Thunder Bay Experience Guide Ontario, Canada

Visit Thunder Bay

visitthunderbay.com

1-800-MOST-FUN

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Visit Thunder Bay Experience Guide

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Anemki Wequedong

Where the Thunder Bird hugs the land in its wings; where Anemki Wajiw – Thunder Mountain welcomes all; where Nanabijou the Sleeping Giant rests.

Built on the traditional lands of the **Ojibway People of Fort William First Nation** and historic Metis settlements, Thunder Bay was originally known as Anemki Wequedong. Now called Thunder Bay, we are situated within the territory of the Robinson-Superior Treaty of 1850, an agreement between the Crown and Ojibway Chiefs of the Northern Shore of Lake Superior.

In Anishinaabemowin, the lake is called Gichigami or Kitchigami, which means ‘large body of water’, ‘big sea’, or ‘huge water’. You are welcomed to learn more at fwfn.com.

When visiting this place where the Thunder Bird hugs the land in its wings, where Anemki Wajiw – Thunder Mountain welcomes all, and where Nanabijou the Sleeping Giant rests, we invite you to tread lightly and with acknowledgement and respect to all our relationships:

Relationships to the Land, to the Water, to the Plants, to our relations, be they four legged, hooved, winged; ones that swim, walk, and crawl; relationship with Mother Earth and our Ancestors.

ON THE COVER

Chelsea Virginia

Chelsea Virginia is a Scandinavian-Ukrainian artist born and raised on the shores of Lake Superior and currently living on the shores of Lake Ontario. Her art style is colourful, folksy, whimsical, and joyful. You can follow her on social media at **@chelsvcreates**. The cover design and illustrations in the guide are Chelsea's love letter to her beloved hometown of Thunder Bay, #TbayLove, and feature some of the city's best landmarks, activities, food, and animals!

GETTING HERE & AROUND

Welcome to Thunder Bay

Driving to Thunder Bay

Located at the crossroads of Ontario Highways 11/17 and 61, Thunder Bay is an accessible hub for travelers crossing Canada or heading north from the U.S, the perfect pit stop on any road trip. Here's what to expect when driving to Thunder Bay.

From the U.S.

If you're coming from the
United States, take Minnesota State Highway 61 north along the stunning North Shore of Lake Superior, crossing into Canada at the Pigeon River border crossing. From there, Ontario Highway 61 leads you straight into Thunder Bay, offering unforgettable views of rugged cliffs, lush forests, and rolling farmland.

From Southern Ontario

Driving from Southern Ontario is an epic road trip along the Trans-Canada Highway 17. Pass through picturesque towns, explore scenic provincial parks, and enjoy breathtaking views of Canada's largest freshwater lake. Be sure to stop at the Terry Fox Monument and Visitor Centre before arriving in Thunder Bay.

From Manitoba

Coming from Manitoba, take the Trans-Canada Highway 1 east, transitioning to Highway 17 at the Ontario border. The journey is lined with stunning boreal forests, rocky outcrops, and countless shimmering lakes. This stretch of peaceful, scenic road showcases the region's rugged beauty.

Arriving by Cruise

Cruise Port Thunder Bay welcomes cruise ship passengers from around the globe! Great Lakes cruises offer a unique way to explore the stunning beauty and history of the region, showcasing the dramatic cliffs of Lake Superior's north shore. Luxury cruise lines **Viking**, **Victory Cruise Lines**, and **Pearl Seas** include stops here, docking near **Prince Arthur's Landing** and the **Waterfront District**.

Arriving by Personal Watercraft

Enjoy a scenic journey across Lake Superior, its rocky coastlines and unforgettable sunsets. With well-equipped facilities at the marina, you can drop anchor and step straight into a city filled with charm.

Flying to Thunder Bay

The **Thunder Bay International Airport** is the fifth busiest in Ontario. The airport is located within city limits, minutes away from hotels and the waterfront. Major airlines Air Canada, **Flair**, Porter, and WestJet fly into Thunder Bay, and getting around in the region is easy with regional airlines **Bearskin Airlines**, **Wasaya Airways**, and **Northstar Air**.

Getting Around Town

Taxis, Car Rentals and Ride-shares

Explore Thunder Bay on your own terms. With most major car rental agencies, limo services, and taxi services, getting around is easy. Prefer a modern touch? Check out **Uride**, the local ride-sharing service.

Public Transit

Thunder Bay Transit keeps the city connected with 100% accessible bus routes to all the hot spots. Our 18 routes cover major areas like **Intercity Shopping Centre**, the **Waterfront District**, **Lakehead University**, **Confederation College**, and **Fort William Historical Park**. Buses run from early morning to late evening, offering accessible features like low floors and bike racks. See the **Transit Map** in the centre of the guide for all our routes.

Attractions Map

Use our pullout maps in the centre of the guide to explore the best of outdoor adventures, history, art, and local flavour! You'll find all our top attractions, including cultural gems such as the **Thunder Bay Art Gallery** and the **Terry Fox Monument and Visitor Centre**, and historic sites like **Fort William Historical Park** and **Thunder Bay Museum**. You'll also find local favourites like **Prince Arthur's Landing** and the **Waterfront District** and other family-friendly spots.

Everything You Need to Plan Your Trip

Here's everything you'll need when planning your trip. From arrivals to navigating the city with ease, we've got you covered. You'll find information on public transit, car rentals, attractions maps, fun facts and more, so you're ready to explore Thunder Bay like a local.

Visitor Information Centres

Terry Fox Monument and Visitor Centre
This iconic site features a nine-foot bronze statue, honouring Canadian hero, Terry Fox and his Marathon of Hope. The granite base features local amethyst, while the lookout offers amazing views of Lake Superior and the Sleeping Giant. Amenities include accessible washrooms, picnic areas, and Wi-Fi.
1000 Hwy. 11/17
Open year-round
807-983-2041 · Toll-free 1-800-667-8386
visitthunderbay.com
Pagoda Visitor Centre
Open since 1909, the historic Pagoda is Canada's oldest operating tourist bureau. It is located in the Waterfront District and open during the summer.
170 Red River Road
Open mid-May to Sep
807-684-3670
Pigeon River Ontario Travel
Information Centre
Located at the Ontario-Minnesota border, this centre provides travel info, camping permits, and souvenirs. Enjoy nature trails, picnic grounds, and public washrooms.
7690 Highway 61, Neebing ON
Open daily, May–Oct
807-964-2094

Travelling to Thunder Bay With a Group

If you're planning a group adventure or organizing a convention, corporate retreat, wedding, or reunion, Thunder Bay is an inspired choice. Set on the north shore of Lake Superior, this welcoming city blends urban convenience with spectacular scenery, perfect for groups seeking connection, creativity, and adventure. With an international airport, U.S. border access, and a wide range of venues, Thunder Bay makes group logistics simple.

Top Attractions for Groups

Fort William Historical Park immerses visitors in the fur trade era with guided tours, hands-on workshops, and overnight stays inside a recreated 1815 fort—ideal for school trips or team retreats. Just 30 minutes west, **Kakabeka Falls**, known as the Niagara of the North, showcases breathtaking waterfalls, accessible trails, and picnic spaces made for group outings and photo ops. **The Terry Fox Monument and Visitor Centre**, overlooking Lake Superior and the Sleeping Giant, offers a powerful moment of reflection and one of the best panoramic views in the region.

Adventure-minded groups can paddle a 34-foot voyager canoe with **Such a Nice Day Adventures**, take custom rock-climbing excursions with **Outdoor Skills And Thrills**, soar above the lake with **Wisk Air Helicopter Tours**, or enjoy private sailboat and catamaran charters with **Sail Superior**.

Where to Stay

When it comes to accommodations, Thunder Bay offers more than 25 hotels, including trusted national brands, boutique properties, and cozy lakeside lodges. Many feature meeting rooms, banquet spaces, and group-friendly amenities like free parking, on-site dining, and shuttle services. For something truly memorable, groups can even stay overnight at **Fort William Historical Park**, sleeping inside bunkhouse-style lodgings.

Where to Eat

Dining options in Thunder Bay are varied and group-friendly, with more than 170 full-service restaurants across the city. **Bight Restaurant & Bar** and **The Chanterelle on Park** offer refined menus and comfortable spaces suited to special occasions, while **Daytona's Restaurant** serves generous portions in a relaxed setting. **Goods & Co.** provides a casual, communal atmosphere with local food vendors and flexible seating. Many restaurants and event spaces also offer catering services, private dining areas, and group menu options for larger gatherings.

TIPS FOR AMERICAN VISITORS

What You Should Know Before Visiting

If you're planning a trip to Thunder Bay, don't make it a quick stop. The region surprises visitors with its scale, solitude, and personality. Many who come for a weekend leave wishing they'd stayed longer—Thunder Bay rewards those who slow down. It's quiet, welcoming, and full of character.

