RELOCATION GUIDE

ONTARIO·CANADA

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WELCOME TO NORTH BAY



North Bay is a beautiful, safe and diverse community. Nestled between two of Northeastern Ontario's most beautiful lakes. The City values the unique features and people that make our community vibrant and welcoming.

Built with determination, ingenuity and hard work; these attributes continue to define North Bay and its residents. Talented, friendly, and creative people embody the spirit of the community and drive our economy.

If you have had the opportunity to visit North Bay, thank you for visiting and we look forward to seeing you again soon. To our residents, I am proud to serve as your Mayor, and I, along with City Council, will continue to work hard to make this community the best place to live, work, play and learn.

For those of you who have never visited North Bay, I invite you to visit us and experience our beautiful city first hand, its sights and its hospitality. Here in the City of North Bay, we feel very fortunate to have the best of culture, entertainment, shopping, dining and accommodation that make this City - a great city.



ABOUT NORTH BAY

COMMUNITY OVERVIEW

North Bay is a vibrant community nestled between Lake Nipissing and Trout Lake. With approximately 52,662 residents, North Bay is the perfect location to live, learn, work and play.

North Bay offers the best of both worlds in urban and rural living. Lakefront properties or country settings are available within minutes of the active downtown core. The local economy offers employment in various professions, industries and trades, offering the perfect balance of work and family life.

Residents can take advantage of a regional health care centre, specialty family services, retirement facilities, places of worship and cultural associations, accessible transportation, technological-infrastructure and more.

Multi-level educational opportunities include English and French language curriculums for both elementary and high school, along with excellent college, university, private and technical training institutions.

The natural environment lends the perfect setting for all-season recreational activities and special events, including a multitude of outdoor pursuits, arts, and entertainment.



DISTANCE TO MAJOR CENTRES

Located as the gateway between northern and southern Ontario, North Bay is a friendly community with an ideal environment for working, living, and raising a family.

North Bay is located 3 hours north of Canada's largest city, Toronto, and 3.5 hours west of the nation's capital, Ottawa.

Travel distances to major centres from North Bay include:

CITY	KILOMETERS (KM)	MILES (M)	DRIVING TIME
Sudbury	125	78	1.5 hours
Toronto	345	214	3 hours
Hamilton	394	245	4 hours
Ottawa	357	222	3.5 hours
Montreal	555	345	5.5 hours
London	500	311	5 hours

DEMOGRAPHICS

North Bay has a population of **52,662** with a regional trading area of approximately 112,000 people. North Bay has a median age of 44 years old. The North Bay Census Agglomeration includes The City of North Bay, Municipality of East Ferris, Bonfield Township, Municipality of Callander, Chisholm Township, Nipissing Township, Nipissing Unorganized (North Part) and Municipality of Powassan, with a population of 71,736.

The growth trend experienced between 2011-2021 is expected to continue, with an increase of newcomers moving to the community.



2.2%
Population Growth

2016 - 2021

LANGUAGES

North Bay is a culturally diverse community with over **90** languages spoken. According to Statistics Canada, approximately **24%** of the population is knowledgeable in both official (English and French) languages.

CLIMATE

North Bay has a distinct four-season climate that provides a range of outdoor recreational activities.

The following provides the average North Bay temperatures for each season and average precipitation levels based on a sampling period covering 30 years provided by <u>The Weather Network</u>.

MONTHLY AVERAGE PRECIPITATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ост	NOV	DEC
Rainfall (mm)	17	10	32	51	86	95	100	100	113	92	59	20
Snowfall (cm)	63	52	38	16	2	0	0	0	0	5	35	61

DEC-MAR	APR-JUN	JUL-AUG	SEP-NOV
- 9 °C/15 °F	10 °C/50 °F	18 °C/65 °F	6 °C/43 °F

REGIONAL COMMUNITIES

There are a number of neighbouring municipalities surrounding the City of North Bay with services, established commercial districts and varying housing options.

- **Callander**
- East Ferris
- **Mattawa**
- **Powassan**
- West Nipissing
- > <u>Temagami</u>



HOUSING

Listed as the most affordable real estate region in Ontario by <u>Toronto Storeys</u>, the community offers a variety of ownership and rental opportunities. With a mix of heritage homes, modern lofts and condos by the lake, North Bay boasts convenient and affordable housing options to suit any lifestyle. For current property listings or more information about the local housing market, visit or contact:

- **Realtor.ca**
- North Bay & Area Realtors Association

Renting a house or an apartment is a viable option with the availability of affordable accommodations for singles, couples and families. Additionally, Nipissing University and Canadore College have residences available for rent in the summer months.

