

Thanks so much for choosing to come hang out and work with us for your upcoming locum. We are very excited to have you. We will provide a detailed orientation of our department (if we haven't already), but I'd like to introduce you to our great city! We have a wide range of restaurants, activities for kids, and outdoor fun.

We also have a lot of staff in the department with niche hobbies, so ask around if there is something that you would like to know more about! Running, mountain/fat biking, nature photography, sports, adventure racing, finding the best take-out, surviving work and raising children, living on the lake, making cool fondant cakes, farming, knitting.... you name it!

In the meantime, included in this package are a few of our favourite recommendations. Welcome to North Bay!

Lisa Harman | Medical Director | Emergency Department



## Our Favourite Restaurants

### Breakfast

**Burger World**  
[burgerworld.ca](http://burgerworld.ca)

Two locations. Everyone's favourite breakfast joint! Family-friendly.

### Pizza

**Arugula**  
[arugulanorthbay.com](http://arugulanorthbay.com)

Stone fired gourmet pizzas! Has an outdoor screened-in patio in the summer. Definitely try: their nachos.

### BBQ

**Lou Dawg's Southern BBQ**  
[loudawgs.com](http://loudawgs.com)

Southern BBQ at its best!

### Cafés

**Opera Bakery Café**  
[operabakerycafe.com](http://operabakerycafe.com)

Delicious sandwiches, pastries, and desserts in North Bay's downtown core.

**Twiggs Coffee Roasters**  
[twiggs.ca](http://twiggs.ca)

Two locations. Locally-owned coffee roaster and café. Great for all meals, coffee, and dessert! Definitely try: their pizzas.

### Steakhouses

**Churchill's Prime Rib House**  
[churchills.ca](http://churchills.ca)

North Bay's steakhouse on the lake.

**Lot 88 Steakhouse**  
[lot88steakhouse.com](http://lot88steakhouse.com)

Nice restaurant for lunch, dinner, or drinks.

**The Station Tap House & Steak Co.**  
[stationtaphouseandsteakco.ca](http://stationtaphouseandsteakco.ca)

Great food, nice place for drinks.

### By the Lakes

**Average Joe's Eatery & Patio Bar**  
[averagejoes.net](http://averagejoes.net)

The only restaurant in town you can boat up to! Beautiful view of Trout Lake from the dining room.

**The Green Store**  
[thegreenstore.ca](http://thegreenstore.ca)

The only location for ice cream in homemade waffle cones by Trout Lake.

**The White Owl Bistro**  
[thewhiteowlbistro.ca](http://thewhiteowlbistro.ca)

Cute bistro, great food, by Lake Nipissing. Great for date nights, dinner, or lunch.

### International

**Beyond Sushi**  
[enjoy2eat.ca](http://enjoy2eat.ca)

Definitely try: ordering after a shift. Fast and close to the hospital!

**Indra's Curry House**  
[indrascurryhouse.com](http://indrascurryhouse.com)  
Authentic, delicious Indian cuisine.

**Mr. Pancho**  
[facebook.com/mrpanchomx](https://facebook.com/mrpanchomx)  
Authentic Mexican fare with awesome homemade salsa.

**My Thai Palace**  
[mythaipalace.quickpos.ca](http://mythaipalace.quickpos.ca)  
Definitely try: their green curry.

Also found in North Bay are the standard restaurant chains: McDonald's, Tim Hortons, Wendy's, Starbucks, Swiss Chalet, Montana's, Taco Bell, Dairy Queen, etc.

*Photos (L to R): Burger World, Arugula, Lou Dawg's, Twigg's, Opera Bakery, Lot 88, Indra's, Beyond Sushi, Mr. Pancho, The Green Store, White Owl Bistro.*





## In the Trails

North Bay is surrounded by miles of forests and beautiful trails that are perfect for hiking, trail running, mountain biking, and fat biking. Many are right here in town. We recommend downloading the free app, *Trail Forks*, to navigate the countless trails in and out of town... there are too many to list! Here are our favourites:

### Duchesnay Falls - Parking off Hwy-17 by the hospital.

A 3.5 km trail overlooking and crossing a scenic waterfall. The main trail connects with the trail system at Nipissing University. Great for trail running and hiking; not recommended for mountain biking.

### Laurentian Conservation Area - Located at the top of Airport Hill.

Main entrance at Laurentian Ski Hill (15 Janey Ave); or by the end of Ski Club Road. Main trails are well marked. Links to smaller trails created and maintained by the North Bay Mountain Bike Association.

