree-covered area, great for a peaceful afternoon swim and picnic.



NORTH BAY'S OFF-LEASH DOG PARK

is located next to Champlain Park and is patrolled by the North Bay & District Humane Society Animal Control Services.

Keep in mind that the Animal Control Officers have the authority to ask you to leave off-leash areas. It is the responsibility of all dog owners who use this facility to know and abide by all local and provincial dog laws. For more information please visit northbayhumanesociety.ca.

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Beaches, Pools, and Splashpad

Cool off during the summer in one of many great swimming spots throughout the city.

Beaches

There are a total of 43 beach access areas in North Bay! Three of these beaches are supervised: **Marathon Beach** on Lake Nipissing at the waterfront; and **Birchaven Cove** and **Olmsted Beach** on Trout Lake.

Indoor Pools

YMCA of North Bay

186 Chippewa Street West (705) 497-9622

22 Wing Fitness and Wellness Centre

29 Duxford Road (705) 494-2011

Splash Pad

Located behind the North Bay Museum is a three-zone family splash pad (toddlers, family area, and older children/youth).

100 Ferguson Street



City of North Bay

Golf

North Bay Golf and Country Club

100 Tupper Drive, North Bay

Pinewood Park Golf Course

201 Pinewood Park Drive, North Bay

Osprey Links Golf Club

207 Osprey Crescent, Callander

Clear Springs Golf Course

870 Golf Course Road, Powassan

Highview Golf Course

60 Golf Course Line, Powassan



Ontario Parks

Ontario Provincial Parks

Algonquin Provincial Park

(73.2 km from North Bay, 1 hour)

The essence of Algonquin is in its vast interior of maple hills, rocky ridges and thousands of lakes. The only way to explore the interior of this park is by canoe or on foot.

Samuel de Champlain Provincial Park

(49.3 km from North Bay, 36 minutes)

Located on the historic Mattawa River fur trade route in the scenic Mattawa Valley. This park offers great hiking trails with scenic views and outstanding fall colours.

Manitou Islands Provincial Park

(10 km from North Bay, by boat)

The Manitou Islands are a series of small islands on Lake Nipissing and are part of an eroded volcanic pipe. The islands form a circle and lie 10 kilometres southwest of North Bay by boat.

Restoule Provincial Park

(72 km from North Bay, 1 hour)

At the Restoule Provincial Park you can paddle alongside ancient cedars at the base of the 100-metre cliff. When hiking the Fire Tower trail, you will find an amazing view of Stormy Lake. Furthermore, you can mountain bike to Angel Point and the Ranger Point trails.

Mattawa River Provincial Park

(34.7 km from North Bay, 31 minutes)

The Mattawa River flows east from Trout Lake (east of North Bay) and enters the Ottawa River at the town of Mattawa. Counting from the head of Trout Lake, it is 76 kilometres in length. The river's name comes from the Algonquin word for "meeting of waterways".

Ontario Parks



Algonquin Provincial Park

Ontario Parks



Samuel de Champlain Provincial Park

Ontario Parks



Restoule Provincial Park

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Exploring + Adventure



North Bay is home to avid outdoorsy types with a passion for getting back to nature every chance they get.



Forest Bathing

It is said that when humans spend time in a natural setting, especially under the canopy of a forest, they experience rejuvenating benefits to the mind, body and spirit. Want to test this theory out? Take a hike on one of our many trails.



Black Forest Trails

Open May through October, the trail loops through a towering red and white pine forest stand. A series of interpretive signs along the way portray information about the forest's history, tree stands and wildlife found in the park. The trail offers a perfect outing for educational groups, as well as individuals.

Regional Cycling Tour

This bicycle route follows the Kate Pace Way in North Bay and takes cyclists through the towns of Callander and Corbeil. It is a popular route for local cyclists and is 45 kilometres with ride extensions along the Voyageur Cycling Route adding 30-50 kilometres. Cyclists are warned to be careful choosing a route in and out of North Bay near the Highway 11/17 interchange, as cyclists are prohibited on the bypass.



Snowshoe Trail at North Bay Nordic

From a stream bed to the ridge, through boreal forest and frozen swamp, these trails will provide not only a picturesque and unique perspective on the Nordic setting, but a potentially invigorating tramp to challenge your stamina as well. The Beaver Meadow Loop follows through an early beaver meadow where active beaver lodges are present.



@emiliesagle



La Vase Portages

The La Vase Portages is a 14-kilometre section of the historic Voyageur canoe route, which connects Trout Lake and Lake Nipissing. The route was used thousands of years ago by First Nations in Ontario at the time of European contact. Europeans, including Étienne Brûlé and Samuel de Champlain, learned of the route from Indigenous guides and it was soon established as a major artery into the interior of North America.



Kate Pace Way

A multi-use trail for walking, jogging, cycling, and rollerblading. The pathway winds through a variety of environments, including: sections surrounded by trees, streams and nature; municipal parks; roadways and residential areas; as well as North Bay's beautiful waterfront. Along the waterfront, walkers may choose to stroll along the lock-stone sidewalk which meanders through seasonal gardens and along beautiful Lake Nipissing, while cyclists and rollerbladers continue along the paved pathway. The pathway runs parallel to Lakeshore Drive where pathway users can take a short detour and enjoy lunch or dinner at one of many restaurants.



Education Centre Trails and Duchesnay Falls

These trails will take hikers and cross-country skiers through scenic wooded areas, over creeks on rustic wooden bridges, and past Duchesnay Falls. Located in a beautiful forest behind Nipissing University and Canadore College, and owned by the Education Centre, the hiking trails wind up and down the escarpment. Trail users can check out glacial remnants and tiny fossils. Logged by lumber baron J. R. Booth in the early 1900s, the area still has some large pines and a variety of coniferous and deciduous species. And there's always a good chance you'll see some wildlife on the trails.



Laurentian Escarpment Trails

The extensive network of trails is open to the public year-round offering spectacular views of the city and a mixed terrain. Ranging in length from 1.9 kilometres to 6.4 kilometres, the trails attract a variety of users from mountain bikers and dog walkers to school and community groups.



Laurier Woods Trail



This beautiful trail is located at the end of Brule Street in North Bay. The trail loops through Laurier Woods, which consists of approximately 118 acres of moderately undisturbed upland forest and wetlands habitat. This combination of forest and wetlands provides a variety of habitat for wildlife, and this area is outstanding for birdwatching, with 33 bird species nesting in the woods. The trail offers a great escape from the city, within the city, and is managed by the Friends of Laurier Woods in partnership with the North Bay-Mattawa Conservation Authority.



Shawn Moreton

Otter Lake Trail

After Lake Nipissing and Trout Lake, Otter Lake is the largest lake in North Bay. The Otter Lake area is a pristine, undeveloped, very large natural area with extremely exciting geographical and natural history. It is just 15 minutes from downtown North Bay, making this area possibly the best kept secret of the city. It is an excellent area in which to hike, canoe, camp, orienteer and snowshoe. No buildings exist on the entire shoreline.



@freshacorn

Kinsmen Trail

The Kinsmen Trail is a paved pathway winding for 7 kilometres along Chippewa Creek and EcoPath through the heart of North Bay. The trail makes use of city streets along some sections, but frequent signage and pavement markings make navigation along the length of the trail easy.