Thunder Bay area landscapes stretch from the **Nor'Wester Mountains** to the **Sibley Peninsula**, where **Sleeping Giant Provincial Park** offers one of Canada's crown-jewel hikes: the **Top of the Giant Trail**. Nearby, **Kakabeka Falls** and **Pigeon River** provincial parks reveal more wilderness beauty, while inside city limits, mountain bikers will find Canada's best riding on the **Trowbridge Forest Multi-Use Recreation Trail System**.
The area's smaller, often family-run outfitters make travel here personal. Many don't post full schedules online, so reach out before you come. Locals are generous with advice and will often tailor trips for those who plan ahead.

Thunder Bay's friendly, unhurried pace extends from the trails to the taprooms. The city's independent restaurants and breweries rival larger urban scenes, and the exchange rate gives American travelers a bonus—your dollar buys about 35% more here.

Urban speed limits are 50 km/h (31 mph); highways average 90 km/h (56 mph). Canada's scenic Trans-Canada Highway (Hwy 11/17) winds past cliffs, boreal forest, and glittering lake views, with frequent wildlife crossings, so take your time.

Crossing the Canada-U.S. Border

Both Canada Border Services and U.S. Customs & Border Protection aim to make your border-crossing experience smooth and efficient. Preparing in advance by understanding entry forms, restricted items, duty regulations, and other key details can help speed up the process.

U.S. Citizens Entry Requirements

U.S. citizens aged 16 and older entering Canada by air, land, or water must present a valid passport, passport card, Enhanced Driver's License, or a Trusted Traveler Program Card (NEXUS, SENTRI, or FAST).

For children 15 and under, a birth certificate is sufficient for land or sea travel, though a passport is required for air travel. Travelers with children should carry birth certificates and, if traveling with minors who are not their own, a signed letter of permission from the parents or guardians.

cic.gc.ca

Visitors from Other Countries

Travelers from other countries must present a valid passport and may need a visitor visa. Check your eligibility and requirements before your trip.

Bringing Items into Canada

Traveling with Pets

Pets from the U.S. require a rabies vaccination certificate issued within the past 36 months. Travelers from other countries should contact Canadian inspection services for specific requirements.

Returning to the U.S.

U.S. residents returning home are eligible for an $800 duty-free personal exemption every 31 days, provided their stay abroad exceeds 48 hours. This includes up to 200 cigarettes and 100 cigars.

cbp.gov

U.S. visitors can bring a reasonable amount of personal goods duty-free, appropriate to their length of stay. Specific limits apply to alcohol, tobacco, and food products, and regulations frequently change.

inspection.gc.ca

Cannabis in Canada

Cannabis is legal in Ontario for adults 19 and older, sold only through **ocs.ca** or licensed retailers. You can possess up to 30 grams of dried flower. It's illegal to bring cannabis across the border, drive while impaired, or smoke near schools or playgrounds. Travel within Canada is allowed but subject to provincial laws.

Consumption is regulated under the Smoke-Free Ontario Act. Know where smoking and vaping is permitted. Impaired driving, including by cannabis, is a serious offence with penalties such as fines, license suspension, and vehicle impoundment. Police use roadside screening for enforcement.

For FAQs, visit visitthunderbay.com/cannabisFAQ.

For detailed legislation and retail info, visit ocs.ca.

Proud to be a Pet-Friendly City!

The City of Thunder Bay maintains four **dog parks** and one **off-leash area** for our canine residents, visitors, and their humans to enjoy year-round.

Hillyard Lands Dog Park is North of Central Avenue between Memorial and 8th Avenue, turn north off Central Avenue at Carrick Street

Beverly Street Dog Park is South of Port Arthur Stadium on the corner of Beverly Street and Winnipeg Avenue

Neebing Playfield Dog Park is on the Corner of Neebing Avenue and Mary Street West

Centennial Park Leash-Free Area is at Centennial Park, off Arundel Street

Find dog parks & off-leash areas

Quick Facts About Thunder Bay

Population (CMA) 133,000
Location Northwestern Ontario, on Lake Superior's north shore
Border Crossing Pigeon River is the main crossing, 45 minutes south via HWY 61
Currency Canadian dollar
Climate Warm summers, long snowy winters
Time Zone Eastern
Top Experiences Top of the Giant Trail, Kakabeka Falls, Lake Superior paddling, Canada's best mountain biking, sailboat tours
Local Delicacy The Persian (a cinnamon pastry with pink icing)
Fun Fact Thunder Bay has the largest Finnish population outside Finland
It's So Sunny! With an average 2,121 hours of sunlight annually, it's one of Canada's sunniest cities

Services pour la francophonie / Francophone Services

Répertoire des services en français

Cherchez-vous des services en français à Thunder Bay et ailleurs dans la région? Consultez le Répertoire des services en français. Ajoutez dès maintenant votre entreprise gratuitement pour augmenter votre clientèle.

French Language Business & Service Directory

Looking for services in French in Thunder Bay and Northwestern Ontario? Check out our French Language Business and Service Directory. Does your business offer services in French? Grow your customer base by listing your company in our directory, for FREE!
Carrefour virtuel de la francophonie
Consultez le calendrier d'événements pour connaître les activités et ateliers offerts en français dans votre ville. Affichez vous-même vos événements ici:
Francophone Community Calendar
Want to learn more about upcoming activities and workshops taking place in French in your area? Check out our community calendar. Share your events with us here:

Thunder Bay, franco-accueillante!

Venez découvrir le Centre francophone à Thunder Bay. Une coopérative accueillante qui regroupe plusieurs organismes avec des services en emploi, formation aux adultes, santé, établissement, intégration communautaire, services aux femmes et activités sociales pour tous les âges. Venez nous voir!

Thunder Bay, a Franco-Friendly city!

Come discover what Thunder Bay's Centre francophone has to offer. This welcoming cooperative organization is home to a number of employment, adult education, health, settlement, integration assistance and women's services, as well as many social activities for all ages. Stop by and check us out!

234 Van Norman · 807 684-1965 · centrefranco.ca

Thunder Bay in Spring

This Spring, see Thunder Bay through a greener lens. With Lake Superior stretching out in front of you and the boreal forest rising behind, this is the kind of place that makes you want to take care of it. Luckily, it's easy to do just that.

What's Inside

6 Ways to Go Green

Wellness Retreats for Ultimate Stress Relief

PLUS our 4-day Itinerary for Accessible Adventures

Six Ways to go Green in Thunder Bay

Sustainable activities, dining, stays, and local finds for the eco-conscious visitor.

From biking and hiking to sustainable dining, shopping, and stays, there are plenty of ways to explore responsibly while still indulging in everything that makes Thunder Bay special.

1 : Bike, Hike & Explore

A network of **56 km of multi-use trails** and another **42 km of bike lanes** make it easy to get around without a car. Rent a bike from **Rollin' Thunder**, **Fresh Air**, **3Ride Bicycle Co.**, or **Community Spokes,** which offers a free DIY repair station and affordable used parts.

Guests can rent e-bikes and helmets right from **Delta Hotels by Mariott Thunder Bay**.

For mountain bikers, the multi-use recreational trail system at **Trowbridge Forest** offers rugged terrain through boreal forest. Popular routes also lead into the countryside, like the scenic **Slate River Valley**.

2 : Explore on Foot

On foot, you'll find new ways to connect. The **Thunder Bay Museum** offers guided neighbourhood walking tours in summer, while the **Boreal Museum** leads seasonal foraging walks that reveal the region's edible and medicinal plants.

3 : Eat Sustainably

Local ingredients are at the heart of the city's best eateries. Choose from **Beefcake's Burger Factory**, **Eat Local Pizza**, **Prime Gelato**, **Rebel Salad**, **Red Lion Smokehouse**, **The Sal**, **The Growing Season**, **Tomlin Restaurant** and more.

Both **The Growing Season** and **Rebel Salad** use reusable takeout containers, while **The Bakeshop on Boundary** welcomes bring-your-own options. **Sweet North Bakery** fills reusable mugs with fresh coffee or tea.

For plant-based dining, visit **Bonobo's**, **Thai Kitchen**, **Madhouse**, **Lot 66**, **Bay Village Coffee**, **Dolce Coffee House** or **Up Shot Coffeehouse**—and keep an eye out for seasonal vegan and vegetarian events like Thunder Bay's very first **Veg Fest**.

4 : Sip Local

Sample craft beer made with Lake Superior water and local ingredients like hand-harvested spruce tips. **Dawson Trail Craft Brewery**, **Sleeping Giant Brewing Co.**, (which also offers tours), **Lakehead Beer Co.**, and **The Brew Pub at Prospector Steak House** each pour creative, small-batch brews with a local twist.

5 : Stay Green

For a stylish outdoor stay, **The Canvas Inn** offers cozy glamping tents fully outfitted for comfort. **The Courthouse Hotel**, a restored historic courthouse turned boutique hotel, shows how upcycling can redefine luxury.

The Haven Hostel provides a friendly downtown base with shared amenities and private rooms. Larger hotels such as **Best Western Plus Nor'Wester Hotel & Conference Centre**, **Home2 Suites by Hilton**, **Towneplace Suites by Marriott Thunder Bay**, **Delta Hotels by Marriott Thunder Bay**, **Days Inn & Suites**, **Valhalla Hotel & Conference Centre**, and **Hampton Inn & Suites by Hilton** incorporate green practices like recycling, refillable toiletries, and water conservation.

