



# THE LIGHTS ARE DIFFERENT HERE

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MAKE NORTH BAY YOUR HOME

North Bay Regional  
Health Centre

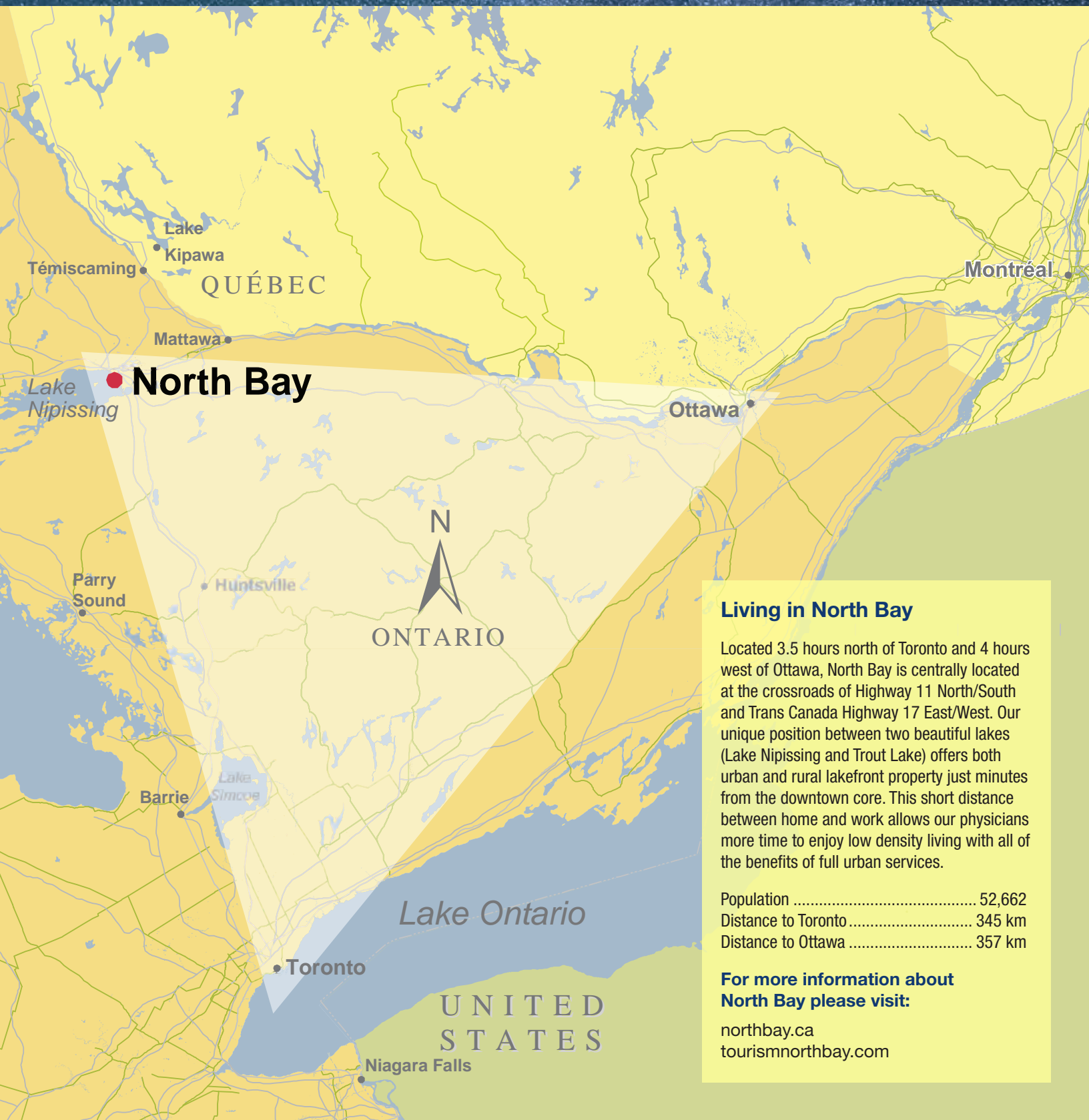


Centre régional  
de santé de North Bay



# Make North Bay Your Home

## Your Physician Relocation Guide



### Living in North Bay

Located 3.5 hours north of Toronto and 4 hours west of Ottawa, North Bay is centrally located at the crossroads of Highway 11 North/South and Trans Canada Highway 17 East/West. Our unique position between two beautiful lakes (Lake Nipissing and Trout Lake) offers both urban and rural lakefront property just minutes from the downtown core. This short distance between home and work allows our physicians more time to enjoy low density living with all of the benefits of full urban services.