North Bay Training Route

Offering a variety of climbs and descents as it winds along North Bay's escarpment, the route is popular for local cyclists training for North Bay's annual triathlon.



North Bay Nordic Ski Club

The extensive network of groomed cross-country ski trails features a variety of ability levels that range in length from 0.6 kilometres to 18 kilometres. The facility provides a number of amenities including heated lodge, night skiing and rentals.



Mattawa River

The Mattawa River offers lake and river canoe trips that range from one to four days in length. There are several portages, all shorter than 500 metres, on this relatively short river. This route is suitable for visitors with limited canoe experience, but highly skilled canoeists will also enjoy this route by shooting some of the rapids. The river is navigable in both directions, though canoe trips generally commence upstream, and flow from west to east.



@carlyreed

For more trail information visit discoveryroutes.ca

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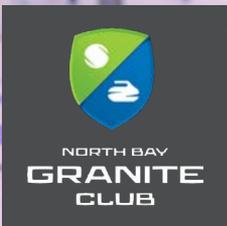
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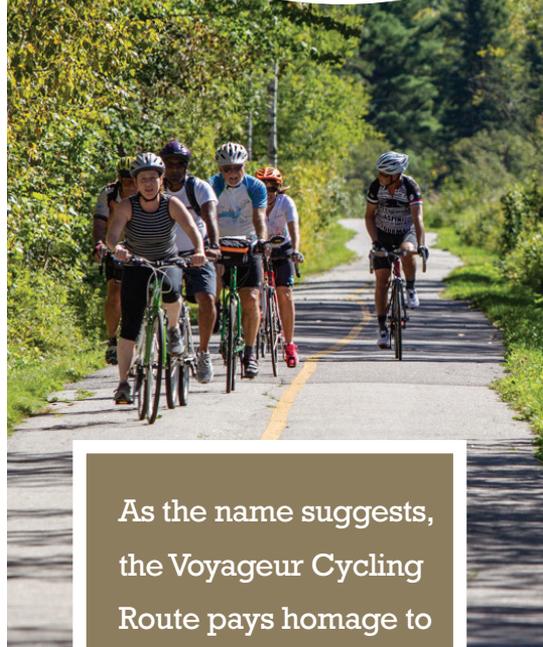
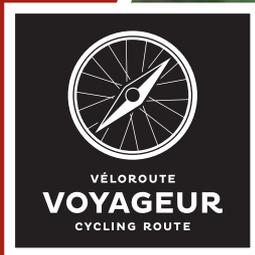
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VOYAGEUR Cycling Route



by Jennifer McCourt, Discovery Routes Trails Organization

North Bay hosts three successful independent bike shops—that says something for cycling in these parts. And it’s not surprising, what with the wide variety of terrain, a vast network of recreational trails—and varied road surfaces—the opportunities are endless, enticing all types of riders.

The newest addition to North Bay’s offerings for touring cyclists is the Voyageur Cycling Route. From end-to-end the route spans 645 kilometres across Northeastern Ontario and will eventually connect to Ottawa. As the name suggests, the Voyageur Cycling Route pays homage to the unique history of the region; it follows the great waterways used for thousands of years for transportation and trade by early explorers and the Indigenous nations before them.

North Bay is the perfect hub for modern-day explorers seeking their own adventure along quiet country roads through the iconic northern landscape. Using the Voyageur Cycling Route as the backbone, cyclists can plan a ride to excite any desire. For the slow rider that likes to soak in the surroundings North Bay’s premier trail, the Kate Pace Way provides a perfect blend of urban and nature with ride extensions into the villages of Callander, Corbeil, Astorville and beyond. For the ‘hammerhead’ looking to log kilometres on a challenging gradient, North Bay’s 70-metre escarpment will serve that purpose. Even the gravel rider can find a thrill along the Voyageur Cycling Route (yes—there are cyclists that actually seek out rough roads!). And the best part of the Voyageur Cycling Route? Throwing one back at one of North Bay’s microbreweries at the end of a day’s ride.

As the name suggests, the Voyageur Cycling Route pays homage to the unique history of the region.

For more information on the Voyageur Cycling Route and other cycling itineraries, visit discoveryroutes.ca/vcr.



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No matter the reason or season, this scenic drive offers its travellers small town charm, photo-worthy lookouts, friendly locals and a trip you won't forget.

Visit laketemiskaming.com for more information!



Exploring the North in canoes and on snowshoes is wonderful, but sometimes you just need a little power!

In the summer months it's boating, motorcycle touring and ATVs—in the winter, snowmobiling and ice racing. The Voyageur Multi-Use Trail System (VMUTS) occupies a superbly scenic area between the ancient Algonquin Highlands and Laurentian Mountains, bordered by the Mattawa and Ottawa Rivers. With a small population of only two thousand residents, the kind and helpful community of Mattawa offers visitors an intimate and welcoming atmosphere. You'll find the trails only a few minutes from town—take Hwy 533 and follow the signs.

Destination Ontario



The Lake Nipissing Circle Tour winds and twists its way around one of Ontario's largest inland lakes. North Bay is the perfect hub to begin and end this tour!

The Great Legends Circle Tour is a journey into Ontario's high north and is definitely a ride you need to check off your list.



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Cool Things To Do



FAT BIKING

Biking is a wonderful way to experience the natural beauty of North Bay—in the winter! Fat bikes allow adventurers to experience the snowy landscape in an entirely new way. A favourite spot to take in some winter scenery is on the trails of the Laurentian Escarpment Conservation Area.

DOG SLEDDING

Explore the surrounding area in a more traditional way—on a dog sled! A perfect adventure for the family or as a corporate retreat, enjoy the snow and the tall trees in an experience you'll never forget. Covered in snow, Temagami's majestic scenery provides the perfect setting for a dog sledding vacation adventure. Choose an introductory day or escape for a weekend with an overnight on the trail. Want more? You can stretch the experience to a dog sledding week and get into the rhythm of exploring on a traditional expedition. Local outfitters will have a trip for you and experienced guides will ensure your dog sledding trip is a safe, unforgettable experience.



SNOWMOBILING

The North Bay region is right smack in the middle of 3400 kilometres of groomed ecstasy and is the perfect starting point for all your fun. Incredibly well-marked trails lead to a variety of exciting opportunities. In this “hub”, snow is always plentiful and the winter scenery is breathtaking. Family fun is ensured with wide, safe trails and services in every direction and in between.

SKIING & SNOWBOARDING

Located just minutes from downtown, Laurentian Ski Hill is North Bay's favourite alpine adventure destination. Laurentian Ski Hill offers an exciting family-friendly atmosphere for outdoor enthusiasts who can enjoy an affordable day of slopes on this 300-foot vertical that features: six runs with a modern quad chairlift, J-bar and T-bar lifts, a main lodge and ample parking located at both the top and bottom of the hill.



ICE FISHING

A perfect activity to enjoy the silent solitude or to gather with friends, combining the elements of a Canadian winter with the sport of fishing. Throughout the winter, Lake Nipissing is dotted with ice fishing huts as anglers make their way out onto the frozen lake to reel in the big one!



SNOWKITING

Lake Nipissing is known as a top location for our local snowkiters. There are many public lake access points along Nipissing's eastern shoreline that offer the perfect venue for your kiting adventure.