6 : Shop Sustainably

Goods & Co., a Euro-style market housed in a former Eaton's department store in the waterfront district, is a wonderful source for hand-crafted local art, jewelry, clothing, and more. It is home to farm store **Superior Seasons**, which offers fresh local produce, baking, and

preserves. New vendor **Three Seeds Corp.**, an innovative, earth-friendly vertical tower company, grows fresh greens onsite.

At **The Station Market**, browse curated vintage fashion, natural skincare from **McChristie's Bath & Body Co.**, and locally made pottery and jewelry.

The region's three farmers markets—**Thunder Bay Country Market**, **Kakabeka's Farmers Market**, and **Thunder Bay Farmers' Market**—offer produce, preserves, crafts, and sustainable goods. Vendors range from **Elfarrow**'s eco-fashion and **La Croix Aquaponics**' trout-assisted greens to **Meet the Alternative**'s vegan meats and cheeses.

Local companies that make or carry earth-friendly items include **Three Huggers** (reusable paper towels, beeswax wraps and snack pouches), **The Refill Co.** (sustainable home and self-care products), **Bare Organics** (natural and organic skin care), **Joyce Seppala Designs** (sustainable women's fashion), **Ungalli Clothing Co.** (casual wear made from recycled or organic materials and eco-friendly inks), **Helen Pelletier** (Indigenous-made birchbark baskets and jewelry), **Tuija Hansen Fibre Design** (plant-dyed fibre art and goods), **Varahi Home** (sustainable homewares and fashion) and **Lunar Moose** (jewelry made with natural materials).

Explore Thunder Bay and support sustainability efforts—from food, drink and accommodations to shopping, touring and getting around, there's so much to discover! ■

SPRING ITINERARY

On the Edge of Adventure: A Spring Weekend for Outdoor Enthusiasts

Thunder Bay is where city life meets wild adventure. With Lake Superior, rugged trails, and boreal beauty just minutes from downtown, outdoor experiences like hiking, biking, climbing, and paddling are always within easy reach.

Day 1 Begin your morning downtown with a handcrafted latte from **St. Paul Roastery**, followed by a flaky pastry from **Swell Bakery** next door. Once fuelled, head east to **Sleeping Giant Provincial Park**, where 100 kilometres of hiking trails reveal jaw-dropping views from Thunder Bay Lookout and the famous Sea Lion rock formation.

Pause for a light lunch at the **Silver Islet General Store**, a living piece of local history dating back more than a century. Afterward, get your adrenaline fix with **Outdoor Skills And Thrills**, which guides climbers of all levels on routes just minutes from the city—granite walls, shimmering lakes, and unbeatable views included.

Wind down with dinner at **Norteños Cantina**, where fresh ingredients and bold flavours bring Mexico north, then settle in for the night at **Quality Inn**, just a block from the marina's twinkling lights.

Day 2 Kick off your day at **Daytona's Restaurant**, serving hearty and satisfying morning favourites. Then hit the trails with the **Blacksheep Mountain Bike Club**, exploring the Trowbridge Forest system's winding routes through rugged boreal terrain.

Refuel at **5 Forks Restaurant** with their refined pub eats made in an open concept kitchen. In the afternoon, join Parks Canada at **Silver Islet Marina** for a **Silver & Stone Canoe Tour**—a guided paddle through Lake Superior's storied waters that explores the region's rich voyageur history.

Round out your visit with craft beer and elevated comfort food at **Tomlin Subdivision**, a lively downtown spot attached to **Lakehead Beer Co.**—the perfect toast to two unforgettable days of northern adventure. ■

WELLNESS

Relax, Recharge, Repeat: Retreats for Total Stress Relief

From yoga by the lake to saunas, to forest therapy—Thunder Bay is the perfect destination to unwind, recharge and reconnect with yourself.

Weekend Wellness Retreats

Namaste in the North hosts wellness retreats year-round at spots like Sleeping Giant Provincial Park and Obonga Lake. Expect yoga, meditation, mindfulness programs, saunas, cold plunges, and kayaking. Meals and accommodations are included.

Creative Counselling offers multi-day "healing for the helpers" retreats designed for professionals in caring roles. The weekend includes yoga, art, and EDMR therapy sessions in peaceful natural surroundings, with all meals and lodging provided.

For those who find balance through movement, **Up River Running**'s Run Camp brings runners together at Sleeping Giant Provincial Park for a summer weekend of guided runs, connection, and mobility sessions. Meals are provided; bring your own tent.

One-Day & Half-Day Experiences

EcoSuperior leads gentle, guided forest therapy walks—two to four hours in length—in local parks such as Centennial Park, encouraging mindfulness in nature.
Reach out to **Wellness in Bloom** to create a custom full day or half-day retreat with yoga, meditation, and workshops focused on stress relief, empowerment, or menopause.

Local artist **Vik Wilen** blends creativity and calm at her art and yoga workshops at Goods & Co.—45 minutes of yoga followed by a painting session inspired by nature. Seasonal events include kayaking and painting at Caribou Island or a hiking-and-art day at Silver Falls Provincial Park.

Yoga & Wellness

At **Art of Yoga**, combine lakeside yoga with a sauna and cold plunge in Lake Superior—ice dips included. **Metsä Health & Wellness** hosts SUP yoga sessions on Silver Harbour, Surprise Lake, and Little Dog Lake during the warm months, plus candlelight yoga through the winter. **The Bodymind Centre** and **Ananda Studio** offer drop-in or pre-booked yoga and pilates classes.

For authentic Finnish sauna culture, **Kangas Sauna** offers private saunas with showers and a restaurant serving Finnish pancakes and homemade pie for pure self-care!

Spas & Local Products

Treat yourself at local favourites **Drift Day Spa**, **Spa Euphoria**, **Evoke Salon + Spa**, or **Pure Salon Day Spa**. Pick up some small-batch, hand-crafted personal care products from local makers **Bare Organics**, **Boreal Body**, **North Star Naturals**, **Lovely Body**, **McChristie's Bath & Body Co.** and **White Cedar Remedies.**

Need Something Louder?

Try **Bash Bays**, the city's rage and splatter room, where smashing plates and flinging neon paint counts as therapy.

SPRING ITINERARY

Accessible Adventures in Thunder Bay: Where Everyone Can Explore

Thunder Bay is a welcoming, inclusive place where accessibility is a priority. Whether you roll, stroll, or stride, our friendly city offers barrier-free experiences in nature, culture, dining, and recreation.

Day 1 Start at the **Terry Fox Monument and Visitor Centre** to learn about this young Canadian's heroic efforts to raise money to cure cancer, then head to **Prince Arthur's Landing** at the waterfront. Both locations offer smooth trails, lake views, and public art.

For lunch, settle in at **Bight Restaurant + Bar**, where barrier-free entry and spacious seating let you enjoy local flavours with a view of the marina. In the afternoon, visit the **Thunder Bay Art Gallery**, designed with automatic doors, ramps, and accessible washrooms, and home to rotating exhibits by contemporary Indigenous and Canadian artists.

Dinner at **Caribou Restaurant + Wine Bar** offers smooth ground-level access and generous spacing between tables, making it easy to relax over a memorable meal. Finish the evening at the **Thunder Bay Community Auditorium**, with accessible parking, seating, and

washrooms.

Day 2 Explore **Fort William Historical Park**, one of North America's largest living history sites which brings the 19th century fur trade to life. You'll find barrier-free facilities, transportation, sensory-friendly experiences, guided tours amplified by headphones, ASL guided tours during special events, and a braille information sheet. Stop for lunch at **Bean and Olive** before heading south to **Pigeon River Provincial Park** and **Kakabeka Falls**. Both feature accessible trails and boardwalks that reveal striking vistas and cascading falls. For an overnight stay, **Whispering Hills Campground** features barrier-free electrical campsites and a comfort station. Wrap up the day at **Goods & Co.** for drinks and local shopping, then cross the street to **The Foundry** for dinner and live music or karaoke.

Day 3 Spend the morning at **Sleeping Giant Provincial Park** exploring the accessible Plantain Lane Nature Trail. The park also offers barrier-free cabins and campsites. Enjoy a delicious, fully accessible lunch at **Dawson Trail Craft Brewery Inc.**, where great food meets welcoming, barrier-free spaces. Tour the fully accessible **Thunder Bay Conservatory** and enjoy its lush, peaceful indoor gardens. For dinner, head to **Giorg Cucina é Barra** (they'll put out a ramp if you call ahead), then take in a local show at **Magnus Theatre** or a **Border Cats** baseball game.

