

WELCOME HOME

# NORTH BAY

ONTARIO • CANADA



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# Welcome to North Bay



## Welcome to North Bay – it's all here

North Bay is a vibrant community nestled between Lake Nipissing and Trout Lake. With approximately 51,553 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 state-of-the-art health care, 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, 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.

North Bay is a spectacular city to raise a family, pursue an education, advance a career, settle into retirement and live a happy, healthy lifestyle.

### Did you know?

The City of North Bay has developed an online portal to assist newcomers with their relocation and settlement needs.

Visit [northbayimmigration.ca](http://northbayimmigration.ca)



## Message from the Mayor

Only a 3-hour drive north of Toronto, the City of North Bay is a unique, welcoming community of 51,553 people. It is large enough to establish that big city feel of diversity, culture, and excitement yet small enough to offer the warmth of a caring and safe community. This vibrant city offers a healthy and balanced environment for working, living and raising a family.

Our community members share a common trait—a strong sense of pride in our region. From events and festivals to groups and services, community spirit flourishes in North Bay. It is an area that is as diverse as it is inclusive.

You will find a truly Canadian landscape, four distinct seasons of activity, a diverse economy with a range of employment opportunities, a first-class regional health centre and multi-level learning establishments.

With comprehensive relocation services, North Bay is the perfect place for your whole family to call home!

Mayor Al McDonald



## Welcome Services

North Bay offers several programs for newcomers to get involved in the community. The North Bay & District Multicultural Centre offers support to newcomers who are looking to build professional networks, make social connections, practice new languages, and learn more about the City of North Bay.

To see videos of other newcomers' success stories in relocating and establishing North Bay as their home, please click on this [link](#).

For more information contact:

North Bay & District Multicultural Centre

Phone: 705.495.8931

Toll Free: 877.495.8931

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

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

# About North Bay



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.

The city is situated between Lake Nipissing and Trout Lake and offers lakefront property in both urban and rural settings. The short distance between home and work allows residents more time to enjoy the wealth of parkland and leisure facilities available in the area.

North Bay residents are engaged in community development. This dedication is evident in the number of volunteer hours and support given to ensure the

success of annual events and initiatives. Festivals, attractions, and a wide range of special event activities complement the natural attractions of the area, creating a vibrant and active place to live. North Bay boasts a healthy environment, with boreal forests, spring-fed water, and clean air, as well as safe, friendly, well-planned neighbourhoods. Coming home is a true pleasure in North Bay.

North Bay's residents enjoy the comforts of a safe and welcoming environment. With a state-of-the-art Regional Health Centre and highly recognized post-secondary institutions, North Bay continues to provide the infrastructure and services to support community growth.

## Distances to Major Centres



Travel distances to major Canadian centres from North Bay include:

	Kilometres	Miles	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

North Bay is a day's drive from many large U.S. centres. There are six different border crossings available to reach destinations such as Buffalo, Detroit, New York City, Boston, and Chicago. Travel distances to major U.S. centres from North Bay include:

	Kilometres	Miles	Driving Time
Buffalo	490	306	5 hours
Detroit	683	427	7 hours
New York City	770	478	8 hours
Boston	1,041	651	10 hours
Chicago	1,144	715	11 hours

## Demographics

North Bay has a population of 51,553. The regional trading area representing people within the districts of Nipissing and Parry Sound, Timmins, Temiskaming Shores and Cobalt contains a population of approximately 112,000.

The North Bay Census Agglomeration includes the City of North Bay, East Ferris Township, Bonfield Township, Municipality of Callander, Chisholm Township, Nipissing Township, Nipissing Unorganized (North Part) and Municipality of Powassan. The total population for North Bay Census Agglomeration 2016 Census of Population was approximately 70,378.

### Did you know?

New residents in Ontario who have a valid driver's licence from another province, state or country, can use it for up to 60 days after moving to Ontario.



# Climate

North Bay's four-season climate provides the perfect opportunity for outdoor enthusiasts. The following table highlights seasonal average temperatures for North Bay based on a sampling period covering 30 years.

Data provided by The Weather Network.

	Winter (December – March)	Spring (April – June)	Summer (July – August)	Fall (September - November)
Average High	-4 °C/24 °F	16 °C/60 °F	23 °C/74 °F	10 °C/50 °F
Average Low	-14 °C/6.8 °F	5 °C/41 °F	11 °C/52 °F	2 °C/36 °F

## North Bay Waterfront

The City of North Bay is well known for its magnificent waterfront, an area that has become the flagship attraction of the community. Adjacent to the downtown core, pedestrians are connected to the waterfront through an underpass walkway.