- <u>kijiji.ca</u>
- Nipissing University

- **Canadore College**
- **Facebook**



North Bay is made up of seven neighbourhoods:

- Thibeault Terrace
- Airport Hill
- Graniteville
- Pinewood
- Birchaven
- Central
- Ferris

Each area offers unique attributes and a variety of residential, commercial and natural amenities.

For more information on what to look for when buying or renting a home in Canada, visit the <u>Canada Mortgage and Housing Corporations</u> guide for newcomers.

Additional information on housing in Ontario can be found at <u>Settlement.org</u>.

SERVICES

MUNICIPAL SERVICES

The City of North Bay provides a variety of services to residents including but not limited to:

<u>Building & Development</u>: responsible for overseeing and regulating building and development activities to ensure they comply with zoning laws, building codes, and safety standards, while also facilitating infrastructure improvements and promoting sustainable urban growth.

<u>By-law</u>: enforces and administers local bylaws, maintaining order and compliance within the community by regulating various aspects of public behaviour and property use.

<u>Finance, Budgeting & Tax Collection</u>: manages the city's finances, developing budgets, and collecting taxes to fund essential public services and infrastructure projects.



Garbage & Recycling: manages the collection, disposal, and recycling of waste materials to promote environmental sustainability and maintain a clean and healthy urban environment for residents.

<u>The Merrick Landfill</u>: 4 Sand Dam Road <u>Recycling Depot</u>: 112 Patton Street <u>Hazardous Waste Depot</u>: 112 Patton Street

Residents can lookup garage and recycling schedules by downloading the <u>North Bay Recycles app</u> from the <u>App Store</u> or <u>Google Play</u>.

Economic Development: assists existing businesses, prospective investors, and community partners with business growth and development related initiatives.

North Bay Transit: oversees and maintains the public transit system, providing convenient and efficient transportation options for residents and contributing to reduced traffic congestion and environmental sustainability.

<u>Parking</u>: responsible for managing and regulating parking infrastructure and policies. Use the <u>PassportParking App</u> to conveniently pay for parking at all of the on-street metered spaces and municipal lots.

<u>Arts, Culture & Recreation</u>: dedicated to fostering a vibrant community by offering diverse cultural programs and recreational activities that enrich the lives of residents and celebrate the city's cultural heritage.

Streets & Sidewalks: oversees the construction, maintenance, and repair of streets and sidewalks to ensure safe and efficient transportation infrastructure for residents and businesses.

<u>Water & Wastewater</u>: manages the vital functions of water supply and wastewater treatment to ensure residents have access to clean and safe drinking water and to protect the environment through responsible wastewater management.

The <u>Customer Service Centre</u> is conveniently located on the main floor of City Hall at 200 McIntyre Street East. The Centre provides a centralized location for the public to obtain information, ask questions or provide comments about City services and programs. A team of dedicated customer service professionals provide a variety of front line services through various channels including: telephone, email, in-person and by mail.

The Service Centre provides general services such as collecting payments, selling garbage tags, pet tags, transit and parking passes, burn permits and recycling bins. Additionally the department oversees and manages municipal business licensing, residential rental housing licensing and lottery licensing.

For general inquires about city services, please visit <u>northbay.ca</u> or email <u>customerservice@northbay.ca</u> or call 705.474.0400. For additional information about municipal by-laws, check out the <u>Good Neighbour Handbook</u>.

EMERGENCY SERVICES

In case of an emergency, contact **911**. The emergency services in North Bay include the Fire Department, Ambulance and Police Department.

Fire & Emergency Services: responsible for providing fire protection services through a range of programs designed to protect the lives and property of residents from fires, sudden medical emergencies, and exposure to dangerous conditions. Services are currently provided by 3 fire stations located across North Bay.

Fire prevention and safety resources, tips and checklists can be found <u>online</u>.

Phone: 705.474.5662

Email: fireinfo@cityofnorthbay.ca
Website: www.fire.cityofnorthbay.ca



Please note that <u>burning permits</u> are required for recreational open fires, non-recreational open fires and agricultural fires. These can be purchased at the Customer Service Centre in City Hall located at 200 McIntyre Street East.