Day 4 Swim or work out at the **Canada Games Complex**, an inclusive, PAL Card–friendly facility. For lunch, try **Red Lion Smokehouse**, offering creative pub fare in the lively Waterfront District. Spend the afternoon at **Cascades Conservation Area** or **Mission Island Marsh**, both with paved trails and accessible washrooms. End your adventure with a final lakeside dinner at **Anchor & Ore**. ■

Getting Here and Around

Both **Porter Airlines** and **WestJet** offer support person programs for eligible travelers with disabilities. The **Thunder Bay Airport** has introduced the **Hidden Disabilities Sunflower Program**, which discreetly signals that a traveller may need extra assistance.

Accessible taxis, public transit, and **Lift+ specialized transportation** make getting around simple. Visitors can apply for temporary Lift+ access through Thunder Bay Transit. The **PAL Card (Personal Attendant for Leisure)** program also allows support persons free entry to participating recreation facilities including Fort William Historical Park, the Canada Games Complex, and Magnus Theatre.

Accessible Parks in the City

Thunder Bay's parks are designed with inclusion in mind:

Boulevard Lake Park: Five-and-a-half kilometre multi-use trail around the lake, accessible beach mat with lift capabilities, inclusive playground and adult fitness with rubber surface

Vickers Park: Inclusive playground and adult fitness with rubber surface, granular 800-metre trail loop

Soroptimist International Friendship Gardens: Cultural monuments connected by accessible pathways

Chapples Park: Two-kilometre asphalt trail that connects to the Neebing River and Ford Street multi-use trail networks and the Centennial Botanical Conservatory

Chippewa Park: Accessible campground and wildlife viewing, granular trails

Hillcrest Park: Panoramic views of the harbour, inclusive playground, and floral display gardens

Even More to See In Spring

Spring Fishing

Big-water adventure meets easy urban access. With Lake Superior and several fish-filled rivers nearby, you can catch walleye, trout, salmon, perch, and pike within minutes of downtown. Spring brings steelhead and smelt runs, summer is perfect for bass and walleye, and fall delivers pink and chinook salmon migrations. In winter, ice anglers reel in perch and walleye. **Top spots** include the **Current River**, **McVicar Creek**, **McIntyre** and **Neebing Rivers**, **Marina Park**, and the mighty **Kaministiquia River**.

Boreal Museum

This is the perfect spot for curious families and kids to explore the wonders of the natural world. Step inside for hands-on exhibits that bring Northwestern Ontario's forests and wildlife to life, learn about the region's ecosystems through interactive displays and take part in nature-themed workshops designed for all ages.

Public Art Walking Tour

Explore Thunder Bay's **Public Art Walking Tour** at Prince Arthur's Landing, where sculptures and installations celebrate local history and creativity. The **Spirit Garden** is a versatile landscape inspired by Indigenous land use, traditional building techniques, and Indigenous art, showcasing Indigenous knowledge while restoring the waterfront with native vegetation.Find out more at **thunderbay.ca/publicart** and on the **Thunder Bay Tours app**.

McKellar Island Bird Observatory

For a rare, up-close look at migration in action, the **McKellar Island Bird Observatory** turns May mornings into a bird lover's adventure! Watch biologists gently catch and band colourful songbirds as they return to Northwestern Ontario in spring.

Spring Performances at Magnus Theatre

The heart and soul of Thunder Bay's arts scene and the only professional theatre in Northwestern Ontario, **Magnus Theatre** continues to captivate audiences each season with bold storytelling and unforgettable performances. This spring, the Mainstage lights up with *Jesus Christ Superstar*, and the Studio Theatre hosts Harold Pinter's *No Man's Land*. ■

A Symphony of Sound

The **Thunder Bay Symphony Orchestra** gives visitors a chance to enjoy world-class music right in the heart of the city. The spring season features an exciting variety of performances, from powerful choral works and elegant classical masterpieces to lively Celtic celebrations, playful family concerts, and soulful jazz and pop tributes.

Have a Superior Summer

Lake Superior is huge, deep, cold and vast—and truly one of the most beautiful lakes and shorelines around.

Thunder Bay in Summer

What's Inside

Water Adventures on Lake Superior

Thunder Bay's LGBTQIA+friendly businesses

PLUS Our Guide to the Best Summer Activities

Paddle Lake Superior with Local Guides

Such A Nice Day Adventures (S.A.N.D.) offers guided kayak tours ranging from sunset paddles in Thunder Bay's harbour to multi-day expeditions to scenic spots. They supply gear and run a Lake Superior starter course to improve your paddling skills. Unique options include late-winter ice paddling and paint-and-paddle tours hosted by local artist **Vik Wilen**. S.A.N.D. also operates a 34-foot Montreal canoe—in the style historically used by voyageurs and Indigenous fur traders—available for group bookings led by two guides.

BYOK (Bring Your Own Kayak)

If you have your own kayak, check out Silver Islet at the far tip of Sibley Peninsula near Sleeping Giant Provincial Park (and grab the

famous cinnamon buns at the Silver Islet General Store). Other top spots include Silver Harbour Conservation Area and Little Trout Bay Conservation Area. For rentals and gear, check out Wilderness Supply, Thunder Bay Paddlesport Club, and Chaltrek.

Take a Guided Historical Canoe Tour With Parks Canada

Silver & Stone: A Historical Canoe Tour takes you out in a replica voyageur canoe on **Lake Superior National Marine Conservation Area** waters. Departing from **Silver Islet Marina**, these **Parks Canada**–led summer outings are a fun, safe, and educational hands-on way to explore the land, water, and cultures of Lake Superior's northern coast.

Sailing Adventures: Tours, Courses, and Race Nights

At Prince Arthur's Landing in **Marina Park**, Thunder Bay's waterfront buzzes with sailboats in spring, summer, and fall. **Sail Superior** runs public and private tours including short harbour cruises, wine-and-cheese outings, day trips, and multi-day voyages. Their fleet includes a catamaran, sailboats, and a Zodiac. You can also book sailing lessons and certification courses through Sail Superior or **Sail Thunder Bay**.

Enjoy summer sailboat races on Lake Superior with the **Thunder Bay Yacht Club** on Wednesdays and Thursdays, or visit the "Crew Bench" near the **Delta by Marriott Thunder Bay** hotel on Wednesdays to join a crew.

Fishing Charters and Motor Boating Experiences

Prefer a motorboat? In addition to Sail Superior's Zodiac tours, book **Archie's Fishing Charters and Lighthouse Tours** based in Silver Islet, or **Superior Fishing Charters** operating out of Wild Goose Beach. Trips include salmon, lake trout, and rainbow trout fishing; group tours; and charters from **Silver Islet to Porphyry Island lighthouse**.

At Porphyry Island, summer staff and volunteers lead tours of the lighthouse and island. Stay overnight at the 1940s lightkeeper's house, explore trails and black sand beaches and meet the artist in residence. Experienced boaters can launch their own pleasure craft at six public launches at McKellar Island, Fishermen's Park, Mountdale Avenue, Little Trout Bay, Silver Harbour, and Marina Park.

Scuba Diving in Thunder Bay: Explore Shipwrecks in Lake Superior

Lake Superior's cold, clear water preserves sunken vessels, making it a dream for divers. Access one of the main sites at **Silver Harbour Conservation Area**, where you can explore shipwrecks and natural rock formations. For gear rentals, dive boat charters, and wreck tours, check out **Thunder Country Diving**.

Rowing

With over 10 km of rowable waterways, Thunder Bay is a hub for competitive and recreational rowing. The **Thunder Bay Rowing Club** hosts seasonal regattas on the Kaministiqua River, home to athletes who've medalled nationally and internationally.

Beaches and Wellness Retreats

Yes, you can swim in Superior—just pick sheltered, shallower spots where the water warms up. Locals love **Wild Goose Beach** (Shuniah) and **Sandy Beach at Chippewa Park**. For a serene experience, **The Art of Yoga** offers mindfulness retreats right on the lake, with yoga, cold plunges, and saunas year-round. To try SUP yoga on Lake Superior, follow **Metsä Health & Wellness** for seasonal class updates—you might even take an unplanned dip if you fall in! ■

Important Safety Tips for Water Adventures on Lake Superior

Superior can be unpredictable and wild (just think of the historic shipwrecks on Lake Superior!) so make sure you understand the weather and conditions, rely on expert information, and be prepared to reschedule if needed.

SUMMER ITINERARY

Summer Adventures for the Whole Family

From amethyst hunting to lakeside picnics, Thunder Bay is full of summer adventures the whole family can enjoy. With beautiful scenery, great food, and plenty of space to explore, this two-day trip is the perfect mix of outdoor fun and local flavour.

Day 1 Start your morning at **Anchor & Ore**, a warm, welcoming spot to enjoy a classic, satisfying breakfast before exploring the city. Once you're fueled up, drive east to **Amethyst Mine Panorama** or **Diamond Willow Amethyst Mine**, where you can dig for your own sparkling stones, the official gemstone of Ontario. On the way back, stop at the **Terry Fox Monument and Visitor Centre** to admire the sweeping view of Lake Superior and learn about one of Canada's most beloved heroes.