With sandy beaches, walking paths surrounded by beautiful gardens, 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.

North Bay's waterfront is located on the shores of Lake Nipissing, adjacent to King's Landing, home port for the Chief Commanda II tour watercraft, and includes:

- Abundant walkways and free parking
- An arboretum of plants, trees, and ornamental grass
- Municipal marina featuring 250 boat slips adjacent to the picnic & band shelters
- Beaches for swimming
- Heritage Mini-Train and Heritage Carousels
- Fully accessible playground
- Volleyball courts
- The Kate Pace Way – a paved multi-use non-motorized route that runs along the shoreline

For information on the Heritage Mini-Train and Heritage Carousels visit:

[Heritage train and carousel](#)





# Housing

North Bay is made up of seven areas: Thibault Terrace, Airport Hill, Graniteville, Pinewood, Birchaven, Central and Ferris. Each area offers unique attributes and a variety of residential, commercial and natural amenities.





## Buying a house

With affordable houses, condominiums, executive homes, waterfront properties, heritage homes, and build-to-suit vacant land, North Bay offers endless ownership opportunities.

For more information on things you need to know when purchasing a home, check out the Canada Mortgage & Housing Corporation's guide to buying a home in Ontario:

[cmhc.ca/newcomers/](https://cmhc.ca/newcomers/)

For current information on the housing market in North Bay, visit the North Bay Real Estate Board's [website](#).

North Bay Real Estate Board

Phone: 705.472.6812

[nbreb.com](https://nbreb.com)

To view current property listings visit:

[realtor.ca](https://realtor.ca)

For helpful tips on what you should look for when purchasing a home visit:

[settlement.org/ontario/housing/buy-a-home/](https://settlement.org/ontario/housing/buy-a-home/)

### Did you know?

North Bay was home to Ontario's

22<sup>nd</sup> Premier, the Honourable

Michael D. Harris



## Renting

Renting a house or apartment is a viable option with the availability of affordable accommodations for singles, couples and families. Many of North Bay's hotels also offer long-term, negotiable options that can serve as a comfortable intermediary place to stay during the house-hunting stage. Furthermore, Nipissing University and Canadore College have residences available for rent in the summer months.

To view rental listings visit:

[kijiji.ca](https://kijiji.ca)

For helpful tips on what you should look for when renting a home or apartment visit:

[settlement.org/ontario/housing/rent-a-home/](https://settlement.org/ontario/housing/rent-a-home/)

There are also settlement services available in North Bay to help you find a home. Contact the [North Bay & District Multicultural Centre](#) to access resources which will help you find a place that is right for you.



## Regional Communities

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

### Callander

Callander is a municipality located 10 minutes south of North Bay. Situated on the south shore of Lake Nipissing, Callander Bay's sandy beaches and picturesque sunsets provide a perfect backdrop for the downtown core. With a population of 3,800, Callander boasts a solid mix of rural and urban housing ranging from lakeside single-family dwellings, golf course community homes to town homes along the lake.

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

### Mattawa

The community of Mattawa is a neighbouring municipality in Northeastern Ontario at the confluence of the Mattawa and Ottawa Rivers. The region is home to over 6,000 residents and is located along Highway 17 Trans-Canada highway, east of North Bay. With a blend of rural and urban living, the area provides affordable housing options to suit a range of needs.

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

### Powassan

Powassan is the heart of good living surrounded by natural tranquility offering a quiet, rural lifestyle. With a population of 3,300, Powassan is twenty minutes south of North Bay. Housing options in Powassan range from rural estates, hobby farms, and affordable rural building lots to subdivisions, houses in town and apartment living.

[powassan.net](http://powassan.net)

### West Nipissing

West Nipissing is a vibrant community nestled between the cities of Sudbury and North Bay. With a population of 13,410 people, French is prominent throughout the area. Affordable housing, rural and lakeside living and tremendous natural beauty wrapped in a northern landscape encompasses the true essence of life in West

Nipissing. West Nipissing real estate includes houses by the river, lake, country homes, downtown apartments, vacant lots for new builds, assisted living, newly built subdivisions and retirement condos.