@jessicat87



CURLING

North Bay has recently garnered acclaim for hosting world-class curling events, and curling has quickly become a popular sport in the area. North Bay's Memorial Gardens will be transformed into a world-class curling venue again in Fall 2019 as organizers announced that the city will take on a Pinty's Grand Slam of Curling event.



CROSS-COUNTRY

Cross-country skiers can casually sample the landscapes and unspoiled wilderness trails throughout North Bay and area or take on the challenge of racing in the scenic surroundings of the hundreds of kilometres of groomed trails. There are several cross-country facilities in the area, including the Education Centre Trails, North Bay Nordic Ski Club and Wasi Cross Country Ski Club.

SNOWSHOEING

Local trails will take you through a variety of forest covered and frozen waterways, and the potential to see impressive wildlife is high in the area. Trails will provide not only a picturesque and unique perspective on the setting, but a potentially invigorating tramp to challenge your stamina as well.

Visit discoveryroutes.ca for trail information.



SKATING

There is no doubt that North Bay has no shortage of places to skate or play hockey. From the various outdoor rinks throughout the city, to the local indoor hockey arenas, there are plenty of places to choose from when deciding to lace up the skates and hit the ice for some fun-filled times.

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Discovery Walks

North Bay is a great place to wander around and explore, as it's home to some of the most beautiful architecture, interesting buildings and unique murals you'll find.

@signartman



HAUNTED WALK

North Bay's haunted history comes alive when you experience some of the city's shady, or just plain scary, past. Those brave enough to join the tour will explore the historic downtown, sharing spine-tingling stories of lost love and untimely death, and will see some of the creepiest locations behind-the-scenes.

Tours are offered for the month of October at the North Bay Museum, when ghost-hunters will hear some of the station's creepiest stories, before sharing a few of their own, followed by a lamp-lit tour of the downtown, including the historic Royal Theatre.

ART SCENE AROUND TOWN

Alleys, tucked away corners and far away walls are trying to tell you something in North Bay; it's both quiet and loud, highly visible and easy to miss, all at the same time. Explore North Bay's nooks and crannies—you might find a teal alley of bears and make believe, or you might even find Drake.

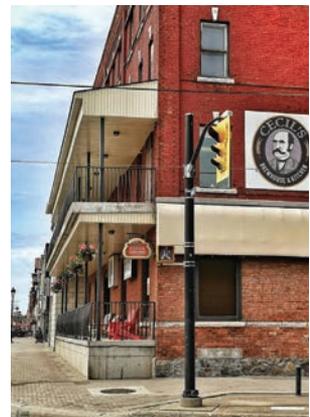
GALLERY HOP

Never been to an art gallery—or maybe you practically live in one? Stage fright so real that you haven't seen a movie since 1990—or you're #1 reigning champ at karaoke night? Either way, we've got you covered. No pressure, no high-end art talk necessary (if that's not your thing), 'cause it's an ART HOP! Everyone is invited to shop, eat and art it up. Bring your friends and family to either take your time or power cruise through, as downtown stays open late for Downtown Gallery Hop.

URBAN QUEST

Learn about North Bay's rich heritage as a transportation hub and take in the eclectic boutiques, galleries and restaurants in a unique and exciting way. A clue package will lead the way as you solve fun puzzles and see interesting sights.

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Arts + Culture



Beauty in the Arts

by Jaymie Lathem

The creative sector in North Bay is vibrant, vast and gaining speed (like if *Fast and Furious* was Northern Canadian, and the arts were souped up Honda Civics).

Sure, North Bay has the fresh air, waterfalls, sandy beaches, forest trails and fiery sunsets—but I want more. I want culture, the arts, music. I want to be surprised, challenged and inspired. North Bay does not disappoint; and we're just getting started.

Over the past several years the film industry has exploded in North Bay, strengthening our artist's capacity to live, work and create within our local community. We have an expanding public art collection, a growing music scene—and we are home to galleries, performance spaces and festivals. We are also actively opening the discussion on the role arts and culture plays in building a vibrant city, and the vital economic contributions a thriving creative sector generates.

North Bay's artists and creative leaders challenge perspectives, encourage growth, push boundaries—and know how to catch fish, hike dense woods and hit slap shots. Local, regional and international artists have exhibited in our galleries, performed on our stages and lived in our neighborhoods while shooting films. It's top cheese snippers with artistic flair all day long.

Some might say we're a Hallmark-like city. (Literally, more than 20 Hallmark movies have been filmed here.) North Bay is quaint and beautiful, with downtown streets of interlocking brick lined with tall, old-world light posts and charming historical storefronts. But don't let all that outside allure blind you from what a true creative sector can offer: the grit and truth of how we live, communicate, grow and become better. It is our creative sector that really makes North Bay's beauty authentic.



Capitol Centre



Ice Follies



Music scene

Amazing music doesn't just echo in the streets of big cities. North Bay is bursting with musical talent, from music festivals, weekly summer concerts at the waterfront, local bars and small venues to sold out shows at the Capitol Centre—North Bay has got in all.

Established to emerging, big names to local favorites. Through sun and snow the music scene here is always busy. And there is something for everyone. Jazz, Blues, Metal, Alternative, Folk, Rock—quiet thoughtful melodies to loud feet slamming beats.

Galleries

It's often said "art brings communities to life" and nowhere is this truer than in North Bay. The art scene is exploding, bringing vibrancy, creativity and inspiration to all parts of the city.

 Shawn Moreton



WKP Kennedy Gallery

WKP Kennedy Public Art Gallery presents the finest in historical and contemporary northern, Canadian and international visual artists. In our two gallery spaces, through our public arts activities, through our programming with the Capitol Theatre and in our touring exhibition projects, we showcase art of all forms and media. kennedygallery.org

White Water Gallery

White Water Gallery is a not-for-profit artist-run centre committed to supporting artistic practices that prioritize risk and innovation. Understanding the need to advance the public's threshold for viewing contemporary art the gallery encourages outreach programming that promotes accessibility and shared knowledge. whitewatergallery.com

Capitol Centre

The Capitol Centre is a not-for-profit organization providing arts and entertainment in North Bay and the region of Northeastern Ontario. We are also home to the WKP Kennedy Gallery and the North Bay Symphony Orchestra. capitolcentre.org



Capitol Centre



WKP Kennedy Gallery



North Bay Museum

North Bay Museum

The North Bay Museum is located in the historic Canadian Pacific train station at the corner of Oak Street and Ferguson Street downtown North Bay. The Museum's mission is to inspire the discovery of the people and places of North Bay's past and present. discoverynorthbay.com

Callander Bay Heritage Museum & Alex Dufresne Gallery

Celebrating Callander's rich heritage and culture in the house and practice of the former doctor to the Dionne Quintuplets, Dr. Allan Roy Dafoe. This gallery and museum hosts several exhibitions each year and supports local artists. mycallander.ca/museum

NOVAH

(Northern Ontario Visual Arts Hive)

NOVAH features a series of presentation spaces in the hallways, boardrooms, cafeteria, outdoor gardens and on the rooftops of Co-working 176 in North Bay. This is a working and innovation environment dedicated to integrating arts, wellness and commerce and to making all of our lives more "artful". novahive.ca



north bay museum
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Museums

From the rich cultural heritage of the Indigenous people, the building of the Canadian Pacific Railway and the home of the Dionne Quintuplets, North Bay is steeped in history dating back centuries.