North Bay Police: provides police services including but not limited to crime prevention, law enforcement, assistance to victims of crime, public order maintenance and emergency response for the City of North Bay.

Non-emergency calls: 705.472.1234 General inquiries: 705.497.5555 Website: <u>www.northbaypolice.ca</u>

<u>Ontario Provincial Police (OPP)</u>: provides policing services in relation to provincial highways, navigable waterways and surrounding rural communities.

Non-emergency calls: 1.800.310.1122 General inquiries: 705.495.3878

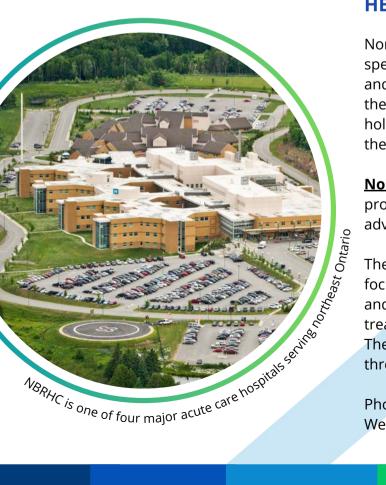
Website: www.opp.ca

<u>Nipissing Paramedic Services</u>: provides paramedic services to the residents and visitors of the Nipissing District. Paramedic services employs approximately 100 paramedics comprised of a combination of advanced care and primary care paramedics.

General phone: 705.474.5750

Website: www.dnssab.ca/paramedic-service/paramedic-services

For non-emergent health care services, please access the North Bay Regional Health Centre and Emergency Room at 50 College Drive, North Bay.



HEALTH CARE

North Bay's medical community is comprised of specialist and general practitioners that range in scope and services and include physicians, dentists, massage therapists, chiropractors, acupuncturists, herbalists, holistic medicines, physiotherapists, rehabilitation therapists, psychotherapists, counsellors and more.

North Bay Regional Health Centre (NBRHC): provides traditional hospital services coupled with advanced specialized mental health services.

The hospital provides compassionate, quality, patientfocused care to a population of more than 129,000, and includes a large emergency department with 32 treatment stretchers, and an ambulatory care centre. There are also a number of health and medical clinics throughout the city.

Phone: 705.474.8600

Website: www.nbrhc.on.ca

Nurse practitioner-led clinics offer a team-based approach to frontline health care. Nurse practitioners are able to treat common illnesses, injuries, and order lab tests, x-rays and other diagnostic tests.

North Bay is home to the One Kids Place Childrens' Treatment Centre. This Centre provides community-based rehabilitation and related support services for children and youth (up to the age of 19) and their families living in the Districts of Muskoka, Nipissing and Parry Sound.

North Bay Parry Sound District Health Unit: administers health promotion and disease prevention programs to inform the public about a variety of important topics. Areas of service include healthy life-styles, communicable disease control immunization, health education and selected screening services.

Phone: 705,474,1400

Email: contact@healthunit.ca Website: www.myhealthunit.ca

Finding a Family Doctor: Health Care Connect refers Ontarians who do not have a physician to a family health care provider who may be accepting new patients.

Phone: 1.800.445.1822

Website: Health Care Connect

Health 811: Connect with a registered nurse day or night for free, secure and confidential health advice. Call 811 for non-urgent health care information, advice and referrals.

Phone: 811

Website: www.health811.ontario.ca

Health Card (OHIP): To obtain, renew or update health card information, visit Service Ontario. Please note, obtaining your health card is free and you must renew it every 5 years. Service Ontario locations in North Bay include:

955 Stockdale Road, Unit 5, North Bay

477 McKeown Avenue, Unit 11, North Bay

Phone: 1.416.326.1234

Website: www.serviceontario.ca



TRANSPORTATION

North Bay is well connected to major urban markets in Canada and the United States through a network of transportation options, including roads, air and rail.

City Transit

North Bay is serviced by public transportation, providing an efficient way to travel within city limits. Public transportation is fully accessible to all individuals. North Bay Transit operates 7 days a week, with 9 different routes that service all areas of the city. There is also a system called **Dynamic Dispatching** that operates weekdays during evenings and on Saturdays. This system allows riders to book their trips using an app, which is available for download at the Apple or Google Play store.