Head downtown for lunch at **Rooster's Bistro**, known for its comfort food with a modern twist, then spend the afternoon at **Centennial Park** exploring 147 acres of green space and history along the Current River. For dinner, grab a table on the patio at **Nook**, a cozy Italian restaurant serving handmade pasta and wood-fired pizza. End the day at the **Holiday Inn Express & Suites**, complete with a pool and complimentary breakfast—perfect for families.

Day 2 Start your day at **Kangas Sauna**, a local breakfast favourite. Head to **Chippewa Park** to enjoy amusement park rides and the historic 1915 carousel, swim at the beaches, and explore the playground, then stop by **K&A Variety & Gas Bar** for a satisfying lunch.

After lunch, hike up **Anemki Wajiw** (Mount McKay), a moderate trail that rewards visitors with panoramic views of Thunder Bay and Lake Superior. Finish your day at **The Sal**, a beloved local spot where you can relax with comfort food and soak in the historic atmosphere. ■

Dive Into More Summer Fun

Wading and Waterfalls

Boulevard Lake is ideal for families with **Splish Splash Water Park** and a shallow beach. There's also an accessible playground, mini-putt, concession, disc golf, and options for paddleboard and canoe rentals. **Kinsmen Park** at **Trowbridge Falls** has gentle hikes and small cascading falls where kids can splash around, and it's a great place for a picnic.

Festival BONJOUR Awaits

From June 18–20, Festival BONJOUR brings Francophones and the Franco-curious together for a vibrant, all-ages celebration of music, film, food, and creativity—welcoming every language and every kind of fun.

Scuba Diving

Explore shipwrecks, natural wonders, and northern marine life when you dip beneath the surface of Lake Superior, one of the best dive sites in the world. Get set up with equipment, lessons and guides with **Thunder Country Diving**.

Climbing

Thunder Bay and our surrounding area has some of the oldest, hardest granite in North America, so get climbing! **Outdoor Skills And Thrills** offers guided rock climbing adventures and courses for all skills and abilities—all gear is included.

Live at The Waterfront

Every Wednesday night in the summer, **Marina Park** transforms into a vibrant hub of music, energy, and fun at the Live on the Waterfront concert series. This free event features an exciting lineup of local and Canadian artists, perfect for dancing, relaxing, or just soaking up the waterfront vibes. The grand summer send-off finale is always a showstopper!

Amusement Park

Enjoy a nostalgic day of old-fashioned fun at **Chippewa Park**, one of Thunder Bay's most treasured landmarks. Rich with 1920s charm, plus new additions such as overnight camping, a modern RV park, and wheelchair-accessible log cabins on the water. The park features a newly restored 1915 carousel and two beaches.

Horseback Riding

Whispered Dreams Ranch in Shabaqua offers horseback trail rides through forests, streams, and waterfalls. Enjoy scenic day rides,

Camping

Whether you're in a tent or RV, our nearby campgrounds and RV parks let you unwind and create new memories with your family and friends. **Happyland Campground** offers a peaceful retreat with shaded sites and modern amenities, ideal for families and RVs. **Thunder Bay KOA Holiday** provides full-service camping with fun extras like a heated pool, mini-golf, and a dog park. **Chippewa Park Municipal Campground** has views of Lake Superior and easy access to a playground and beach. On the banks of the Current River, **Trowbridge Falls**

riverside lunches, and even overnight adventures that include extended rides and camping. Perfect for families or groups, this retreat combines nature, wildlife, and memorable outdoor experiences.

Rock Hunting

Check out the **Amethyst Mine Panorama** (open until October 1), **Diamond Willow Amethyst Mine** (open until October 12), or **Blue Point Amethyst Mine** (open until September 30) to search for beautiful amethyst specimens. ■

LGBTQIA+ FRIENDLY BUSINESSES

Thunder Bay's Got Heart

...and its 2SLGBTQIA+ friendly businesses prove it. From saunas and sailing tours to craft beer and berry fields, these local spots make everyone feel at home while celebrating community and connection.

Cheers to Community

Start in the Waterfront District at **Lakehead Beer Co.**, where the taproom's relaxed vibe and fresh brews set the tone for a welcoming visit. Next door, **Tomlin Subdivision** serves up Detroit-style pizza, fried chicken, and crisp salads. "We're proud to be a community hub," says manager Aaron Goerzen. "That only works if every person feels seen, safe, and celebrated here."

All Aboard with Sail Superior

Down by the water, **Sail Superior** offers everything from sunset wine sails to high-speed zodiac adventures. "We welcome people as people, no labels, no assumptions," says owner Greg Heroux. "Everyone deserves to feel safe, respected, and able to enjoy life as their best self."

A Tradition of Warmth

A short drive north, **Kangas Sauna** brings a Finnish tradition to life with private saunas, hearty home cooking, and famous pancakes. "People are people," says owner Calley Onchulenko. "Everyone deserves to feel comfortable and cared for. Kindness and connection come first."

Inclusive History at Fort William Historical Park

Over on the city's south side, **Fort William Historical Park** continues to build connections through its dedication to inclusion. "Fort William Historical Park values diversity and has earned Rainbow Registered accreditation through the Ontario Queer Chamber of Commerce" says general manager Patrick Morash.

Love Grows at Belluz Farms

Further south, **Belluz Farms** has been growing fresh produce for generations. Visitors can pick their own berries at the farm or shop the family's **Superior Seasons Market** inside Goods & Co. "Being LGBTQIA+ friendly simply means we love our fellow human beings," says owner Jodi Belluz. "Love is love—and love always wins."

All In for Love

Each summer, **Thunder Pride** brings the community together for a month of joyful celebration, featuring the Pride Parade, Rainbow Collective, Two-Spirit Pride Powwow, and Drag Queen Paint Night. In 2025, **Loud Women Collective** threw a free **Queer Prom** (17+), a joy-filled celebration of community, self-expression and pride. ■

A Guide to Indigenous Experiences in

Thunder Bay

From powwows to art galleries, wild rice harvests to waterfront walks, this guide highlights the rich and living cultures of Indigenous communities in Thunder Bay.

The city stands on the traditional territory of the **Anishnabek Nation**, including the **Ojibway of Fort William First Nation**, signatory to the Robinson-Superior Treaty of 1850. Artifacts found in the region show people have lived here for over 10,000 years, using the lakes and rivers for trade and travel. The original Ojibway name for the area, ***Animikie***—meaning "thunder"—inspired the name Thunder Bay. Today, the city is a gathering place for Indigenous culture, food, and art.

Cultural Experiences and Learning

Just outside the city, **Niibing Tribal Tours** at Little Trout Bay offers land-based learning such as sweetgrass and cedar harvesting, drum songs, and smudging ceremonies. They also guide visitors through landmarks like Kakabeka Falls and the Sleeping Giant, or seasonal retreats for the solstice and equinox. At **SOIL (School of Indigenous Learning)** near Little Pigeon Bay, groups can join programs in beading, survival skills, and medicine wheel teachings. In late summer, visit **Anishinaabe Experiences** at Whitefish Lake to learn about the harvesting, preparation, and cultural significance of wild rice.
One of the largest powwows is the **powwow at Fort William First Nation**, held annually in late June or early July at the Powwow Grounds on **Anemki Wajiw** (Mt. McKay).

History and Heritage

At Fort William Historical Park, experience an 1800s fur trade fort with costumed interpreters and an Anishinaabe encampment. Every August, the free **Anishinaabe Keeshigun** weekend celebrates Anishinaabe culture, language, and tradition with music, food, and a community powwow. Paddle a voyageur canoe with **Such A Nice Day Adventures** or **Parks Canada** to experience the waterways that shaped the fur trade.

Art and Makers

See and shop for Indigenous art at **Ahnisnabae Art Gallery**, **Wolf Tracks Gallery**, and the **Thunder Bay Art Gallery**, home to works by Norval Morrisseau, **Benjamin Chee Chee,** and other acclaimed artists. Visit the **Spirit Garden** and **Jiigew** installations along the waterfront, or shop at **Goods & Co.**, where Indigenous-owned businesses like **21 Creek Creations**, **Cree Stevens Designs**, and **Mamakeesick Roots** showcase local talent—and don't miss Dene Cree Designs Inc across the street. Keep an eye out for pop-up events throughout the year too, such as the summer **Indigenous Artist Market**. In December, don't miss Ontario's largest Indigenous art market, the Indigenous Christmas Market, hosted by Aboriginal Artworks Group of Northern Ontario.

Entershine Book Shop in the popular Bay & Algoma neighbourhood carries a selection of books by Indigenous authors. **Wazison Arts** is an Indigenous-owned venue that hosts art workshops and carries beautiful items by Indigenous artists such as **Angela Jason**.

Food and Community

Sample bannock and Indigenous-inspired fare at the Indigenous-owned **Cottage Time Public House**. **Baabaashi Gibichii** (which means "a person who stops for a quick break") is Confederation College's coffee shop in the Shuniah building and offers baked bannock made in-house and **Birch Bark Coffee Co.** beans, a fair trade and Indigenous-owned company.