North Bay Museum

North Bay Museum

Located in the historic Canadian Pacific Railway station, the North Bay Museum strives to fulfill its mission to “inspire the discovery of the people and places of North Bay’s past and present” through programming and exhibits. The museum includes a blend of interactive and artifact-based exhibits designed to appeal to audiences of all ages.

discoverynorthbay.com

Dionne Quintuplets

The Dionne quintuplets, born May 28, 1934, are the first quintuplets known to have survived infancy. The identical girls were born just outside Callander, Ontario, near the village of Corbeil. When Yvonne, Émilie, Marie, Annette and Cécile Dionne were born, they were an immediate global sensation. At this museum in North Bay, you can learn about their life and legacy.

dionnequintshome.com

Canadian Forces Museum of Aerospace Defence

CFMAD strives to inspire within diverse audiences a deeper understanding and connection to Canada’s historical and current contributions to air defence by creating lasting connections to the history and artifacts.

The CFMAD acts as a link between the public and the Royal Canadian Air Force through the growth and preservation of the collection, exhibits, education programs, events, publications and personal encounters with staff and volunteers. In achieving this, visitors will be appreciative, understanding and proud of Canada’s contributions, past and present.

aerospacedefence.ca

 DND Photo



Military Heritage

Royal Canadian Air Force Station North Bay was founded on September 1, 1951, as part of the efforts to increase Canadian air defence capabilities during the Cold War. More than 65 years later, 22 Wing/Canadian Forces Base (CFB) North Bay remains an essential part of the Royal Canadian Air Force, and the North American Aerospace Defense Command (NORAD).

CFB North Bay has been home to multiple flying squadrons, flying F-86 Sabres, CF-100 Canucks, CF-101 Voodoos, and other aircraft, as part of fighter, trainer and electronic warfare units. North Bay was also host to one of only two BOMARC surface-to-air missile squadrons in Canada—a nuclear-tipped missile designed to destroy enemy aircraft within a 700-kilometre range.

From 1963 to 2006, North Bay’s Underground Complex (UGC) was the nerve centre for Canadian air defence operations, with radar coverage from all over Canada feeding into a three-storey building 600 feet below the surface. Designed to withstand a nuclear attack and continue essential air defence command and control operations, the UGC is a fascinating piece of military history.

This captivating air defence history is showcased at the Canadian Forces Museum of Aerospace Defence, located at 22 Wing/CFB North Bay. The museum explores the evolution of air defence from the First World War into modern day operations and is a family-friendly historical experience!

Capitol Centre

90 years of entertainment

by Caroline Parnell-Barry

The Capitol Centre is North Bay's historic home for arts and entertainment since 1929. It has enjoyed strong community support for 90 years and has outlasted four other theatres in the area. In fact, the Capitol Centre is the only performing arts facility of this size south of Thunder Bay and north of Barrie.

The Capitol Centre includes the Betty Speers Theatre, the WKP Kennedy Gallery, Martini's Lounge and the Galaxy Circle Lounge. The Betty Speers Theatre, which seats 932 people, features the original Spanish architecture—with galaxy motifs adorning the walls and the original chandelier hanging above the majestic balcony staircase. For many years the theatre was predominantly a movie house but over time evolved to include live performances. The Capitol Centre has played host to performers ranging from international artists to Canadian rock royalty, dance companies, Broadway shows, symphony performances, comedy acts and much more!

Just outside the theatre, you'll find a bright concession area where refreshments are provided for visiting patrons. Just down from the concession area is a martini lounge which offers an intimate environment for a drink and conversation.

The WKP Kennedy Gallery, located immediately off the main entrance, is a public art gallery that exhibits the finest in historical and contemporary northern, Canadian and international visual artists. The WKP Kennedy Gallery showcases art of all forms and media in two gallery spaces, through public arts activities, in programming with the Capitol Centre and in touring exhibition projects.

The second floor of the theatre houses the Galaxy Circle Lounge, which is a large, elegant ballroom-style room. This unique room features a beautiful baby grand piano, bar area and exquisite works of art gracing every wall. The artwork is part of the WKP Kennedy Gallery's permanent collection.

When you come to North Bay, you'll find the Capitol Centre standing tall in the heart of downtown, at 150 Main Street East. Also be sure to visit the website to see all the exciting shows scheduled for the 2019-20 season and enjoy the ease of buying your tickets online at capitolcentre.org.



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Filming

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Be a part of the action with passes to the North Bay Film Festival, hosted annually in venues across the city. Celebrate cinema on the shores of Lake Nipissing!

If you're lucky, you might just cross paths with a very familiar face!

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sector in North Bay.



CreativeIndustriesNorth.ca



Theatre Groups

Paper Bag Productions: Committed to bringing local actors and artists together to develop skills and give our audiences quality theatre.

Proscenium Club: A collective of artists who are passionate about creating and producing multi-arts projects especially new Canadian theatre.
prosceniumclub.com

Aanmitaagzi: An Indigenous multi-disciplinary artist-run company based in Nipissing First Nation. Linked to provincial, national and international networks, Aanmitaagzi is committed to fostering a vibrant arts community through community-engaged projects that promote well-being, strengthen relationships with the land and incorporate intergenerational approaches and methodologies. aanmitaagzi.net

Gateway Theatre Guild: Established in 1948 in North Bay, this community theatre group has been producing plays of all sorts for over six decades, fostering an appreciation and understanding of the importance of theatre to the cultural vitality of the community.
gatewaytheatreguild.ca

Dreamcoat Fantasy Theatre: A registered charitable organization dedicated to providing musical theatre experience for children and families. dreamcoat.ca

Starburst Theatre: A non-profit children's French-language theater company. Starburst has two main programs, our Spring Show and Summer Camps. Starburst strives to encourage self-esteem and pride through a positive theater experience. starbursttheatrix.webs.com

Rep 21: A repertory theatre company comprised of the acting graduates of Canadore College's new Theatre Arts Program. It is the culmination of the students training and skills, showcasing their talents in a three-show repertory performance season. rep21.ca

On the Edge Film Festival: A film festival dedicated to the dissemination, production and prosperity of independent arts and artists. We create a unique environment where the arts thrive, entertaining our region as we move towards the future. fringenorth.com

North Bay Pride



Events

2019

SEPTEMBER

- Blues Fest
- Music on the Slopes
- Downtown Gallery Hop
- Culture Days
- International Plowing Match (*Verner, ON*)
- Smoke 'N' Spurs Festival (*Powassan, ON*)
- Powassan Fall Fair (*Powassan, ON*)

OCTOBER

- Pinty's Grand Slam of Curling

NOVEMBER

- North Bay Film Festival
- Downtown Gallery Hop
- Santa Claus Parade
- Old-Fashioned Christmas Walk

DECEMBER

- Families First New Year's Eve

2020

FEBRUARY

- Ice Follies
- Le Carnaval
- Downtown Gallery Hop

APRIL

- Mathews Maple Syrup Festival (*Powassan, ON*)

MAY

- Downtown Gallery Hop

JUNE

- Armed Forces Day
- Bay Days
- Capitol Centre Children's Festival

JULY

- Canada Day
- Summer Concert Series (*Kiwanis Bandshell*)
- Ribfest 2020
- North Bay Pride
- Mattawa River Canoe Race
- River and Sky (*Field, ON*)
- Mattawa Voyageur Days (*Mattawa, ON*)