Bus stops are conveniently located throughout the city and schedules are easy to retrieve online or in person at the Transit Terminal located at 190 Wild Street. Bus passes are available at the Transit Terminal or at North Bay City Hall.

Accessible transit services are available in North Bay on all routes with buses capable to accommodate those who use wheelchairs, other mobility devices and those who may have difficulty using stairs. Residents who are unable to board the conventional transit system due to a disability are eligible to use the North Bay ParaBus. Apply for services at the Transit Terminal, or complete the online application.

For more information about North Bay Transit, visit northbay.ca/transit, call 705.474.0419 or download the My Ride NBT app.

Taxi and Rideshare

There are a number of taxi and rideshare companies that operate within the city. Some of the companies include:

U-NEED-A-CAB: 705.497.7777

5-0 Cab: 705.494.5050

Uride: Download the Uride app from the App Store or Google Play Store.

Ontario Northland Coach

Ontario Northland provides reliable and comfortable motor coach transportation from Hearst to Toronto, Sault Ste. Marie, Ottawa, Sudbury and many points in between. Their motor coaches also provide shipping services via Bus Parcel Express, an affordable station-to-station delivery service with multiple daily departures.

For more information or to book a ticket visit ontarionorthland.ca, call 705.472.4500, or visit the North Bay ONTC terminal located at 100 Station Road.

YYB North Bay Jack Garland Airport

Just minutes from the downtown core, the municipally owned Jack Garland Airport passenger terminal features a single-level design, a restaurant, a security screening hold room, airline office space, ticket counter space, and unique architectural accents to please travelers from around the world. Scheduled and charter options are available.

YYB North Bay Jack Garland (YYB) is committed to providing convenient, safe, and accessible vehicle parking at competitive rates. Mixed-use parking lots meet the needs of both long-term and short-term parking customers. There is a covered drop-off area directly in front of the terminal building, providing easy and quick access to both departure and arrival areas. Taxi and limousine services are available outside the arrivals area. Car rental agencies serve the airport, with kiosks located at the arrivals area.

YYB airport provides scheduled passenger services. Presently, Air Canada Jazz operates daily scheduled flights from North Bay to Toronto's Pearson International Airport. In addition, Bearskin Airlines provides daily scheduled and charter passenger services to northern Ontario cities and Winnipeg, Manitoba.

Air Canada

Reservations: 1.888.247.2262

Bearskin Airlines

Reservations: 1.800.465.2327

Charter services are available through:

Helicopters Canada

Voyageur Airways

Skylink Express

Ministry of Transportation

North Bay's Ministry of Transportation office provides information about obtaining, and updating driver and vehicle license's.

For more information visit mto.gov.on.ca, call 705.472.7900, or visit a Service Ontario office (locations on page 9).



EMPLOYMENT

North Bay offers competitive wage rates specific to job classification and industry. To assist individuals in finding employment, North Bay offers several helpful resource centres and online job banks:

Yes Employment Services

Phone: 705.476.3234

This service assists job seekers with finding work, accessing training and attending post-

secondary education.



Ready Set Hired

A regional resource that houses all jobs posted online throughout the Nipissing and Parry Sound Districts.

<u>Human Resources Development Canada - Job Bank</u>

Phone: 1.866.789.1297

A federal government, Canadian-wide employment resource centre and job bank.

Employment Ontario - Job Board

Phone: 1.800.387.5656

A provincial government, Ontario-wide employment resource centre and job bank.

Canadore College - Centre for Career Development

Phone:705.474.7600

This service offers employment opportunities, resume information, and assistance to Canadore student and graduates.

Nipissing University Career Development

Phone:705.474.3450

This self-directed career development and educational site is designed to empower students and alumni in making informed decisions about their career(s), further education and employment goals.

Ontario Works Employment Services

Phone:705.471.2151 ext.24325

This service helps job seekers of all ages to find work, receive training or return to school.

Employment First

Phone: 705.476.3288

This service works with employers, candidates and business owners to meet the employment needs of the community.

EDUCATION

North Bay is home to Nipissing University and Canadore College, several private colleges, training institutions, vocational schools, and four school boards. With a wide range of educational institutions and programs, students have the opportunity to begin learning in junior kindergarten and complete their studies with a Ph.D..

The community is home to four school boards that provide educational opportunities in English and French as well as Public and Catholic settings.