Supporting and celebrating the vibrant culture of Indigenous peoples in Thunder Bay is an excellent way to fully experience all that the city has to offer. Boozhoo (welcome)! ■

MOUNTAIN BIKING

Trails, Routes, and Overlooks

Thunder Bay is a top destination for Bucket List Mountain Biking

The **Trowbridge Forest Multi-Use Trail System** is Thunder Bay's premier riding area, with options for all skill levels. It features 33 km of singletrack, including 9 km of beginner-friendly green trails, 19 km of intermediate blue trails, and 5 km of advanced black trails, a bike skills

park, and 17 km of Nordic-style doubletrack.

The terrain moves from smooth forest paths to challenging climbs and descents, excellent for both casual riders and seasoned mountain bikers. Built through a century-old silver-mining landscape, the system winds across tailing piles, rocky ridgelines, and forested valleys, creating routes that feel different on every loop.

Trails range from beginner-friendly routes to advanced technical lines, and access from nearby parks like **Centennial Park** adds extra mileage and variety for longer rides.

Over 25 km of singletrack are groomed for fat biking in winter, with 14 km of doubletrack set for cross-country skiing. These conditions give riders and skiers reliable access throughout the colder months.

The network is maintained by **Blacksheep Mountain Bike**, a volunteer non-profit group that has built and cared for the trails for more than 25 years on the traditional lands of the **Anishinabek Nation** and within the traditional territory of **Fort William First Nation**.

Each summer, the annual **Shuniah Forty Miner** brings together riders from across Canada for a two-day celebration of mountain biking. As one of the largest amateur races in the country, it draws competitors and enthusiasts alike. ■

Rentals & Gear

Rent bikes and gear at these trusted local shops:

3Ride Bicycle Co.
Community Spokes
Fresh Air
Rollin' Thunder

Thunder Bay in FALL

Clear, blue-sky days, fiery maples, and cool evenings make Fall in Thunder Bay a Dream. Add harvest events, hikes, markets, and Halloween fun—you have a season worth celebrating. Here's how to make the most of autumn at the top of Lake Superior.

What's Inside

Hikes, Food & Thrills: The Best Fall Activities

A Light Traveller's Fall Itinerary

PLUS Wake the Giant to Witches' Walks: More Fall Fun

Farms, Fairs & Fall Traditions

Belluz Farms is a local favourite, and starting in late September their **Fall Wonderland** events draw families for wagon rides, a petting zoo, pony rides, and a two-acre corn maze. You can pick pumpkins, shop for corn stalks and hay bales, and even take a cooking class to learn how to make relish or chutney. Don't miss Pumpkin Mania, hosted by the **Thunder Bay District Pumpkin Growers**, complete with giant pumpkins and the spectacle of one being dropped from a crane.

The **Hymers Fall Fair** has been a local Labour Day weekend tradition since 1912. Visitors wander between livestock shows, antique engines, acoustic music, and prize-winning produce. Browse handmade crafts, jams, and quilts, and soak up the small-town atmosphere. The **Slate River Plowing Match** also carries on long-standing rural traditions with plowing demonstrations, antique tractors, a car show, and plenty of food booths. The **Thunder Bay Renaissance Faire** lets you step back in time with costumed performers, artisan markets,

and live entertainment.

Markets, Local Flavours & Fall Road Trips

For a weekend drive, take the scenic route through the Slate River Valley, framed by the Nor'Wester Mountains. Stop at **Thunder Oak Cheese Farm** for Dutch treats and award-winning gouda, **Slate River Dairy** for local milk and butter, **Mountain Stream Orchard** for apples and cider, and **Bakeshop on Boundary** for over-the-top pastries and sandwiches with a view.

Thunder Bay's markets come alive in September. The **Thunder Bay Country Market** runs Wednesdays and Saturdays, while the **Thunder Bay Farmers Market** and **Kakabeka Falls Farmers Market** open on Saturdays. The annual **Good Harvest Farmers Market** at Goods & Co. fills the Waterfront District with local vendors, pumpkins, apple cider, and a corn boil. In Neebing, the **Autumn Rendezvous** showcases handmade goods—spoons, pottery, and textiles—in a picture-perfect rural setting.

For something a little different, **Lakehead Region Conservation Authority**'s popular fall mushroom hike. Anglers can enjoy a day of fall fishing close to town or in nearby lakes, while birders can follow the self-guided **Sandhill Crane Festival** to spot these elegant birds and log sightings as citizen scientists.

Breathtaking Fall Scenery

Hiking in Thunder Bay is always good, but fall makes it spectacular. The **Little Falls Loop** at Kakabeka Falls offers a moderate 2.5-kilometre loop with forest and river views. **Cedar Falls Conservation Area** is perfect for a quiet riverside walk, while **Silver Falls** challenges hikers with a rewarding 10-kilometre climb and sweeping lookouts. The **Pearson Township Wetland Nature Trail** offers a shorter but steep 6.6-kilometre loop with panoramic views.

For an easier stroll, the **Kamview Nordic Centre** has gentle trails and stunning vistas. Check their social media for the annual Fall Colours Tour or download a map and explore before winter sets in.

Spooky Season in Thunder Bay

When October rolls around, Thunder Bay goes all out. **The Hunger**, hosted by Definitely Superior Art Gallery, is a downtown takeover featuring nine venues and more than 200 performers for one unforgettable Halloween night. Out in the countryside, **Scare on Cronk** and **The Trail of Purgatory** offer heart-racing haunted walks, or discover the city's most thrillingly decorated homes at your own pace with a self-guided tour on the **Thunder Bay Tour app**.

The **Thunder Bay Museum** and **Science North** host its eerie **Phantoms of the Galleries** nights, and the ***Alexander Henry*** ship transforms for **Haunted Harbour Nights**, with family-friendly daytime tours too. Several **Witches Walks** offer all-ages outdoor celebrations blending holistic learning, witchy fun, and lively entertainment.

Film fans can catch **Terror in the Bay**, a weeklong horror festival with global and local films, or attend the **Lake Superior Paranormal Convention** for spooky stories, workshops, and ghost hunting. Families will love **Halloween Hoot** at Fort William Historical Park, where haunted houses, scavenger hunts, and costume parades light up two weekends in October. ■

FALL ITINERARY

A Light Traveller's Fall Guide to Thunder Bay

Packing for a fall weekend in Thunder Bay is all about layers and lightness. Mornings can be brisk, afternoons sunny, and evenings cool by the lake, so bring mix-and-match pieces like a warm sweater, a jacket, and your favourite jeans or hiking pants. Trail shoes work for both city walks and forest paths, and a toque or scarf keeps things cozy once the sun dips. Toss it all in a carry-on with a daypack, water bottle, and rain jacket, and you'll still have room to take home a few local treats!

Day 1 Start your morning with a hearty breakfast at **Java Hut**, known for generous plates and perfect home fries. Then hit the road to **Sleeping Giant Provincial Park**, where rugged trails and jaw-dropping lookouts make every step worth it. Hike to **Tee Harbour**, or tackle the **Top of the Giant** for a bigger adventure.

On your way back to town, stop at the **Terry Fox Monument and Visitor Centre**, a nine-foot bronze statue honouring one of Canada's most inspiring heroes. The view of the Sleeping Giant and Lake Superior from here is unforgettable.

For a bite, head downtown to **Goods & Co.**, a lively creative hub filled with more than 25 local vendors, food stalls, and artisan shops. After browsing, explore the waterfront with the **Prince Arthur's Landing Art Tour,** a self-guided walk through the city's largest outdoor art collection.

End the afternoon with a sail across the harbour with **Sail Superior**, offering scenic cruises that capture the scale and beauty of the world's largest freshwater lake. Back on shore, enjoy dinner at **Portside Restaurant** inside the historic **Prince Arthur Waterfront Hotel**, then settle in for the night at the **Delta by Marriott Thunder Bay**.

Day 2 Fuel up at **Tina's Breakfast & Lunch**, a local favourite for classic comfort food. Next, visit the **Thunder Bay Conservatory**, a serene indoor garden full of lush plants and seasonal displays. Grab a casual lunch at **The Industry Social House**, featuring a variety of tasty options.

Round out the trip with a **Sleeping Giant Brewery Tour** and a peaceful walk through the **Soroptimist International Friendship Gardens**, filled with cultural monuments and quiet paths. Wrap up your fall getaway over dinner at **Wasabi Japanese Restaurant** for fresh sushi and authentic Japanese cuisine. ■

Fort William First Nation Fall Festival

A Celebration of Community

Each autumn, the **Fort William First Nation** hosts its annual **Fall Festival** commemorating the **National Day of Truth and Reconciliation.** Held just outside Thunder Bay, this gathering recognizes Indigenous culture and community, welcoming everyone to take part.

The festival showcases traditional drumming, singing, and dances such as the jingle dress and grass dance, performed in bright regalia that reflect generations of artistry. Local artisans sell handmade beadwork, crafts, and jewelry, while food vendors serve bannock, wild game, and other favourites.