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

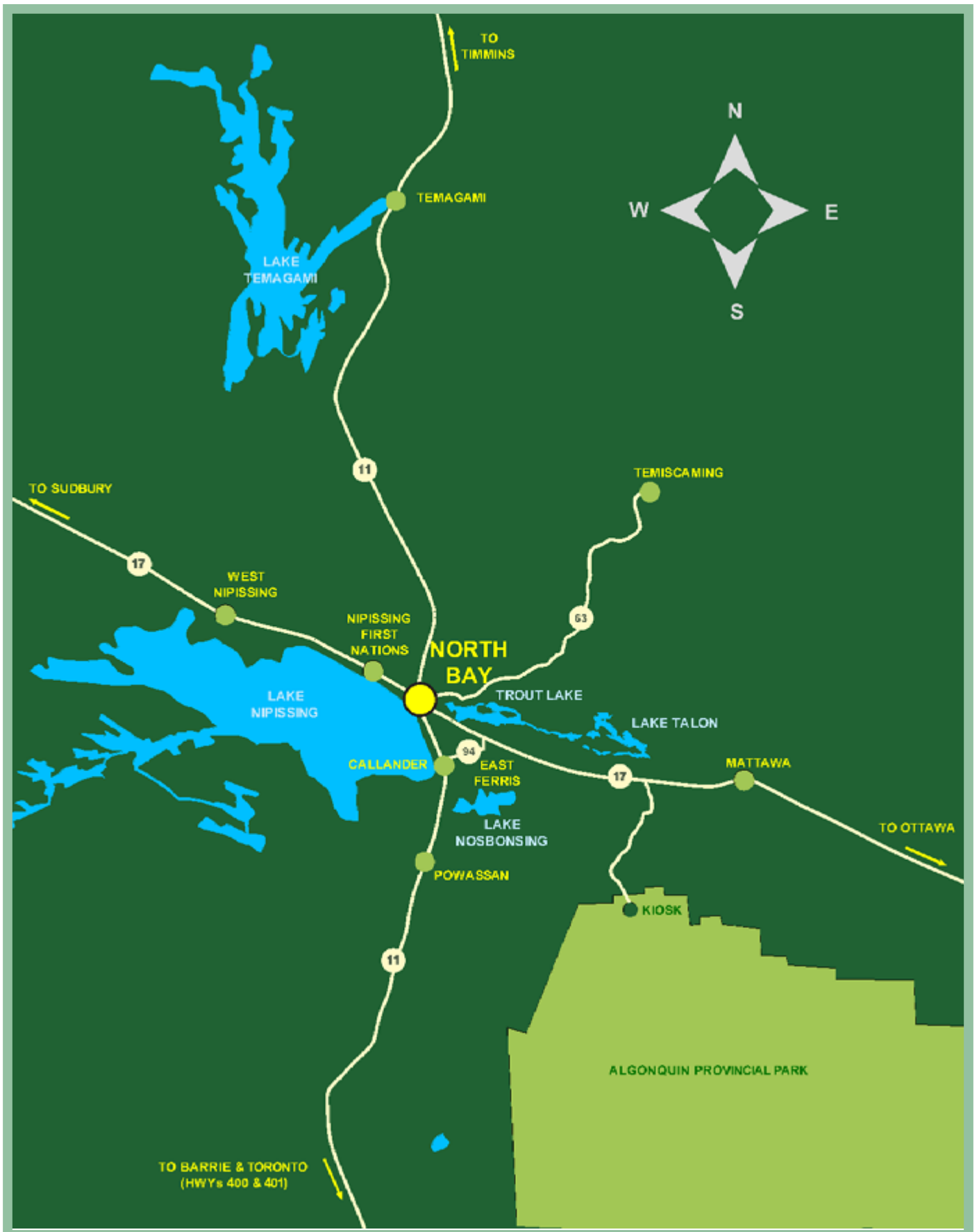
### Temagami

Located in the District of Nipissing, the Municipality of Temagami, situated on beautiful Lake Temagami, is 65 kilometers north of North Bay on the Highway 11 corridor. With a population of 1,000, Temagami offers endless opportunities for the outdoor enthusiasts. Affordable housing in rural and lakeside settings coupled with recreational activities such as canoeing, backcountry hiking, camping, fishing, and snowmobiling provides a perfect blend.

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

#### Did you know?

North Bay is located adjacent to the Nipissing First Nations which is home to the head office of the Union of Ontario Indians.