- English Public School Board (Near North District School Board)
- English Catholic School Board (Nipissing Parry-Sound Catholic School Board)
- French Public School Board (Conseil scolaire public du Nord-Est de l'Ontario)
- French Catholic School Board (Conseil scolaire catholique Franco-Nord)

North Bay also has several private educational institutions. These include but are not limited to:

- Montessori Learning Centre
- Issachar Christian Academy
- KIND Forest School
- Kumon of North Bay
- Oxford Learning North Bay

CHILD RESOURCES

North Bay offers a variety of child care services that are available in both French and English. A complete listing of child care and resource programs is available at the District Nipissing Social Services Administration Board.

Website: www.dnssab.ca/childrens-services

Phone: 705.474.2151

Ontario works can provide those who are eligible, assistance with Children Services and the Child Care <u>Fee Subsidy Program</u>. Apply <u>online</u> or via telephone at 705.474.2151 ext.15558.



Nipissing Best Start:

The goal of the Best Start program is to ensure that children in Ontario develop the skills they need to achieve success in school. Best Start focuses on early learning and child care services, as well as healthy development during a child's first years.

Big Brothers Big Sisters of North Bay:

Big Brothers Big Sisters of North Bay is a non-profit volunteer organization committed to fostering the optimal development of children and youth through one-to-one mentoring services and growth-based programs.

EarlyON:

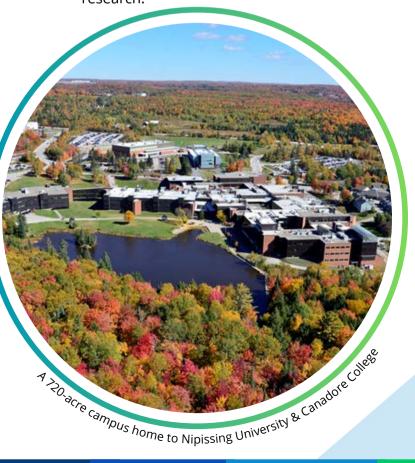
EarlyON centres offer free drop-in programs for caregivers and children from birth to 6 years old. You can learn and play with your child, meet people or get advice.

POST SECONDARY

Several post secondary institutions are located in North Bay and offer full-time and part-time programs. The scope of programs offered ranges from arts, sciences, humanities, technology, business, apprenticeships, adult learning, and more.

Nipissing University:

Nipissing University is involved in a wide range of research including Indigenous, Environmental and Natural Resources, Human Sciences, Conflict Resolution, Inequality, Information Technology and Mathematical Sciences with an international recognized cluster for topology research.



Canadore College:

Canadore College has three easily accessible North Bay campuses, which include the School of Aviation Technology located at Jack Garland Airport, the technical/trades campus at Commerce Court, and the arts and science campus at the Education Centre.

Collège Boréal-West Nipissing Campus:

The only French-language college in Northern Ontario, Collège Boréal offers the large Francophone population of Ontario a chance to continue their education in their first language.



CTS Canadian Career College:

CTS Canadian Career College offers accelerated, practical programs leading to specific careers in areas such as health, business, technology, and law.

Contact North:

Contact North's access centre offers distance education technologies such as audio, video, web conferencing, computer workstations and internet allowing students to connect to their programs and courses.

Modern College of Hairstyling and Esthetics:

Modern College of Hairstyling & Esthetics is a registered private career college that has been educating the beauty industry since 1955.

NETC Native Education & Training College:

Native Education & Training College of Business, Healthcare, Human Service & Technology is a non-profit post-secondary college.

TRAINING

North Bay is home to educational institutions and training facilities that support the local workforce. In addition to the post-secondary institutions mentioned, there are also several private training institutions, including:

- Helicopters Canada Flight Training School An approved Transport Canada Flight Training School and Charter that offers a variety of programs in relation to helicopter licensing.
- Transport Training Centres of Canada Offers programs for commercial truck drivers, heavy equipment operators and beginner drivers in Canada.



SETTLEMENT

To assist with community integration, North Bay has the following support services in place to assist with settlement in the community:

North Bay & District Multicultural Centre

Phone: 705.495.8931 Email: info@nbdmc.ca

This agency provides information and referral services for all aspects of immigrant/newcomer support including settlement and job search assistance, immigration applications, Canadian citizenship preparation, and community referrals.

Yes Employment Services

Phone: 705.476.3234

Email: dawn@yesnorthbay.com

This agency provides settlement supports to their clients located in and seeking employment in the community. They offer a variety of training, resources and hands-on support for those looking for employment, housing, transportation, schooling and more.