Visitors can join workshops and storytelling sessions that offer a deeper look at Anishinaabe culture and history, turning the festival into a rich mix of learning and celebration. Open to all, it's an inclusive gathering that brings people together through art, music, and shared experience. ■

Fall Motorcycle Touring

Autumn transforms Thunder Bay's riding routes into a rolling canvas of gold and crimson. **Ride Lake Superior** for sweeping shoreline views framed by fiery maples, stopping in **Silver Islet** to warm up with a coffee by the water.

Ride west to **Kakabeka Falls**, where mist and fall colour make for a spectacular stop, then loop to **Anemki Wajiw** (Mount McKay), taking Highway 587 back to **Sleeping Giant Provincial Park** for more stunning views. For a wilder ride, head to **Ouimet Canyon** for tight turns, crisp air, and endless fall vistas. ■

Wake the Giant to Witches' Walks: Our Funnest Fall Attractions

Hiking, Walking & Running

Centennial Park offers scenic hiking trails with views of the **Current River** and surrounding forests, ideal for crisp crisp, colourful walks. Nearby **Cascades Conservation Area** offers forested paths and waterfalls framed by fall foliage, creating a stunning backdrop for hikers, runners, and photographers alike.

Witches Walk Weekends

Get ready for a double dose of witchy weekend magic in Thunder Bay! At **Belluz Farms** you'll wander the pumpkin-lit fields, enjoy local crafts, fire-breathers, haunted hayrides and costume contests. Downtown at **Goods & Co.**, the walk kicks off with shopping, dancing,

witchy outfits and bonus prizes as you explore the Waterfront District.

Halloween Hoot at Fort William Historical Park

Fort William Historical Park comes alive with Halloween spirit at this family-friendly favourite. Kids can trick-or-treat through the historic village, explore spooky (but not too scary!) haunted houses, and take part in crafts, games, and storybook adventures.

Wake the Giant Festival

Wake the Giant is a celebration of Indigenous culture, inclusivity, and incredible music. Held annually in September at the Thunder Bay waterfront, there's always a diverse lineup of performers and live art installations, cultural exhibits, local food vendors, and an Indigenous craft market. A Kids Zone and free admission for children 12 and under make it a family-friendly win!

Roll the Dice

Thunder Bay provides a range of gaming options for players 18+. **Gateway Casino** features a lively atmosphere with popular slot machines and table games. For bingo enthusiasts, **Superior Shores Gaming Association** and **Fort William First Nation's Mountain Bingo** provide a fun, social setting to win exciting prizes.

Thunder Oak Cheese Farm

For a taste of fall in the Slate River Valley, visit **Thunder Oak Cheese Farm**, home to Canada's first Gouda farm, where cheese is made on-site using milk from the farm's own cows. Surrounded by brilliant autumn colours, it's a cozy countryside stop for a wide selection of handcrafted cheeses, Dutch treats, and local goods.

Discovery Walking Tours

The free **Thunder Bay tours** on the Driftscape Tour app offer audio and text-guided discovery tours of more than 100 sites throughout the city with insider narratives, maps, and photos. Listen to the stories of each tour site while enjoying your surroundings, or read along instead. It's a great interactive way to explore the city!

Thunder Bay in Winter: Why Winter Works Here

Thunder Bay in winter has its own rhythm—a blend of resilience and celebration that makes the cold feel alive with possibility. As local arts advocate Lora Northway puts it, "There's a genuine small-town charm to the season here. Even in the cold, there's no shortage of warmth and welcome."

What's Inside:

12 Winter Events You'll Love

A 4-Day Winter Getaway Itinerary

Stargazing the Night Sky

12 Winter Events You'll Love

From craft shows to concerts and community celebrations, these events prove there's nothing quiet about the cold season up here!

When the first snow hits the ground, Thunder Bay wakes up in colour and sound. Lights flicker on downtown, markets spill into the streets, and the city's artists, musicians, and makers turn up the volume on winter.

Artisans Northwest Art & Fine Craft Show

For over half a century, **Artisans Northwest** has celebrated creativity with a juried showcase of local art, textiles, pottery, woodwork, and jewelry. This long-running tradition is a favourite for collectors and gift-givers alike, an ideal place to find something unique and beautifully made by Northern hands.

Holiday Craft Revival

The **Waterfront District** becomes a hub of festive energy as over 175 local vendors, musicians, and performers take over streets and venues for the **Holiday Craft Revival**. From live music at Goods & Co. Market to horse-drawn carriage rides and a certain green prankster stirring up mischief, it's one of Thunder Bay's most anticipated holiday weekends.

The Guild Christmas Pottery Sale

The **Thunder Bay Pottery Guild**'s annual holiday sale offers an incredible range of handmade ceramics, from mugs and serving dishes to sculptural works. Each piece reflects the Guild's dedication to craftsmanship and community, making this event a perfect stop for thoughtful, functional gifts.

The Holiday Train

When the **CPCK Holiday Train** rolls into Thunder Bay, the city comes alive with light and music. Country artists perform live from a boxcar stage while volunteers collect food and donations for local charities. It's a short stop, but one filled with generosity, song, and the warmth of shared purpose.

Westfort Winter Wonderland

Westfort Village hosts one of the city's most charming neighbourhood celebrations with bonfires, live music, Santa sightings, and hot cocoa. Local businesses stay open late, the tree lighting ceremony caps off the evening, and the whole scene feels like something out of a vintage holiday card.

Magnus Theatre Holiday Show

Magnus Theatre keeps the season bright with a holiday production that mixes laughter and heart. Past favourites have included cheeky retellings of Christmas classics and family-friendly comedies that balance holiday nostalgia with wit and warmth.

Some Kind of Christmas Show

Thunder Bay's creative community takes centre stage for this **free variety show at the Thunder Bay Community Auditorium** featuring music, dance, and comedy. It's a lively, all-ages event that showcases local talent and captures the city's collaborative spirit.

Indigenous Fine Arts & Crafts Market

This gathering of Indigenous artists from across the region fills the CLE grounds with beadwork, moccasins, mittens, and traditional foods. Hosted by the **Indigenous Artworks Group of Northern Ontario,** it's the largest event of its kind in the North and a celebration of artistry rooted in culture and community.

Holiday Pops with the TBSO

The **Thunder Bay Symphony Orchestra**'s Holiday Pops concert delivers a joyful blend of classical sparkle and seasonal favourites. Expect sing-alongs, festive flair, and moments of musical brilliance that make this show a cherished local tradition.

Some Kind of Christmas Show

Thunder Bay's creative community takes centre stage for this **free variety show at the Thunder Bay Community Auditorium** featuring music, dance, and comedy. It's a lively, all-ages event that showcases local talent and captures the city's collaborative spirit.

Winter Solstice Celebration at Fort William Historical Park

Held inside the Great Hall, the **Winter Solstice Celebration** combines history, fine dining, and reflection. Guests gather for an evening of seasonal food and storytelling, honouring the turning of the year in one of Canada's most atmospheric heritage settings.

New Year's Eve Family Frolic

Also at Fort William Historical Park, **Family Frolic** closes out the year with an evening of skating, crafts, games, live music, and fireworks. It's a family-friendly favourite that ends early enough for little ones to dream their way into the new year.

Read all about it on Northern Ontario Travel

ON THE ICE

Ice Fishing

In Northwest Ontario, winter is prime time for fishing. Around Thunder Bay and the Superior Country region, frozen lakes fill with lake trout, walleye, whitefish, and perch. Beginners can rent heated huts and gear, while seasoned anglers head to deep bays and hidden lakes for bigger catches. Guided trips and outfitters make it easy to get started, and the quiet beauty of snow-covered forests and frozen lakes adds to the experience. From Lake Superior's vast ice to small inland lakes, ice fishing here is a sport, a winter ritual, and (maybe) an obsession.

ON THE SNOW

Snowmobiling

Thunder Bay is the perfect base for snowmobiling adventures, with more than 300 kilometres of groomed trails stretching from Kakabeka Falls to the Manitoba border. The local network connects to thousands of kilometres of regional routes across Northwestern Ontario. Riders glide through pine forests, frozen valleys, and along the rugged edge of Lake Superior.
Find permits and trail guides at **ofsc.on.ca**. **www.tbattrails.com**

WINTER'S WORTH IT

A Cold-Weather Getaway for Food Lovers and Outdoor Explorers

Explore Thunder Bay on skis, snowshoes, and scenic drives by day, then unwind with local art, fine dining, and warm northern hospitality by night.

Day 1 Check in to your cozy room at the **Hampton Inn & Suites by Hilton** for comfort and convenience, or stay just outside the city at the **Best Western Plus Nor'Wester Hotel & Conference Centre**, surrounded by forest and rolling hills. Before dinner, visit the **Thunder Bay Country Market** (open Wednesday and Saturday) or **Fireweed Crafts** to browse handmade winter goods and local art—great spots to pick up something uniquely northern. Have dinner at **Seler Restaurant & Wine**, where seasonal ingredients and thoughtful presentation make for a relaxed fine-dining experience.