Population .....	52,662
Distance to Toronto .....	345 km
Distance to Ottawa .....	357 km

**For more information about North Bay please visit:**

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



## Experience the Outdoors

North Bay is truly a four season community, with activities available for all interests and all age groups.

North Bay is home to over 100 km of all-purpose trails that wind through the city and connect to trails from surrounding areas. The Laurentian Ski Hill is located in the core of the city and Nordic Ski Club offers over 50 km of groomed cross country skiing and snowshoeing trails.

With access to six marinas, 43 beaches, 74 park areas and 8 golf courses within driving distances, you will never be far from a unique outdoor experience.

- 3400 kms of groomed snow mobile trails
- 100 kms of all-purpose trails

Lake Nipissing is home to over 40 fish species and attracts anglers from all over the country. Lake Nipissing covers more than 850 km<sup>2</sup> and is the 4th largest inland lake in Ontario.

### Trout Lake

11 kms long and 4 kms wide, Trout Lake is the source of the Mattawa River and a significant body of water on a well-known historic North American voyageur route. It also has the distinction of supplying some of the best drinking water in the province.



## Four Season Living

North Bay offers four distinct seasons, with an average temperature fluctuation of 50 degrees between summer and winter months.

### Local activities include:

- Swimming
- Fishing (summer & winter)
- Cycling
- Boating
- Canoeing/Kayaking
- Sailing
- Hiking
- Running
- ATV Riding
- Bird Watching
- Soccer
- Ultimate Frisbee
- Golf
- Snowshoeing
- Snowmobiling
- Skiing (downhill & cross country)







## Family Fun in the Heart of the City

- **The Heritage Railway & Carousel Company** provides hours of laughter and enjoyment to the more than 100,000 visitors each summer, who stop by to ride the beautiful carousel and miniature railway at North Bay's Waterfront Park.
- **The North Bay Capitol Centre** is North Bay's historic home for arts and entertainment since 1929. This long-standing entertainment centre, with seating capacity for over 1,000, features regular theatre performances, concerts and is the home to the North Bay Symphony. The Capitol Centre is the only performing arts facility of this size north of Barrie.
- If you are looking for a nice stroll, take a walk on the **Lake Nipissing Boardwalk**. It is a beautiful paved boardwalk/pathway that stretches along Memorial Drive and is framed with lovely flower gardens. For an in-town hike (shorter trail of moderate difficulty) that is just down the highway from the hospital, visit Duchesnay Falls <http://www.gowaterfalling.com/waterfalls/duchesnay.shtml>
- **Laurier Woods Conservation Area** - A 240 acre conservation area that includes a 10km trail network <http://www.laurierwoods.com/>
- If cycling is more your style, the **Kate Pace Way** winds throughout the city from Airport hill all the way to Callander. <http://discoveryroutes.ca>
- **Chief Commanda II** – Enjoy a day or evening cruise on a 320 passenger vessel that tours Lake Nipissing, the 4th largest lake in Ontario. [www.georgianbaycruise.com](http://www.georgianbaycruise.com)
- **North Bay Museum** - Historical artifacts tell the story of North Bay and area's past, along with gallery exhibits, and gift shop – all housed in the former railway station, refurbished to its original condition. <http://discoverynorthbay.weebly.com/>
- **WKP Kennedy Gallery** - showcasing historical and contemporary Northern, Canadian and International visual artists. <http://kenedygallery.org/>
- **White Water Gallery** - not-for-profit Artist-Run Centre committed to supporting artistic practices that are innovative and relevant. <http://whitewatergallery.com/>
- **Retail Shopping** – A long list of independently run shops and stores offering clothing, craft supplies, food & convection, giftware and jewelry. <https://downtownnorthbay.ca/directory-map/>
- **North Bay Farmers Market** – Farmers, producers, artisans and crafters come out twice weekly to share local offerings with their community. Located conveniently behind the downtown bus terminal on Oak Street. [www.northbayfarmersmarket.com](http://www.northbayfarmersmarket.com)