AUGUST

- On the Edge Fringe Festival
- Bay Block Party
- Feast on the Farm (*West Nipissing, ON*)
- Windsong Music Festival (*Powassan, ON*)

SEPTEMBER

- Powassan Fall Fair (*Powassan, ON*)
- Smoke 'N' Spurs Festival (*Powassan, ON*)
- Blues Fest
- Music on the Slopes
- Culture Days

NOVEMBER

- North Bay Film Festival
- Santa Claus Parade
- Old-Fashioned Christmas Walk

DECEMBER

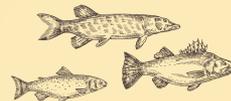
- Families First New Year's Eve

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Celebrating Indigenous culture & heritage

by Dave Dale

North Bay's vibrant cultural mosaic includes the Indigenous Peoples of the area. One of the best times to experience this is when the North Bay Indigenous Friendship Centre holds its annual powwow in early June. The event has been held at Lee Park in recent years, a well-treed and grassy gathering place in the centre of the city where the iconic Gateway of the North archway lies and RCAF CF-100 plane is mounted on a pedestal. The photos on this page were taken at the 2019 gathering, called Maamwi Kindaaswin - Dancing with Our Ancestors.

Another good time to gain an appreciation of the Indigenous Peoples of North Bay is during the Summer Solstice, with a variety of events across the city on June 21 as part of the National Indigenous Peoples Day celebration.

Regardless of which season you visit North Bay, there are many opportunities to explore and expand your knowledge of this rich heritage with a history pre-dating the city. Archaeological studies around Lake Nipissing indicate occupation of the area by Indigenous people spans nearly 10,000 years.

Much of North Bay is actually located on the traditional territory of the Nbisiing Anishinaabeg, of Ojibway and Algonquin descent, with the Nipissing First Nation (NFN) reserve bordering the city's western limits. Its annual powwow takes place on Labour Day weekend, usually held at the Jocko Point sacred grounds, with more than 5,000 visitors during the two-day event.

Other annual powwows and cultural gatherings, with the public welcomed, include those hosted by the Indigenous student services of Canadore College and Nipissing University.

There are 11 separate residential communities in the NFN reserve, which stretches 30 kilometres between North Bay and Sturgeon Falls, with Highway 17 access to each. The closest is Duchesnay Village, named after Duchesnay Creek which features the popular and spectacular Duchesnay Falls.

Several stores in the village offer traditional crafts for sale made by local artists. The largest commercial operation where Indigenous crafts and tipis are featured is five minutes west of the city on Highway 17 called Eagles Nest.



The North Bay Indigenous Friendship Centre holds its annual powwow in early June, most recently at Lee Park, a well-treed and grassy gathering place in the centre of the city. In 2019, it was called Maamwi Kindaaswin - Dancing with Our Ancestors.

It's beside the Anishinabek Nation headquarters, an impressive facility with four wings for its program departments connecting to a hub in the centre, plus an Elders Hall. The overall facility site is considered an architectural gem and well-worth the time to visit.

Parts of the eastern and southern limits are also recognized as Algonquin Nation traditional territory, which form the long history of North Bay as a key trading centre. A lasting symbol of that heritage is the Fur Harvesters Auction Inc. facility off Gormanville Road. Its annual convention is held in January and attracts trappers and buyers from around the world.

Directly across Lake Nipissing from North Bay is the Dokis First Nation, a reserve located at the head of the French River, feeding Georgian Bay. Dokis and the history of the area is featured during the five-hour Historical Boat Tour offered by the Chief Commanda II, a twin-hulled three-deck catamaran that holds more than 300 passengers. It departs from North Bay's King's Landing Wharf mid-May through mid-September. The ship, and its precursor, The Chief Commanda I, are named after Raymond Commanda, a chief who drowned in the French River in 1944, two years before the original ship launched. The Chief I is now moored beside the North Bay Marina and is a popular restaurant called The Boat.

Also worth visiting, to learn more about the Indigenous heritage of the area, are North Bay City Hall and the North Bay Museum, where special installations celebrate the cultural connection.

Tips for tourists attending Indigenous cultural gatherings and powwows:

- 1 | dancers wear regalia, not costumes
- 2 | when the MC announces an honour song and people stand, it's time to stop taking photographs unless otherwise announced
- 3 | you're welcome to join the circle to dance during "intertribal" songs



Tasheena Sarazin, of the Algonquins of Pikwakanagan First Nation was among the shawl dancers at the Maamwi Kindaaswin - Dancing with Our Ancestors Powwow at Lee Park June 7-8, 2019.



Anishinabek Nation headquarters

 Anishinabek Nation



Food and Drink

From Farm-to-Table and Brewery-to-Tap, North Bay has it all. In North Bay you can visit the award-winning farmers' market, taste locally-inspired craft brews and indulge in classic favourites!



A Taste of the North

Our city is no stranger to the culinary scene and has plenty to offer the hungry traveller. From Feast on the Farm to the downtown farmers' market, we like our food to be local and fresh! You may have a tough time answering that age-old question—“What’s for dinner?”



@gatewaycitybrewery

Coffee Shops and Roasters

For many, coffee is a necessity in life and those folks will be happy to know that North Bay is home to not only the best local coffee shop and roaster, but also some familiar chains. Visit one of these locations to relax or to take in the North Bay culture.

Restaurants & Eateries

From vegan to barbecue to upscale bistro and everything in between, North Bay is home to well over 100 restaurants and eateries offering something to please every palate.



@beefnbrandbarandgrill



Craft Beer

It's safe to say that it's hard to beat locally-brewed beer, and we have two breweries for you to visit; Gateway City and New Ontario. Both breweries have taprooms where you can sample before picking up a couple cold ones to take home with you.

Farmers' Market

North Bay and area is known for its farmlands and local producers and the farmers' market is a one-stop-shop for local produce, meats, dairy and cheeses, and much more. The North Bay Farmers' Market is one of the busiest in Northern Ontario, with an average of 100 vendors each year.

northbayfarmersmarket.com



North Bay Farmers' Market
City of North Bay

DID YOU KNOW?

The North Bay Farmers' Market was awarded the 'Market of the Year' Award of Excellence by Farmers' Markets Ontario in 2018.

Food Trucks

In the warmer months you will see mobile food vendors on the streets of North Bay. Serving everything from ice cream and frozen yogurt to pogos and poutine! It's a great way to enjoy a delicious meal while basking the sun.



Familiar Chains

There is no doubt that North Bay is known for its diverse cuisine, however Italian dishes seem to sit at the top of the list amongst many people's favourites. North Bay's very own Greco's Pizza is well-known for its Italian food and famous pizza and pasta dishes. Since 1969, Greco's has been using modified pizza ovens to cook the pizzas directly on stone bricks and the dough is always freshly prepared in-restaurant, which makes for a distinctive crust unlike anyone else's. Definitely a must-try when in the area!



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Made in North Bay

by Katie Bevan

Fashion, Art, Retail Market; this is The FARM. Fresh out of design school, the concept came to me while on a winter road trip, trunk full of handmade accessories, moving back to North Bay. Submerging myself into the local arts scene, being part of a movement full of incredibly talented artists, makers and business leaders, I quickly uncovered a gap. The wheels started turning and with some major family brainstorming, The FARM was born.