**Laurier Woods Conservation Area - Parking off Brule Street or Laurier Avenue.** Well marked, shorter trail loops that are great for an easy, non-technical hike with kids.

### Nordic Ski Club Trails - Access the "Alta Via" trail off Northshore Road.

Trails marked with signs on trees. Our recommendation is following the trail to High Lake, or checking out the view from "Lookout" and "Rora's Ridge" trails.

### Tower Drive - Entrance at the end of Tower Drive.

Developed by the North Bay Mountain Bike Association, this trail network includes a small pump track and connects to Hillside Lake.

*Photos (L to R): Duchesnay Falls; along the main trail in Laurentian Conservation Area; crossing the marsh in Laurier Woods; the view of Trout Lake from Lookout on Alta Via; mountain biking on the Tower Drive trails.*

## Winter Fun

Please check websites for trail conditions.

### Cross-Country Skiing

**North Bay Nordic Ski Club - northbaynordic.ca**

Features: groomed for classic and skate skiing; day passes, equipment rentals, snack sales.

**Wasi Ski Trails - wasiski.com**

A short drive away in Astorville.  
Features: groomed for classic skiing.

### Downhill Skiing

**Laurentian Ski Hill - lauretianskihill.com**

Located on Airport Hill, right in North Bay!  
Features: equipment rentals, lessons.

**Antoine Mountain - antoinemountain.ca**

This beautiful resort is located in Mattawa.  
Features: equipment rentals, lessons, bar, cafeteria.

### Skating and Hockey

**Outdoor Rinks - northbay.ca**

Our city has 10 maintained outdoor rinks. Check the city website for status and shinny hockey schedule.

**Lee Park Oval - northbay.ca**

A city-maintained short skating trail that circles Lee Park. No hockey sticks allowed on the Oval.

### Snowshoeing

**North Bay Nordic Ski Club - northbaynordic.ca**

Features: well-marked snowshoe trails, day passes, equipment rentals, snack sales.

\*The Ski Club Trails ("Alta Via" entrance) is also great for snowshoeing in the winter!

*Photos (L to R): Cross-country skiing at the Nordic Club; snowshoeing at the Nordic Club; the almost-new chalet at Antoine Mountain; the Lee Park Oval.*





## For the Kids!

Please check websites for details.

### Our Favourite Attractions

**Heritage Train and Carousel**  
[heritagetrainandcarousel.weebly.com](http://heritagetrainandcarousel.weebly.com)

Typically open from May long weekend until September.

**North Bay Public Library**  
[library.cityofnorthbay.ca](http://library.cityofnorthbay.ca)

Great kids section with computers, toys, and, of course, books!  
Can get a guest card to sign out materials.

**Northern Tikes**  
[northerntikes.ca](http://northerntikes.ca)  
Indoor climbing gym!

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### Our Favourite Parks and Playgrounds

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

**Armstrong Park · Lakeside Drive**  
On Trout Lake; playground; beach.

**Champlain Park · end of Premier Road**  
On Lake Nipissing; huge green space.

**Lee Park · 800 Memorial Drive**  
Epic playground! Skating Oval in the winter.

**Marathon Park · Memorial Drive**  
On Lake Nipissing; playground; beach; volleyball courts;  
near main lakeside attractions.

**Thompson Park · 100 Chippewa Street West**  
Skateboard park; great hill for sledding.

### Splash Pads

**Centennial Park Splash Pad · Main Street North, Callander**  
[mycallander.ca](http://mycallander.ca)

On Lake Nipissing; by a beach, playground, and shelter for picnics.

**Rotary Splash Pad · 100 Ferguson Street**  
[rotarymakesasplash.com](http://rotarymakesasplash.com)

Located right behind the Discovery North Bay Museum.

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### Our Favourite Beaches

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

**Olmsted Beach (Armstrong Park) · Lakeside Drive**  
Trout Lake; shallow water; playground; nice sand;  
shaded areas; picnic benches.

**Birchaven Cove Park ("The Cove") · Lakeside Drive**  
Trout Lake; smaller; quieter; nice sand; shallow and  
deeper water; dock.

**Marathon Beach · Memorial Drive**  
Lake Nipissing; playground; shallow water; nice sand.

\*Watch out for "The Itch" in the summer, mostly noted from swimming in Trout Lake. To help avoid "The Itch," we recommend a lot of sunscreen on the legs, towel off immediately after swimming, and shower when you get home.

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*Photos (L to R): The Heritage Carousel; Northern Tikes; the playground at Lee Park; the Rotary Splash Pad; Marathon Beach.*