## East & West North Bay

- **Northgate Shopping Centre** – A modernized shopping facility comprised of over 90 stores. [www.northgateshopping.com](http://www.northgateshopping.com)
- **Orchards** – A unique gourmet shop specializing in fruits and vegetables as well as a vast array of premium meat cuts, specialty cheeses, an in-house gourmet bakery, a fresh seafood section, a salad bar, a premium juicing kiosk, and a freshly prepared oven-ready gourmet to go meal department. <http://www.orchardsfreshfoodmarket.com/en/#main>
- **The Green Store** – Shopping along the shores of Trout Lake in a 5000 sq ft store offering giftware, pottery, a gourmet room, home décor and an ice cream & fudge parlour. <https://thegreenstore.ca/>

## North End & Surrounding Area

- **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. <https://www.aerospacedefence.ca/>
- **Laurentian Ski Hill** - A 300-foot vertical right here in the city featuring well-groomed runs perfect for people of all skill levels. Equipped with a terrain park with lift, moguls, rentals, beginner area and certified instructors. <https://laurentianskihill.com/>
- **North Bay Nordic Ski Club** - North Bay Nordic Ski Club has over 50 km of well-marked trails, groomed for both classic and freestyle skiing. Instruction for all levels, as well as competitive skiing, are available throughout the winter. Fantastic snowshoe trails are also available. <http://www.northbaynordic.ca/>
- **Mount Antoine Ski Hill** – Located just East of North Bay in Mattawa, Mount Antoine is one of Ontario's highest mountains with 15 perfectly groomed runs, a true vertical of 630 feet and home to the longest run in Ontario (2.9km) - <https://antoinemountain.ca/>

## For the Sports Fan:

- **The North Bay Battalion:** a junior ice hockey team in the Ontario Hockey League based in North Bay.
- **Nipissing University Lakers:** offers many Ontario University Association sport events through the year.
- **North Bay Bulldogs:** a part of the Northern Football Conference
- **The North Bay Granite Club** has put the local curling club on the map after successfully hosting major international curling events (Ford World Women's Curling Championship in 2018 & Pinty's Grand Slam of Curling Masters tournament in 2019 and 2022).

## For the Dog Owner:

- **North Bay Off Leash Dog Park** - <http://www.northbayhumanesociety.ca/get-involved/dog-park-grand-opening/>
- **Lisa's Dog House** - Specialty pet food store located in North Bay that specializes in holistic dog and cat foods, natural treats and chews, as well as toys, treats, and accessories for dogs and cats of all sizes, shapes, and life stages! <http://www.lisasdoghouse.ca/>

**Events/Festivals:** (many of these events appear on the North Bay website and Tourism North Bay website)

- **Armed Forces Day** – Annual June event at the Waterfront to celebrate/honour Canada's Armed Forces
- **Canada Day Festivities at the Waterfront**
- **Nipissing Culture Days** – A celebration of arts, culture, inclusion and equality in our community. <https://nipissingculturaldays.com/>
- **National Truth and Reconciliation Day** – Hosted by the City on September 30th.
- **Santa Claus Parade** – Hosted at the end of November each year
- **Summer Concert Series** – Free concerts held at the Kiwanis Band Shell on Wednesday summer nights
- **Families First New Years Eve Celebration** – a family friendly (alcohol free) New Years Eve Celebration hosted by the City of North Bay
- **Powassan Maple Syrup Festival** <http://www.powassansyrupfestival.ca/default.aspx>
- **Mattawa Voyageur Days** <https://www.voyageurdays.com/>