North Bay Military Family Resource Centre (MFRC)

Phone: 705.494.2011 ext. 2053

The North Bay Military Family Resource Centre enhances and supports the military community by actively promoting individual and family well-being. Relocation support to military families is available through the North Bay Centre.



Additionally, North Bay is one of the eleven Canadian communities participating in the Rural Northern Immigration Pilot (RNIP) program. This federal program is designed to assist local employers looking to hire an immigrant, temporary resident or overseas candidate that wants to become a permanent resident.

This also provides an opportunity for those working in the community an additional pathway to gaining permanent residency.

More information about immigration services can be found at northbayimmigration.ca and information on the community can be found at moveup.northbay.ca.

"North Bay for me is incredible. The culture. The people. They are happy to see you succeed and they help you! North Bay is a very welcoming community. It is pristine, safe and a good place to raise a family. It really is a great community to live!" **Carlos Carvalho**

LANGUAGE & LITERACY SUPPORT

Literacy and language services are offered through various organizations focusing on skill

improvement and English as a second language needs.

Language Instruction for Newcomers to Canada (LINC):

Phone: 705.476.3234

Email: dawn@yesnorthbay.com

LINC is a free government-funded language training program designed to assist immigrants in learning English with a focus on the four skills: Writing, Speaking, Reading and Listening. The program is offered

by Yes Employment Services.

Literacy Nipissing

Phone: 705.494.9416

Email: staff@literacynipissing.ca

Penika Or language training programs available Literacy Nipissing is a community based literacy agency dedicated to helping adults

improve reading, writing, spelling, math, and computer skills.



Phone: 705.472.5419

The Near North District School Board's Adult English as a Second Language (ESL) Training program is free for eligible learners. Adult learners may register and begin day classes at any time during the school year (September - June).

French as a Second Language programs are available through educational institutions and Canadore College offers a certificate program in conversational French.

PROFESSIONAL SUPPORT

In addition to professional services and associations, North Bay has many organizations that can provide support and assistance for business needs.

North Bay & District Chamber of Commerce

Phone: 705.472.8480 Email: info@nbdcc.ca

This agency is a member based organization representing the voice of business.

The Business Centre Nipissing Parry Sound Inc.

Phone: 705.474.0400 ext. 2302

Email: info@tbcnps.ca

This agency provides support to start-up and small enterprises during their first five years of operation in the Districts of Nipissing and Parry Sound.

Downtown North Bay & Waterfront

Phone: 705.472.8480 ext. 233

Email: yourdowntownnorthbay@gmail.com

This agency represents and supports downtown businesses through various initiatives and promotions.

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RECREATION & LEISURE

A variety of recreational opportunities exist in the community provided by the natural environment; trails for walking, biking, or hiking, as well as programs and services offered by the municipality and other community service providers. Visit <u>Tourism North Bay's</u> event calendar for up-to-date information on events happening in the community.



ARTS, CULTURE & HERITAGE

<u>Arts, culture, and heritage</u> is deeply rooted in North Bay. With a selection of galleries, museums, historical buildings and a well-known 1,000 seat performance theatre, the creative sector is thriving throughout the community

<u>Creative Industries</u> is an organization that aims to boost the growth of the creative sector, while promoting North Bay as a liveable community.

Performing Arts

There are a number of community theatre groups in the area actively contributing to the arts scene. North Bay is home to its own performing <u>Symphony Orchestra</u>, dedicated to entertaining, enriching and educating the community through the performance of music.

The <u>Capitol Centre</u>, a 1,000 seat theatre with fly tower and orchestra pit, provides North Bay and surrounding communities with quality arts and entertainment. Programming features local, national, and international talent, ranging from bluegrass and ballet to opera and rock.

Galleries

North Bay is home to a number of local galleries that bring culture and excitement to our community. Locations such as the <u>W.K.P Kennedy</u> <u>Gallery</u>, <u>White Water Gallery</u>, and the Nipissing Region Curatorial Collective are open to the general public.

Museums

To celebrate and share North Bay's rich history, the community has three museums located within city limits. Located in the historic Canadian Pacific Railway station you can find the North Bay Museum that showcases North Bay's past and present. Close to the North Bay Museum, lives the

<u>Dionne Quints Museum</u> which is the birthplace of the Dionne Quintuplets. Additionally, the <u>Canadian Forces Museum of Aerospace Defence</u> is a public museum located on the military base.