# Services



## Education

North Bay is home to Nipissing University, 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 masters degree, without ever leaving the City.

## Post-Secondary Education

Several post-secondary institutions are located in North Bay and offer part-time and full-time programs. The scope of programs offered range from arts, sciences, humanities, technology, and business; to apprenticeships, adult learning, English as a second language, and more.

### Nipissing University

Nipissing University has a reputation for excellence in teacher education, arts, science, and professional programs. Students will find themselves in a high quality academic environment that is student-focused and based on personal teaching practices, innovative approaches to learning, and a growing research culture.

For more information contact:

Phone: 705.474.3450

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

Nipissing University and Canadore College residences offer apartment style living with many amenities and services available on site.



### Canadore College

Canadore College has three easily accessible North Bay campuses, which include the Aviation Campus located at Jack Garland Airport, the technical/trades campus at Commerce Court, and the arts and science campus at the Education Centre. The Education Centre, co-located with Nipissing University, resides on a pristine 700 acre/283 hectares site on the escarpment. Canadore College offers small classes focusing on key academic sectors.

For more information contact:

Phone: 705.474.7600

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

### Collège Boréal–Nipissing Campus

The only French-language college in Northern Ontario, Collège Boréal offers the large Francophone population of Ontario a chance to further their education in their first language. It offers a wide range of programs, services, and products which prepare students to integrate into a bilingual labour market. The college also offers French as a Second Language courses to meet the needs of the English speaking population.

For more information contact:

Phone: 705.753.5420

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





## 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 and justice.

For more information contact:

Phone: 705.495.1200

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

## Contact North

Contact North's access centre is co-located within Canadore College-Commerce Court and offers distance education technologies such as audioconferencing, videoconferencing, web conferencing, and computer workstations allowing students to connect to their programs and courses.

For more information contact:

Phone: 705.474.7226

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

## 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.

For more information contact:

Phone: 705.474.1490

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

## School Boards

North Bay is home to four school boards that include Public, Catholic, English, and French Boards.

### English Public School Board

Near North District School Board

Phone: 705.472.8170

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

### English Catholic School Board

Nipissing Parry-Sound Catholic School Board

Phone: 705.472.1201

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

### French Public School Board

Conseil scolaire public du Nord-Est de l'Ontario

Phone: 705.472.3443

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

### French Catholic School Board

Conseil scolaire Catholique Franco-Nord

Phone: 705.472.1702

[franco-nord.edu.on.ca](http://franco-nord.edu.on.ca)

## Private Institutions

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

Montessori Learning Centre

Phone: 705.495.1173

[Montessori Learning Centre](http://Montessori Learning Centre)

Kumon of North Bay

Phone: 705.474.5132

[kumon.ca/north-bay](http://kumon.ca/north-bay)

Oxford Learning North Bay

Phone: 705.472.0972

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

Issachar Christian Academy

Phone: 705.478.7662

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

# 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 of Nipissing Social Services Administration Board.

[District of Nipissing Social Services Administration Board](#)

Phone: 705.474.2151



## 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.

Phone: 705.474.2151 ext. 3346

[beststart.org](http://beststart.org)

## 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. For more information please contact:

Phone: 705.474.3041

[bigbrothersbigsistersnorthbay.org](http://bigbrothersbigsistersnorthbay.org)

## Child Care Subsidy

Ontario Works can provide assistance with Children Services and the Child Care Fee Subsidy Program.

For telephone applications:

Phone: 705.474.1923

## 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.

For more information contact:

Phone: 705.474.8910

[EarlyON Centres](#)

# Employment

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

## [YES! Employment Services Inc.](#)

Yes! is a North Bay employment agency dedicated to helping individuals find meaningful employment. For current listings or to speak with an agent contact:

Phone: 705.476.3234

[Professions North\\*Nord](#) specializes in assisting internationally trained professionals reach their career goals by bridging the gap between education, experience, culture and employment.

Phone: 1.705.222.1766

## [Human Resources Development Canada - Job Bank](#)

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

Phone: 1.866.789.1297

## [Canadore College Student and Employment Services](#)

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

Phone: 705.474.7600

## [Nipissing University](#)

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

Phone: 705.474.3450 ext. 4459

[Get Trained Workers](#) matches employers with qualified employees based on job requirements.