## Extra Curricular for the Children:

- **Dreamcoat Fantasy Theatre** - A registered charitable organization dedicated to providing musical theatre experience for the children and families of the North Bay area. <https://dreamcoat.ca/about-us/>
- **Art Classes** – The Workshoppe <https://theworkshoppe.ca/> White Water Gallery <https://whitewatergallery.com/>
- **Pottery** – North Bay Potters Guild <https://www.nbpottersguild.org/>
- **Soccer** - Nipissing District Soccer Club <https://www.ndsoccer.ca/home>
- **North Bay Mountain Bike Association** <https://www.nbmmba.ca/#/>
- **North Bay Legion Track Club** - Track and Field, as well as X-Country Running training for athletes interested in local, regional, provincial, national and international competition.

- **ParkRun** - A free, fun, and friendly weekly 5k community event. <https://www.parkrun.ca/northbay/>
- **North Bay Canoe Club** – Non-profit club offering paddling programs in North Bay since 1968. <https://northbaycanoecub.com/>
- **North Bay Triathlon** (includes a youth event) <https://www.triathlonontario.com/race/north-bay-triathlon>
- **North Bay Skateboard Park** <https://www.northbay.ca/our-community/recreational-activities/skateboarding-park/>
- **Swimming** - YMCA Aquatics offers a variety of swimming programs. The Titans are a competitive youth swim team out of the North Bay YMCA. CFB North Bay also has a swimming program <https://www.cafconnection.ca/North-Bay/Children-Teens/Youth/Swim-Lessons.aspx> The Thunderbirds are a competitive youth swim team out of CFB North Bay
- **North Bay Robotics Clubs** – North Bay Robotics, North Bay & District Student Robotics
- **Dance Classes/Clubs** – BTS Dance, Dance Expressions, Renee's Dance Connection
- **Gyms / Fitness Classes** – Goodlife Fitness, Fit4Less, YMCA, CFB North Bay
- **Yoga & Zumba** – Grounded Studios, Vinyasa Yoga Studio, The Studio
- **Photography Classes** – Photometro



**For the Foodies** – North Bay has an exciting local culinary scene with something for everyone.

- Churchills Prime Rib House
- The Station Steak & Tap House
- Raven & Republic
- Average Joe's
- North Star Diner
- Hoagie's Diner
- Cecil's Brewhouse
- Dave's Green Papaya
- Marigold Unique Flavours
- Twigg's Coffee Roasters
- Moose Cookhouse
- Ivan's Restaurant
- Beef n' Brand Bar & Grill
- Burger World
- GD2GO
- Syl's Neighbourhood Kitchen
- The Boat













## Education

North Bay has educational programs ranging from pre-school to university including four distinct school boards serving the district's grade school and high school populations (English Public, French Public, English Catholics & French Catholic).

### Post Secondary:

**Nipissing University** is a young, dynamic university, known for the priority it places on student success and for providing a top-notch student experience.

**Canadore College** is a college of applied arts and technology with 75 full-time programs and apprenticeships. Canadore has three local campuses in North Bay (College Drive campus, Commerce Court and the Aviation Campus).

### Student Enrichment Programs:

- The Oxford Learning Centre
- Kumon
- Mathnasium

### Culturally Diverse

North Bay's strength as a community today begins with a deep respect for our history and heritage. From these roots has emerged a dynamic community built by the creativity and imagination of all those who came here to build a life for themselves and their families. Today, we draw strength from our diversity and a shared sense of community and identity. Our culture and heritage is the glue that connect old residents and new, our past and our future.

#### The North Bay and District Multicultural Centre

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

- 90 languages are spoken in North Bay
- 26% of the population is French/English bilingual

A place of worship can be an important source of support and community for a newcomer. North Bay has over 30 places of multi-faith worship.

North Bay has a young and active population, with 65.3% of our community being between the ages of 15 and 64, 15% are aged 0-14 and the remainder are 65+ years. North Bay is an age friendly community.