NATURAL AMENITIES

North Bay's natural environment features access to 3,400 km of groomed snowmobile trails, close proximity to 8 golf courses, 6 marinas, 43 beaches, 73 park areas and access to 100+ km of multi-use trails. Additional features within city limits include Duchesnay Falls, Laurentian Ski Hill and two large lakes.



Beaches

North Bay is situated between Lake Nipissing and Trout Lake while surrounded by many smaller lakes throughout the City. With over 43 access areas, North Bay is home to a wide selection of well-groomed sandy beaches. For more information about North Bay beaches, visit the City of North Bay website.

Trails

website or contact them at 705.474.5420.

With the 229 feet/70 meter escarpment, North Bay has an excellent urban trail system for hikers, bikers, cross-country skiers, in-line skaters, and joggers. The City's trails take many forms including paved pathways, level walkways and nature trails. For more information about trail networks visit Discovery Routes website or contact them at 705.472.8480.

The North Bay-Mattawa Conservation Authority (NBMCA) is dedicated to conserving, restoring, developing, and managing renewable natural resources on a watershed basis. Many of the NBMCA's conservation areas provide recreational opportunities such as hiking, picnicking, photography, bird watching, and canoeing, allowing the public to interact with nature and the great outdoors. For more information visit their

Parks & Arenas

North Bay has 73 park areas including playgrounds, splashpad and picnic shelters that provide places for people to relax, picnic, play, walk, or swim. There are a variety of sports fields throughout the City of North Bay that are available for community and sport organization use from June to September each year. This includes the <u>Steve Omischl Sports Field Complex</u>, located in the south end of the City.

During the winter, North Bay has several outdoor rinks located throughout the city and three indoor arenas available for use all year round. In winter, the ice surfaces are used for skating, hockey and ringette. In the summer, the arena floors become available for craft shows, trade shows, concerts, fundraising events, and team sports. One of North Bay's arenas maintains ice surface in the summer months to allow for ice rentals. For more information about North Bay parks, playground and trails and sports facilities, please visit the City of North Bay website.

Downhill Skiing & Snowboarding

Laurentian Ski Hill is conveniently located in the heart of the community and just minutes from downtown North Bay. Laurentian Ski Hill has a 350 foot vertical drop, with a quad chair lift, magic carpet lift for beginner hill access, and dedicated T-bar lift for the terrain park. Facilities include ski, snowboard, Terrain Park, and ski patrol. Equipment rentals, lessons and snow school camps and programs are available. Visit the website or call 705.494.7463 for more information.

Cross-country Skiing & Snowshoeing

rked, abundance of trail networks for public use The North Bay Nordic Ski Club has over 40 kilometres/24 miles of marked, groomed and trackset trails with a clubhouse and snack bar open seven days a week. The club offers ski instruction, moonlight skiing, potluck suppers, and trail cookouts. For more information please visit their website.

Samuel de Champlain Park offers cross-country skiing through the park on groomed trails. There are a number of cross-country ski and snowshoe trails in the area. The Education Centre on College Drive has scenic groomed trails and the Discovery Routes trails are also accessible in the winter months

Snowmobiling/ATV

The North Bay Region is nestled in the midst of 3,400 km/2,000 miles of groomed trails. Wellmarked trails lead to exciting and different locations. There are numerous rest stops providing everything from meals to lodging and fuel. To access information on snowmobile and ATV trails, visit Discovery Routes. In addition, visit the Near North Trail Association website for more information on snowmobile trail networks within the area.

DOWNTOWN & WATERFRONT



North Bay's waterfront, on Lake Nipissing, is the heartbeat of the City, featuring a magnificent walkway adorned by beautiful gardens, a museum and a public marina. With sandy beaches, walking paths, warm and shallow waters, ample fishing and boating opportunities, snowmobiling, picture perfect sunsets, and an endless variety of seasonal activities, the waterfront is the place to be.

The downtown core is a vibrant area close to the waterfront and family-friendly outdoor amenities such as the splashpad, parks and walking trails. With numerous retail outlets, professional and personal services, restaurants and hotels, the downtown offers a range of unique products and services. The City of North Bay has a Downtown Waterfront Master Plan to guide development and connectivity between the two core areas. Learn about the plan by visiting the City of North Bay website.

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