Phone: 705.474.2151 ext. 3153

## [Nipissing Mental Health Housing and Support Services](#)

Meeting the employment needs of individuals experiencing barriers in our community and catchment area.

Phone: 705.494.4774 ext. 221

[Ontario Works Employment Services](#) help job seekers of all ages find work, receive training or return to school.

Phone: 705.474.2151

[March of Dimes Canada Employment Services](#) assists people looking for work, and assists employers finding qualified employees.

Phone: 705.498.6296



### Did you know?

North Bay is home to a dozen multinational mining supply and services firms whose projects take them around the globe.



# Transportation

Experience the strategic advantages of locating in North Bay. As a key hub for road, air and rail transportation located a three and a half hour drive from major centres such as Toronto and Ottawa, North Bay is within a day's drive of 100 million people and offers easy access to a population base of over 5 million people.

Logistical efficiencies abound in North Bay thanks to the ready availability of high volume highway networks, rail lines and the largest, most sophisticated airport facilities north of Toronto.

## City Transit

North Bay is serviced by public transportation, providing an efficient way to travel within city limits. North Bay Transit has 22 low floor Conventional Transit coaches with fully accessible transit services. City buses run 6 a.m. to midnight from Monday to Saturday, and 8:30 a.m. to 6 p.m. on Sundays. Bus stops are conveniently located around the city and schedules are easy to retrieve online or in person at the Transit Terminal. Bus passes are also available at the Transit Terminal and at North Bay City Hall.

For more information contact:

North Bay Transit  
Phone: 705.474.0400  
[North Bay Transit](http://NorthBayTransit.ca)

## Taxi

North Bay's taxi companies are as follows:

5-0 Taxi  
705.476.5050  
U-Need-A-Cab  
705.497.7777

## Ontario Northland

Ontario Northland offers transportation via motor coach. Service includes destinations throughout Canada and the United States, with connections in Toronto, Ottawa, and Sudbury.

For more information contact:

Phone: 705.472.4500  
Toll Free: 800.363.7512 ext. 0  
[ontarionorthland.ca](http://ontarionorthland.ca)

### Did you know?

New residents in Ontario have 30 days before they have to register their vehicles and get Ontario licence plates and vehicle permits.





## 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 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. Additionally, 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.

For more information contact:

Phone: 705.474.3020

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

## Scheduled Service

Bearskin Airlines provides daily scheduled and charter passenger services to northern Ontario cities and Winnipeg, Manitoba.

For more information contact:

Bearskin Airlines

Reservations: 800.465.2327

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

## Ministry of Transportation

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

For more information contact:

Ministry of Transportation

Phone: 705.472.7900

[mto.gov.on.ca](http://mto.gov.on.ca)

Driver and Vehicle Licence Issuing Offices

Phone: 705.495.3481

Drive Test Centre

Toll Free: 888.570.6110

## Health Care

North Bay's medical community is comprised of specialists and general practitioners that provide patients throughout the region with the highest quality of care. North Bay practitioners 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

North Bay's Regional Health Centre serves a dual role providing traditional hospital services coupled with advanced specialized mental health services.

The North Bay Regional Health Centre provides compassionate, quality, patient-focused care to the people of North Bay and surrounding areas. A district referral centre, the facility is truly a community hospital with more than 95% of family physicians in North Bay actively participating in patient care.

For more information please contact:

Phone: 705.474.8600

[nbrhc.on.ca](http://nbrhc.on.ca)

Please call 9-1-1 for any emergencies.

#### Did you know?

Before you submit your application for an [Ontario Health Insurance Card](#) (OHIP) you must meet the eligibility requirements and have proper documentation. Following submission, there is a 3-month waiting period before OHIP will cover any medical costs.

## North Bay Parry Sound District Health Unit

The 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 lifestyles, communicable disease control immunization, health education and selected screening services.

For more information please contact:

Phone: 705.474.1400

Toll Free: 800.563.2808

[myhealthunit.ca](http://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.

Health Care Connect

Phone: 800.445.1822

[health.gov.on.ca](http://health.gov.on.ca)

[Health Care Connect](http://HealthCareConnect)

## Nurse Practitioners Clinic

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

Nurse practitioners work with doctors, nurses and other health care providers at the clinic, and will focus on comprehensive primary care services, including managing chronic conditions, preventing disease and health promotion.

## Telehealth

Telehealth is available for immediate health concerns or questions. Telehealth is a free health service providing access to registered nurses via telephone, 24 hours a day, 7 days a week. No health insurance number is required and the service is completely confidential.