## Local Economy

North Bay's diverse economy is supported by vibrant business and industry sectors. With a strong balanced mix of industrial, commercial, and institutional operations, North Bay continues to grow by encouraging local expansions and by attracting new compatible companies.

The available skilled workforce, often educated at the local post-secondary institutions, is experienced and highly regarded.

Key sectors include:

- Advanced Manufacturing
- Aviation and Aerospace
- Education
- Health Sciences
- Information Communication Technology
- Mining Supply and Service
- Construction
- Film and Television
- Forestry
- Public Administration
- Trade and Commerce
- Transportation and Tourism

"1,200,000 visitors attracted to North Bay each year"

Tourism is a significant contributor to the North Bay region's economy. Many visitors enjoy the area as an outdoor activity vacation destination and engage in four-season outdoor activities. However, the region offers many opportunities to experience arts, culture and entertainment in the downtown district.

### Filming in North Bay

North Bay's natural environment and unique attractions has caused a surge in interest from the Film and Television industry over the last few years.

North Bay has been the backdrop to countless feature films along with TV shows including Carter starring Jerry O'Connell, Cardinal starring Billy Campbell, TVO's Hard Rock Medical, The Lake starring Julia Stiles, Desperate Hour starring Naomi Watts and numerous Hallmark films.





# North Bay Regional Health Centre

Working with you to be the Best in Healthcare!

The North Bay Regional Health Centre (NBRHC) is a 389 bed Health Centre located in North Bay, Ontario. NBRHC is the regional mental health provider for all of Northeastern Ontario; the provider of district acute care services to North Bay and its surrounding communities and the district referral centre providing specialist services. NBRHC has over 2100 staff, 160 core physicians with acute privileges and 300 volunteers supporting care.

## Our Physician Specialties

We offer patients a wide array of medical services including all specialties including:

- |   |   |
|---|---|
| • Emergency Medicine                    | • General Surgery                       |
| • Family Medicine                       | • Urology                               |
| • Sports Medicine                       | • Obstetrics & Gynecology               |
| • General Internal Medicine             | • Midwifery                             |
| • Gastroenterology (adult & pediatrics) | • Orthopedic Surgery                    |
| • Endocrinology                         | • Otolaryngology                        |
| • Respiriology                          | • Ophthalmology                         |
| • Nephrology                            | • Specialized Rehabilitation Psychiatry |
| • Non-Invasive Cardiology               | • General Psychiatry                    |
| • Dermatology                           | • Geriatric Psychiatry                  |
| • Pathology                             | • Child & Adolescent Psychiatry         |
| • Paediatrics                           | • Forensic Psychiatry                   |
| • Radiology                             | • Addiction Medicine                    |
| • Anaesthesia                           |   |

## Quick facts

- 59,000 Emergency Department Visits Annually (avg)
- 389 Total Acute and Mental Health Beds
- 160 Local Physicians

## Northern Ontario School of Medicine (NOSM University)

- NBRHC is the 3rd largest NOSM University teaching site
- Home-based residency programs for Family Medicine and Psychiatry & 3rd year NOSM University Medical Students 8 month Comprehensive Community Clerkship
- Average of 1414 weeks of medical teaching annually
- Average of 40 accredited CME rounds annually
- Established Physician Local Education Group (LEG) Association

## Incentives

NBRHC aims to make physicians transition into practice as smooth as possible. We offer competitive incentive packages for physicians looking to relocate to North Bay which include a **\$25,000 interest free loan** for terms of five years and funding assistance with moving expenses.

## Family Physicians

An **additional \$25,000** is available to Family Physicians setting up a practice through the City of North Bay Practice Start-Up Grant.

North Bay is designated as underserved by the Ministry of Health and Long Term Care, and for services that qualify, physicians are eligible for the Ministry's one-time **incentive grant of \$83,000**.





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For further information on an  
exciting medical career with  
NBRHC, please contact:

**Chastity Saudino,**  
Medical Affairs Manager  
[physicianrecruitment@nbrhc.on.ca](mailto:physicianrecruitment@nbrhc.on.ca)





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