You might be sitting here wondering, well Katie, what is this concept? It's simply this, I wanted to provide a space where makers could work together to make and sell their wares while providing the public with a unique shopping experience. One they could feel good about, visiting often to see what was new on the boutique floor. The twist to this brick and mortar boutique is the open studio that is located in the back of the shop. Local makers work onsite to produce items for the boutique, all working towards a common goal—love your job. September 2010, we opened our doors one warm sunny day in Downtown North Bay.

Some of the local makers include organic, hand dyed designs from Willowfern, handcrafted leather bags from Amy Steele, a plethora of unique jewelry from the area and a range of clothing from independent Canadian designers and artists. Looking for art to hang on your wall? Patches, Pins? What about pottery or a North Bay romper? The options are endless and never boring. They all have one thing in common, quality over quantity.

Over the years The FARM has noticed a need for those wanting to lower their carbon footprint, so the zero waste housewares and lifestyle products have amplified. Although they've always been available at The FARM, now that the trend is picking up, and people are asking questions about where things are made and wanting less packaging, The FARM couldn't be prouder. Come check us out—find us on Main Street!

Shopping



Shopping

Couple shopping downtown
 City of North Bay

Downtown

From swimsuits to dresses, you can find anything you need when shopping in the heart of North Bay. Enjoy late night shopping on the first Friday of every month from October to June on Main Street. You can explore different items varying from luxury to bargain products. You are guaranteed to find what you need when shopping in downtown North Bay.

Northgate Mall

Originally built in 1961 as a strip shopping centre, Northgate has evolved into a one-stop shopping destination! It is anchored by big retailers and offers over 100 quality stores with a unique mix of both independent and national retailers. Whether you're looking for jewelry, skin care, clothing or electronic devices, Northgate has it all.

North Bay Mall

Find bargain deals in the North Bay Mall! Then, after your tiring day of North Bay shopping, you can sit back and relax whilst watching your favourite movie in the neighbouring theatre.

McKeown Ave

McKeown Avenue is home to multiple stores to accommodate all your needs. Grab a coffee from a local coffee spot and shop everything from sportswear and home décor, to something for your four-legged furry friend!

 Liz Lott

The FARM thefarmfashion.ca

The FARM: Fashion Art Retail Market is a collective of emerging and established designers who share and support local and Canadian talent. We celebrate the craft and workmanship that goes into all handmade products. Stop by for a truly unique shopping experience!



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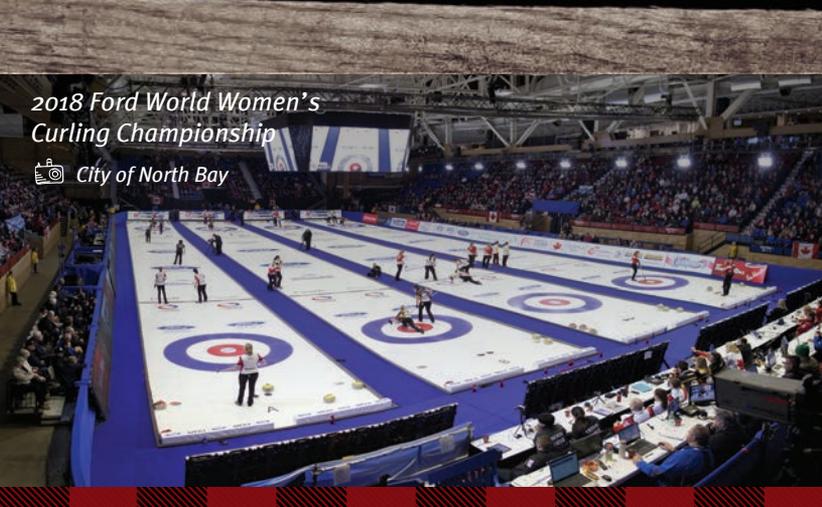




Fantastic facilities, dedicated volunteers and organizational expertise have all contributed to North Bay becoming the destination of choice for your next sporting event.



Steve Omischl Sports Complex
City of North Bay



2018 Ford World Women's Curling Championship

City of North Bay

Home to over 50,000 people, North Bay has an impressive resume of sporting events from grassroots to major international events, such as the 2018 Ford World Women's Curling Championship.

Whether it's during your event, or you are searching for sport-related activities while in North Bay, we can ensure you a memorable experience. North Bay is filled with fantastic facilities and venues that allow you to host a variety of different sporting events, and even concerts. Home to four turf fields, three regulation softball fields, a 4,000+ seat arena, and more, North Bay has it all. Don't forget about our two beautiful scenic lakes, home to boating championships, triathlons and fishing competitions.

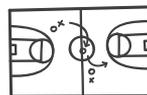
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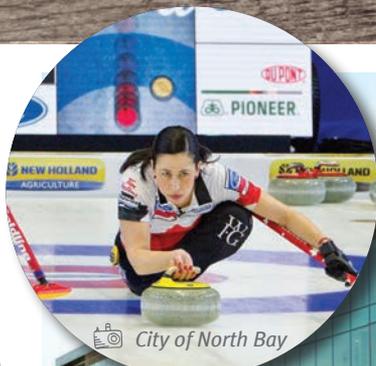


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Memorial Gardens

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The city is host to the **North Bay Battalion**, an **Ontario Hockey League** team relocated to North Bay in 2013 from Brampton, Ontario. The Battalion play out of Memorial Gardens, the former home to the North Bay Centennials (now Saginaw Spirit) from 1982-2002. Be sure to catch a game!

Visit battalionhockey.com for schedules and the latest Battalion news!



EVENT HOSTING

Are you considering hosting an event in North Bay? The **Event Hosting Program** provides local community individuals, organizations and groups assistance to support their efforts in attracting new, high impact events to the City of North Bay.

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Getting Around



Located directly along the TransCanada Highway, visitors to North Bay will experience a true northern welcome! Nestled between the picturesque shores of Lake Nipissing and Trout Lake, North Bay offers waterfront vistas, a thriving downtown scene, and endless nature and outdoors opportunities.



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C.F.B. North Bay

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Passmore Lake

Lake Nipissing

North Bay Mall

Silver Beach

Sunset Beach

Steve Omischl
Sports Complex

Champlain Beach / Boat Launch

Getting Here

Easily accessible by land or air, North Bay's location provides convenient links for transportation and communication-related activities. It is situated at the crossroads of the Trans-Canada Highway and Highway 11 corridor and is on the national high-speed fibre-optic network. North Bay Jack Garland Airport is just minutes from the downtown core.

Flying In

North Bay Jack Garland Airport is the largest airport north of Toronto and accommodates all types of aircraft, special guests as well as daily flights from Toronto and Sudbury. Get real-time arrival and departure info at yyb.ca.

Driving In

If you're travelling by road, North Bay is found at the crossroads of Ontario Highways 11 & 17. This means those travelling across Canada or North from Toronto or Ottawa will easily find this gem of a city.

Getting around the city

Visitors to North Bay will find car rental agencies and multiple taxi services.