For more information contact:

[Telehealth](http://Telehealth)

Phone: 866.797.0000

## Walk-in Clinics

North Bay has several medical walk-in clinics available throughout the city. Walk-in clinics are available for those who do not have a family doctor or may require non-emergency health care outside of regular business hours.

[See list for clinics.](#)

## Other Services

In addition to family practitioners, North Bay is serviced by dentists, orthodontists, periodontists, prosthodontists, optometrists, audiologists and midwives.

## Health Card (OHIP)

To obtain, renew or update health card information visit Service Ontario.

Service Ontario

Phone: 705.494.4130

Toll Free: 800.461.4006

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

For more information about health care, visit the Ministry of Health and Long Term Care at: [health.gov.on.ca](http://health.gov.on.ca).





## Social & Family Services

North Bay has a number of organizations offering support services to community members with special needs.

One Kids Place

Phone: 705.476.5437

Toll Free: 866.626.9100

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

Hands TheFamilyHelpNetwork.ca

Phone: 705.476.2293

Toll Free: 800.668.8555

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

District of Nipissing Social Services Administration Board  
(DNSSAB)

Phone: 705.474.2151

Toll Free: 877.829.5121

[dnssab.on.ca](http://dnssab.on.ca)

Low Income People Involvement of Nipissing

Phone: 705.472.1337

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

Nipissing Association for Disabled Youth (NADY)

Phone: 705.476.5437 ext. 3550

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

Community Living North Bay

Phone: 705.476.3288

[communitylivingnorthbay.org](http://communitylivingnorthbay.org)

## Community Services

North Bay Public Library

Phone: 705.474.4830

[North Bay Library](http://North Bay Library)

## Emergency Services

(\*for all emergencies, dial 911)

North Bay Fire and Emergency Services

Phone: 705.474.5662

[North Bay Fire Department](http://North Bay Fire Department)

North Bay Police Services

Phone: 705.497.5555

[North Bay Police Services](http://North Bay Police Services)

North Bay & District Ambulance Service

Phone: 705.474.5750

[North Bay Ambulance Services](http://North Bay Ambulance Services)

## Animal Care Services

North Bay offers a wide range of veterinarian boarding and grooming services. The North Bay and District Humane Society provides resources, tips and advice to ensure pets receive the proper care. The knowledgeable staff can provide information specific to adoption, licencing, and community support.

The North Bay and District Humane Society

Phone: 705.474.1251

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



## Professional Services

In addition to professional services and associations such as engineers, lawyers, accountants, financial institutions, and insurance companies, North Bay has many organizations that can provide support and assistance for business needs. Specific businesses can be located through the [Business Directory](#). Please contact the following organizations listed for specific information about businesses and organizations in the community.

### North Bay & District Chamber of Commerce

North Bay & District Chamber of Commerce is a member based organization representing the voice of business.

For more information please contact:

Phone: 705.472.8480

Toll Free: 888.249.8998

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

### DIA

The DIA (Downtown Improvement Area) represents and supports downtown businesses through various initiatives and promotions.

For more information please contact:

Phone: 705.472.8480 ext.233

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

### The Business Centre Nipissing Parry Sound Inc.

The Business Centre Nipissing Parry Sound Inc. provides support to start-up and small enterprises during their first five years of operation in the Districts of Nipissing and Parry Sound. They offer easy access to business consulting services and information concerning market research, business planning, management, marketing, technology and financing.

For more information please contact:

Phone: 705.474.0400 ext 2528

Toll Free: 800.465.1882

[The Business Centre](#)



#### Did you know?

Shadflies, a species of insect that has been around for more than 300 million years, are found in fresh water lakes such as Lake Nipissing and arrive for a few weeks in late June. They are an important food source for other insects, birds and fish and speak to the health of the lake.

# Senior Services

North Bay provides lifestyle amenities and accommodations for individuals who are seeking activities, retirement living options and nursing homes. Numerous organizations exist for those seniors seeking activities such as the North Bay Golden Age Club.

For more information contact:

Phone: 705.474.6520

[North Bay Golden Age Club](#)



## Retirement Residences

The following provides a listing of available retirement residences in North Bay.