North Bay Transit provides public, accessible transportation and North Bay is also home to multiple recreation paths for walking and cycling. Visit cityofnorthbay.ca/myridenbt for transit schedules.



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 ↗ capitolcentre.org

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 ↗ chiefcommanda.ca

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 ↗ nbgraniteclub.com

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 ↗ heritagetrainandcarousel.weebly.com

North Bay Farmers' Market

↗ northbayfarmersmarket.com

North Bay Museum

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 ↗ discoverynorthbay.com

Northern Tikes

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 ↗ northerntikes.ca



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A & W

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 ↗ theboatnorthbay.com

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 ↗ burgerworld.ca

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 ↗ caseysnorthbay.com

Cecil's Brewhouse & Kitchen

300 Wyld St.
 ☎ 705-472-7510
 ↗ cecils.ca

Dairy Queen

231 Lakeshore Dr.
 ☎ 705-474-3850

Domino's Pizza

41 Lakeshore Dr.
 ☎ 705-495-6969
 ↗ dominos.ca

Dr. Pizza

1495 Seymour St. Unit 9
 ☎ 705-476-6911
 ↗ drpizza.ca

East Side Mario's

285 Lakeshore Dr.
 ☎ 705-497-9555
 ↗ eastsidemarios.com

Freshii

975 McKeown Ave., Unit M5a
 ☎ 705-223-5468
 ↗ freshii.com

Fox and Fiddle

112 Spencer Ave.
 ☎ 705-476-3699
 ↗ foxandfiddle.com

Gateway City Brewery

600-612 Gormanville Rd., #206
 ☎ 705-491-1292
 ↗ gatewaycity.ca

Greco's Pizza

344 Algonquin Ave.
 ☎ 705-474-6322
 ↗ grecoispizza.ca

The Green Store

3761 Trout Lake Rd.
 ☎ 705-497-3508
 ↗ thegreenstore.ca

Indulge

540 Lakeshore Dr.
 ☎ 705-223-3333
 ↗ sugardcc.ca

Mr. Pancho Mexican Food

221 Algonquin Ave.
 ☎ 705-472-6101

Raven & Republic

246 1st Ave. W.
 ☎ 705-478-6110
 ↗ ravenandrepublik.ca

Sandwich Classics

504 Gormanville Rd.
 ☎ 705-478-0900

The Sub Place

955 McKeown Ave.
 ☎ 705-472-6730
 ↗ thesubplace.com

Syl's Neighbourhood Kitchen

850 McKeown Ave.
 ☎ 705-474-7957
 ↗ syls.ca

Terry's Place

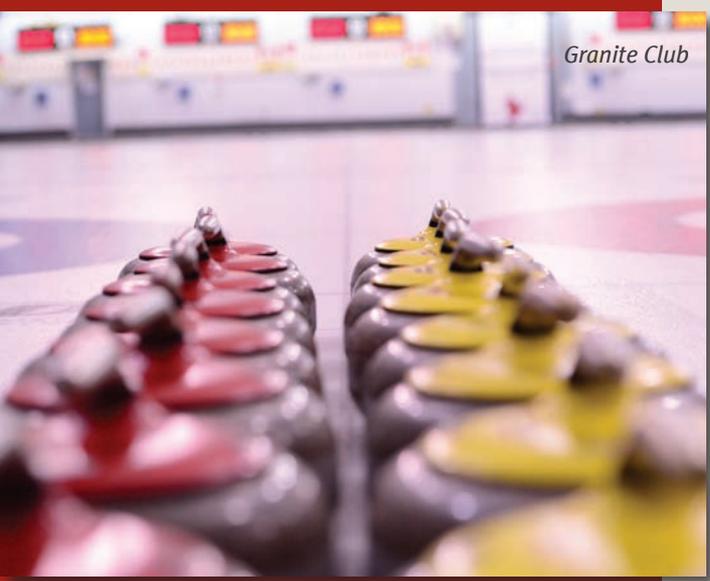
524 Lakeshore Dr.
 ☎ 705-475-1111

Tim Hortons

1361A Franklin St.
 ☎ 705-494-6188

The White Owl Bistro

639 Lakeshore Dr.
 ☎ 705-472-2662
 ↗ thewhiteowlbistro.ca



Granite Club

Where to Stay

North Bay offers a variety of accommodations and a range of options to suit every travel budget.



Hampton Inn by Hilton

In North Bay you can expect a good night's sleep when you check into any one of the numerous chain or independent locations! You can also expect a welcoming smile, friendly assistance and northern hospitality that will leave you feeling like one of the family!

Accommodations

HOTELS & RESIDENCES

	Number of Rooms	Suites Available	Wheelchair Access	Restaurant/Bar	Pool/Beach	Fitness	Internet	Pets Allowed	Waterfront
Best Western Hotel & Conference Centre 700 Lakeshore Dr. bestwesternnorthbay.com 705-474-5800 800-780-7234	130	•	•	•	•	•	•	•	•
Canadore College Residence 15 College Dr. stayrcc.com/locations/north-bay/accommodations-2/ 705-980-1301 x7003 (May to Sept.)	100	•				•			
Comfort Inn Lakeshore 676 Lakeshore Dr. comfortnorthbay.com 705-494-9444 844-497-3446	81	•				•	•		
Comfort Inn Airport 1200 O'Brien St. comfortnorthbay.com 705-476-5400 844-682-6145	60	•				•	•		
Days Inn & Suites North Bay 340 Main St. W. 705-495-6461 877-937-8483	42	•	•			•			
Hampton Inn by Hilton 950 McKeown Ave. northbay.hamptonbyhilton.com 705-474-8400 877-409-8499	102	•	•	•	•	•			
Holiday Inn Express & Suites 1325 Seymour St. hiexpress.com/northbayon 705-476-7700 866-899-9053	116	•	•	•	•	•	•		
Homewood Suites by Hilton 495 Oak St. W. hwnorthbay.homewoodsuitesbyhilton.com 705-495-3000	100	•	•	•	•	•	•	•	
Howard Johnson Inn North Bay 255 McIntyre St. W. 705-474-4770	42	•				•	•		
Nipissing University 100 College Dr. nipissingu.ca/departments/events-accommodations 705-474-3450 x4808 (May to Sept.)	170	•				•			
Ramada Pinewood Park Resort 201 Pinewood Park Dr. ramadapinewoodparkresort.ca 705-472-0810 800-461-9592	102	•	•	•		•	•		
Super 8 570 Lakeshore Dr. super8.com 705-495-4551 888-828-4551	50	•	•			•	•	•	
Travelodge Airport 1525 Seymour St. travelodge.ca/property/travelodge-north-bay-airport 705-495-1133 800-525-4055	100	•	•	•		•	•		
Travelodge Lakeshore 718 Lakeshore Dr. travelodgenorthbay.com 705-472-717 866-578-7171	76	•			•	•	•		