Chartwell Barclay House Retirement Residence

Phone: 705.476.6585

[chartwellreit.ca](#)

Cassellholme

Phone: 705.474.4250

[cassellholme.ca](#)

Empire Living Centre/Terrace Suites

Phone: 705.474.9555

[theempire.ca](#)

Granite Village

Phone: 705.495.7994

Water's Edge

Phone: 705.476.2602

[Water's Edge](#)

Marina Point Retirement Living

Phone: 705.474.9494

[autumnwood.ca](#)

The following provides a listing of some of North Bay's Seniors Apartments.

Corpus Christi Court

Phone: 705.494.9684

Castle Arms Non Profit Seniors Apartment

Phone: 705.474.4250

Gloria Gardens

Phone: 705.495.2475

Native People of Nipissing

Phone: 705.497.1773

Ontario Northland Apartments

Phone: 705.474.4279

Place St. Vincent

Phone: 705.495.1478

Shibelith Homes

Phone: 705.472.5222

Place Richelieu

Phone: 705.474.4566

# Literacy & Language Services

Literacy and language services are offered through various organizations focusing on skill improvement and English as a Second Language needs.

## Literacy Nipissing

Literacy Nipissing (formerly The North Bay Literacy Council) is a community based literacy agency dedicated to helping adults improve reading, writing, spelling, math, and computer skills.

For more information please contact:

Phone: 705.494.9416

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

French as a Second Language programs are available through educational institutions and Canadore College offers a certificate program in conversational French. For more information contact the Near North District School Board or Canadore College. For more information about education programs, please [click here](#).

Did you know?

North Bay is culturally diverse with more than 90 languages spoken in the area.





## Settlement Services

The following settlement support and relocation information is available:

### North Bay & District Multicultural Centre

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.

For more information contact:

North Bay & District Multicultural Centre

Phone: 705.495.8931

Toll Free: 877.495.8931

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

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

### North Bay Military Family Resource Centre (MFRC)

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.

North Bay Military Family Resource Centre:

Phone: 705.494.2011 ext. 2053

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

## Places of Worship

North Bay has a diverse population practicing many different religions.

For a complete listing see [Faith and Worship](#)

Phone: 705.495.8931

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



### Did you know?

North Bay is home to the North American Aerospace Defence Command (NORAD), a United States and Canada bi-national military organization, established to monitor and defend North American airspace. In addition to these duties, NORAD's responsibility includes tracking Santa Claus.

## Utilities

Municipal water, sanitary and sewer services are available to most properties within the City's urban service boundary.

The following natural gas and electricity companies are located in the community.

### Utilities

Union Gas

Phone: 705.475.7945

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

North Bay Hydro Distribution Limited

Phone: 705.474.8100

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

### Did you know?

In 1931, Roy Thomson purchased CFCH in North Bay which began his broadcast empire, the Thomson Corporation, one of the world's largest information companies. The company merged with the Reuters Group and is now Thomson Reuters.

## Communication Services

North Bay is supported by media groups offering full services including print, radio, television and online. The following provides a list of local stations and organizations.

### Internet/Phone/Cable

North Bay has various carriers who provide full coverage service including landlines, mobile phones, internet connections and fibre optic networks.

### Daily News

The North Bay Nugget

Phone: 705.472.3200

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

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

Phone: 705.497.9619

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

Phone: 705.382.9996

### Local Radio

100.5 KiSS

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

101.9 Rock

[1019rock.ca](http://1019rock.ca)

600 CKAT Radio

[600ckat.com](http://600ckat.com)

106.3 FM Moose FM

[moosefm.com/cfxn](http://moosefm.com/cfxn)

KFM North Bay 103.5

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

### Local Television

Cogeco / YourTV

Phone: 705.472.9868

[YourTV](http://YourTV)

CTV North Bay

Phone: 705.476.3111

[northernontario.ctvnews.ca](http://northernontario.ctvnews.ca)

# Recreation & Leisure



A variety of recreation and leisure opportunities exist in North Bay. They include arts, culture & heritage activities, nature activities, and the City of North Bay's community programs and services. For a complete overview of the available programs and organizations, click [here](#).

## Leisure Guide

The North Bay Sport and Culture Guide is a community wide resource for recreation programs and services. The Guide has information about leisure news and activities, community contacts, organizations, and educational programs and lessons. A copy of the leisure guide can be found online at the link below or by contacting the City of North Bay's Recreation & Leisure Services Department.