MOTELS, COTTAGES & BED AND BREAKFASTS

Bay Motel 4335 Hwy. 11 N. bay-motel.com 705-497-3140 800-954-8242	10	•				•		•	
Bo-Mark Motel Inc. 3207 Hwy. 11 N. bomarkmotel.com 705-474-3100 888-287-3100	12					•	•		
Franklin Motel & Trailer Park 444 Lakeshore Dr. franklinmotel.ca 705-472-1360	14								
Glen Garry Motel & Cottages 785 Lakeshore Dr. 705-472-1085	6			•				•	
Glenwood Motel & Cottages 467 Lakeshore Dr. 705-472-1644	14	•			•	•	•	•	
Gray's Log House B&B 5270 Hwy. 63 graysloghouse.com 705-495-2389									
Lakeshore Suites 710 Lakeshore Dr. lakeshoresuites.com 705-497-9000 855-497-9001	22	•	•			•	•		
Lincoln Inn 594 Lakeshore Dr. thelincolnn.ca 705-472-3231 855-472-3231	27					•	•		
Nipissing Inn 1078 Lakeshore Dr. nipissinginn.ca 705-472-0800 800-848-0800	5	•				•		•	
Star Motel 405 Lakeshore Dr. 705-472-3510	21	•	•	•					
Sunset Inn on the Park 641 Lakeshore Dr. sunsetinn.ca 705-472-8370 800-463-8370	23	•	•			•	•		
Torbay Suites 587 Banner Ave. torbaysuites.net 705-476-0076 888-786-7229	8	•		•		•	•	•	
Voyager Inn 123 Delaware Ave. voyagerinn.ca 705-472-1490	86	•		•		•			



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Super 8 North Bay

Super 8 North Bay is located on the shores of beautiful Lake Nipissing with easy access to Trans-Canada Highway. Centrally located near the waterfront our hotel offers easy access to area attractions and dozens of outdoor activities for any traveller. Super 8 North Bay is eco-friendly, smoke-free and offers pet friendly rooms, free hot breakfast, free parking and free Wi-Fi.

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North Bay YYB Jack Garland Airport

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Industrial Business Park

As you fly into North Bay your breath will be taken away by the vast expanse of blue water and lush green forest; landing on the longest runway in Northern Ontario, at over 10,000 feet long!

There is a lot more to YYB Jack Garland Airport than arriving for your vacation. It is home to the city's Industrial Business Park with over 1,000 acres of publicly-owned land that can accommodate a wide range of industries, including some airside locations.

After you collect your luggage, stop at the Himalayan Cafe to sample Nepalese 'Momo' magic. As you drive out of the airport and arrive at the first intersection, you will see a stunning Voodoo Jet mounted as the "Gate

Guard". The North Bay CFB squadron was the last in the world to operate the Voodoo jet. Intrigued? Turn left and head towards CFB North Bay to explore the Canadian Forces Museum of Aerospace Defence before heading down the hill into the city.

Business leaders commend North Bay 'for not only being an outstanding place to live, but for providing a superior economic environment for companies to grow and prosper'. Contact our Economic Development department today to see how you can make North Bay home, for you and your business. Come for the adventure—stay for the opportunity.

Visit investinnorthbay.ca for more information.



Tourism Start-ups

North Bay's strong and dynamic entrepreneurial spirit is a result of its long history of trade and commerce, as well as community groups and organizations, all contributing to an ecosystem encouraging growth. This ecosystem has created supports for start-ups entering one of the fastest growing sectors, experiential tourism.

Off the Beaten Track, owned and operated by Emma Jones, offers all-season, unique adventure packages. Within minutes of downtown, groups hike through lush boreal forest, either choosing to pause for fondue at a scenic lookout or at the end of the adventure, take in local cuisine, or indulge in ice cold beer at one of the local craft breweries. Emma says, "To live is to travel off the beaten track. True adventure means getting under the skin of the places you are travelling to and gaining memories that will last a lifetime".

otbt.ca

Bryce Gartner, owner of **Shockwave** and a certified Wilderness First Aid and Paddle Canada Instructor, specializes in canoe or kayaking adventures taking groups—from first-timers to experienced paddlers—on the many surrounding lakes and waterways. Imagine travelling the waterways used by the Voyageurs as they opened up Canada. From a picturesque canyon with towering walls on the Mattawa River, or island-dotted Trout Lake, to the full-on big-water of Lake Nipissing, North Bay has it all. Bryce says, "Along the way, you might just get a glimpse of beavers, deer, mink, osprey and bald eagles. Bring your sense of adventure and explore what North Bay has to offer minutes from the city."

shockwaves.ca



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Travel Information: Know Before You Go

Crossing the Border into Canada: Land Ports of Entry

Both the Canada Border Services Agency and the U.S. Customs & Border Protection Agencies want you to have a good experience moving through the customs and border protection process.

Learning about traveller entry forms, agricultural products allowed and prohibited, what items are dutiable, and other information will help you move speedily through this process.

Crossing the Canadian Border:

All U.S. citizens ages 16 and older, entering Canada by air (including in-transit passengers who are transferring planes in the U.S), land or water, must present one of the following documents: a passport or passport card; an Enhanced Driver's License; or a Trusted Traveller Program Card (SENTRI, NEXUS, or FAST Card). Travellers aged 15 and under require a birth certificate for land or sea travel and a passport for air travel. For current requirements go to: cic.gc.ca.

If you are travelling with your own children under the age of 16 and your spouse, bring their birth certificates. If you are traveling with a child other than your own or without your spouse, have the child's birth certificate along with a letter of permission, including name and contact information for that child's parents/guardians or your spouse.

Visitors from all other countries require a valid passport and, in some cases, a Visitor's Visa.

What can and can't come into Canada:

Residents of the United States who visit Canada are allowed to bring in a "reasonable" amount of personal goods duty free. The amount you bring should align with your length of stay.

There are limits for some of the regulated items: alcohol, tobacco and food products. What is and what is not allowed changes frequently – visit inspection.gc.ca for current information prior to your departure.

Pets:

Dogs and cats accompanying their owners from the U.S. must have current (within 36 months) rabies vaccination certificates. Owners from other countries who wish to bring their pets with them should contact 1-800-442-2342 / 1-613-225-2342 / TTY 1-800-465-7735 or visit www.inspection.gc.ca

Residents returning to the U.S.:

Returning U.S. residents are eligible for an \$800 duty-free personal exemption every 31 days, having remained no less

than 48 hours beyond the territorial limits of the United States except U.S. Virgin Islands, in a contiguous country which maintains free zone or port, and has remained beyond the territorial limits of the United States not exceeding 24 hours. This exemption includes no more than 200 cigarettes and 100 cigars. Visit www.cbp.gov for more information.

Currency

If you want to know what your money is worth in Canada, visit www.bankofcanada.ca/rates/exchange/daily-converter/ to quickly convert your currency to Canadian dollars.

Cannabis in Canada

As of October 17, 2018, adults aged 19 and older are legally permitted to purchase, possess (up to 30 grams) and consume cannabis in Ontario. Visitors included.

Cannabis MUST be legally procured through permitted sources (online at ocs.ca or at a licensed retail store). You cannot bring cannabis across the U.S./Canada border, in either direction.

Travelling within Canada with cannabis is permitted (laws vary provincially so be aware of the specific regulations applicable as you travel).

In Ontario, cannabis consumption is regulated under the Smoke-Free Ontario act. Be aware of your surroundings and where you can and can't smoke/vape.

Ontario police are authorized to use roadside oral fluid screening devices. Impaired driving is a serious offence in Ontario and drivers shown to be impaired by alcohol, cannabis or any other substance can face stiff penalties including having their vehicle impounded, a loss of driving privileges, significant fines and even jail time. Don't smoke and drive, or boat!



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