Recreation and Leisure Services  
City of North Bay  
Phone: 705.474.0400, ext. 2329  
[Recreation and Leisure Services](#)

## Arts, Culture & Heritage

Arts, culture & heritage are deeply rooted in North Bay. With a selection of galleries, museums, historic buildings and a well-known performing arts centre, the community spirit is alive and well.

Creative Industries is an organization that aims to boost the growth of the creative sector, while promoting North Bay as a livable community.

For more information please [click here](#).

### Did you know?

Steve Herman, President of Artists Services with Live Nation is originally from North Bay and works with musicians such as Nickelback, Alicia Keys, and Ozzy Osbourne.

## Performing Arts

There are a number of community theatre groups actively contributing to the arts scene. North Bay is home to its own performing Symphony Orchestra, dedicated to entertaining, enriching and educating the community through the performance of music. A complete listing of organizations and contact information is available in the community leisure guide.

### Capitol Centre

The Capitol Centre, 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.

For more information please contact:  
Phone: 705.474.4747  
[www.capitolcentre.org](http://www.capitolcentre.org)

## Museums

### North Bay Museum

The North Bay Museum has been a local voice for heritage preservation and education in the community. The Museum provides information about the transformation of the city and the many historical buildings which date back to the early 1900s.

A Heritage Tour Map can be acquired by contacting the museum.

For more information please contact:

North Bay Museum  
Phone: 705.476.2323  
[northbaymuseum.com](http://northbaymuseum.com)

### Dionne Quints Museum

The Dionne Quints Home Museum is the birthplace of the Dionne Quintuplets, born in 1934 to Oliva & Elzire Dionne.

[Dionne Quints Museum](#)

### The Canadian Forces Museum of Aerospace Defence (CFMAD)

The Canadian Forces Museum of Aerospace Defence is the only museum of its kind in Canada. The museum showcases Canadian contributions to the evolution of air defence.

For more information please contact:

CFB North Bay  
22 Wing North Bay  
Phone: 705.494.2011 ext. 2261  
[aerospacedefence.ca](http://aerospacedefence.ca)

## Galleries

North Bay has many galleries that showcase the talented work of area artists.

For more information, visit Arts, Heritage and Culture on the [City's website](#).







## Natural Amenities

### Beaches

North Bay is situated between Lake Nipissing and Trout Lake while surrounded by many smaller lakes throughout the City. With over 42 access areas, North Bay is home to a wide selection of well-groomed sandy beaches. For more information about North Bay beaches, please visit [cityofnorthbay.ca](http://cityofnorthbay.ca).

### Trails

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 please contact:

Discovery Routes

705.472.8480

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

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 please contact:

North Bay-Mattawa Conservation Authority

Phone: 705.474.5420

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

## Parks & Arenas

North Bay has 73 park areas including playgrounds and picnic shelters that provide places for people to relax, picnic, play, walk, or swim.

There are a number 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 Steve Omischl Sports Field Complex, located in the south end of the City.

During the winter, North Bay has several outdoor rinks located throughout the city. Three indoor arenas are 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 visit the [Sports Facilities page](#).

### Did you know?

Olympian and world champions - freestyle skier Steve Omischl and alpine skier Kate Pace are both from North Bay.



## Skiing/Snowboarding/Snowshoeing

The North Bay Nordic Ski Club has over 40 kilometres/24 miles of marked, groomed and track-set 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:

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

[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.

## Downhill/Snowboard

Laurentian Ski Hill has a 310 foot/ 94 meter 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.

Laurentian Ski Hill  
705.494.7463  
[laurentianskihill.com](http://laurentianskihill.com)

## Community Involvement

North Bay welcomes newcomers and residents to get involved with community efforts. There are a number of groups and organizations contributing to the community. A listing of local service clubs and organizations is available in the Sports & Culture Guide.

## Recreation and Leisure Services

City of North Bay  
Phone: 705.474.0400, ext. 2329  
[Recreation and Leisure Services](#)



## Snowmobiling/ATV

The North Bay region is nestled in the midst of 3,400 km/2,000 miles of groomed trails. Well-marked trails lead to exciting and different locations. The trails are unsurpassed for beauty and safety. There are numerous rest stops providing everything from meals to lodging and fuel.

### Did you know?

Ringette was invented in North Bay by Sam Jacks in 1963. Jacks, the late Director of Parks and Recreation for the City of North Bay, introduced the game to the Northern Ontario Directors Municipal Recreation Association.









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