Day 2 Start your morning with a classic breakfast at **Stacked Pancake**. Spend the day on skates at **Prince Arthur's Landing**, **Vickers Park**, or one of the city's many **outdoor rinks**. **Kamview Nordic Centre** offers rentals, well-maintained cross-country and snowshoe routes through quiet forest. End the afternoon with a sauna at **Kangas Sauna**, a long-time Thunder Bay favourite for thawing out after a cold-weather adventure.

Day 3 Park and pick up coffee from **The Habit Coffee & Bakeshop** then wander over to **Co.lab Gallery & Artspace**, a creative hub highlighting work by local women and emerging artists. Head down to **Cascades Conservation Area** for a peaceful walk or snowshoe, an easy 2.9-kilometre route through quiet forest, open year-round and welcoming leashed dogs. Find lunch in the Waterfront District at **Norteños Cantina** for casual Mexican food. In the afternoon, head to **Hazelwood Lake Conservation Area** for a peaceful snowshoe loop through boreal forest. Have dinner at **Grotto Trattoria** for hearty, modern comfort food in a warm, inviting atmosphere, then wind down at **Barkeep** with a seasonal cocktail.

Day 4 Explore the iconic **Kakabeka Falls**, a majestic frozen cascade that's awe-inspiring in winter. Enjoy lunch at **The Growing Season**, a health-conscious café offering fresh, delicious fare. Swing by **Hillcrest Park** for a panoramic view of Thunder Bay and its Sleeping Giant—an unforgettable sight to close your adventure. If you're staying another night, take a thrilling downhill run or two at **Loch Lomond Ski Area** or **Mount Baldy**. The runs are illuminated with bright lights for skiing under the stars. ■

7 More Ways to Get Outdoors This Winter

Ice Skating

In the winter, the splash pad at **Prince Arthur's Landing** becomes an ice skating rink with a fireplace in the centre to warm you up! Winter FunDays, every Sunday at the Marina throughout the season, are a free opportunity to try out epic winter activities like snowshoeing, dog sledding, fat biking and more.

Fat Biking

Snow-packed trails at **Trowbridge**, and **Mount Baldy** make Thunder Bay and Lake Superior's north shore some of the best spots for winter fat biking. Grooming updates from **Blacksheep Mountain Bike Club** and the **Mount Baldy Winter Trail Group** will help you pick the best route.

Snowkiting

It's kite boarding, but on snow and ice! Thunder Bay waterways freeze early, perfect for snowkiting. Learn more from **Superior Kiteboarding**, Thunder Bay's snowkiting experts.

Curling Capital of Canada

Thunder Bay is considered by many to be the "Curling Capital of Canada" and quite a few national and international champions have developed their skills at our local clubs. **Port Arthur Curling Club** and **Kakabeka Falls Curling Club** host bonspiels and "learn-to-curl" clinics. **Fort William Curling Club** holds a weekly drop-in fun league open to all skill levels.

Traditional Dogsledding Adventure

Boreal Journeys, near Shabaqua, offers half-day or full-day tours, and overnight treks. Nights on the trail feature log outpost cabins or heated wall tents, where you'll enjoy hearty meals. Perfect for families, this unforgettable adventure blends thrills, tradition, and the beauty of nature.

Ice Climbing

Join **Outdoor Skills And Thrills** for a guided ice climbing adventure. Their instructors provide all the gear and coaching you need to tackle some of Northwestern Ontario's most impressive ice formations.

Sleeping Giant Loppet

Now in its 46th year, this beloved cross-country ski event draws nearly a thousand participants to Sleeping Giant Provincial Park. Open to all ages and abilities, it winds through the park's rugged, snow-covered landscape, turning its groomed trails into a lively gathering of skiers from across Canada and the U.S. **sleepinggiantloppet.ca** ■

IN THE AIR TONIGHT

Stargazing the Night Sky

Thunder Bay's most exciting nightlife isn't always indoors! When the temperature drops and the nights get longer, the sky puts on a show all its own. The city's observatory and active astronomy community make it one of the best places in Ontario to spot shooting stars, trace constellations, and catch the northern lights.

On clear winter nights, a drive just beyond the city lights rewards you with a sky so full of stars, it's impossible to look away.

At the **David Thompson Astronomical Observatory**, located at Fort William Historical Park, history and science meet under the stars. Named for the famed mapmaker and explorer, the observatory houses the largest telescope available for public use in central Canada. Winter programming includes themed events, meteorite exhibits, and **Indigenous Night Sky Storytelling**, where Anishinaabe storytellers share ancient constellations and teachings connected to the land and sky. Activities also include learning about the Anishinaabe star chart, outdoor night sky viewing, and discovering the meteorite collection and space exhibits.

For those who want to learn or connect, the **Royal Astronomical Society of Canada's Thunder Bay chapter** hosts public meetings, workshops, and viewing nights from fall through spring, often gathering at **Hillcrest Park** or under the pristine skies of **Sleeping Giant** and **Quetico Provincial Parks**. ■

Winter on the Move

Thunder Bay does winter right. Once the snow lands, locals trade tires for skis and boots for snowshoes, heading out to glide, carve, or crunch through fresh powder. Here's where to join in.

Cross-Country Skiing

Lappe Ski Centre, **Kamview Nordic Centre** and **Kakabeka Falls Provincial Park** offer excellent groomed trails for skate and classic skiing, with rentals, lessons, and cozy chalets for post-ski warmups. For a wilder route, **Sleeping Giant Provincial Park** has groomed loops, a scenic skate path, and deep backcountry trails surrounded by Lake Superior views.

Downhill Skiing & Snowboarding

Loch Lomond Ski Area offers big vertical, smooth groomers, and a lively terrain park, while **Mount Baldy** brings steep lines, quick drops, and creative park features. Both hills offer full-service lodges and remain local favourites for riders chasing speed.

Snowshoeing

When you're ready to slow down, Thunder Bay's hiking trails double as snowshoe routes. Check out **Kamview Nordic Centre**, **Lappe Ski Centre**, **Mount Baldy**, or use the local **Thunder Bay Hiking Association** guide to explore forest paths and frozen lookouts at your own pace. ■

Celebrate the Season at Fort William Historical Park

The **Voyageur Winter Carnival** is the perfect place to embrace the magic of winter. This annual celebration, held over Family Day weekend, offers an enchanting mix of history, outdoor fun, and community spirit.

Step Back in Time

The park's recreation of an 1815 fur trade post is a fascinating backdrop for the festivities. Costumed interpreters bring the fort to life, showcasing traditional skills like blacksmithing, snowshoe-making, and bannock cooking over an open fire.

Fun for All Ages

Challenge your family to a snowshoe relay or test your aim in a round of snowball target practice. For the adventurous, tobogganing and horse-drawn sleigh rides through the snowy countryside offer thrills and picturesque views.

Winter Wonders

Explore unique snow and ice sculptures dotting the grounds or try your hand at building your own frosty creation. Don't miss the chance to meet friendly sled dogs and enjoy live entertainment, including local musicians and cultural performances.

Warm Up and Indulge

After a day of frosty fun, warm up by a crackling fire with a cup of hot cocoa or maple taffy. Local food vendors also serve heartier winter

fare, from poutine to venison stew.

New Year's Eve Family Frolic

Ring in the new year at Fort William Historical Park's **New Year's Eve Family Frolic** in Thunder Bay. Running from 4 p.m. to 8 p.m. on December 31, the event features horse-drawn wagon rides, winter games, crafts, live music, and artisan demonstrations. Enjoy hot drinks by the fire and cap off the evening with a spectacular fireworks show over the historic fort. ■

Learn more and buy tickets at **fwhp.ca/events**.

Explore at Your Own Pace with the Thunder Bay Tour App

The Thunder Bay Tour app utilizes the Driftscape platform, a free mobile app that helps visitors explore through self-guided tours and points of interest. It's easy to use and works online or offline, turning your phone into a personal guide.

More than 30 tours highlight Thunder Bay's culture, history, and natural setting. Many are created in partnership with local artists, historians, and community groups, offering a perspective that feels authentic and close to home.

See More, Learn More

Each stop comes with short stories, photos, and most have audio clips that reveal the city's character. You can explore:

- Local history and historical landmarks
- Neighbourhood architecture and public art
- Local food producers and hidden landmarks

Choose How You Explore

Walk, cycle, or drive—Driftscape adapts to any pace. The GPS-based map shows your location in real time and guides you between stops with clear directions. You can start or stop anytime, spend longer at places that interest you, or mix different tours together.

No data? No problem. Download tours ahead of time and explore offline. It's ideal for visitors heading to trails, waterfront parks, or scenic drives around Lake Superior.

Local Favourites & Hidden Highlights

The app also points out nearby attractions, public art, and lesser-known spots as you move through the city. Popular themed tours include Haunted Houses at Halloween and the annual Christmas Lights route, each followed by thousands of locals and visitors. Heritage-focused tours remain a staple, linking Thunder Bay's architecture and industry to the stories behind them.

Start Exploring

Driftscape makes it easy to explore Thunder Bay without missing what makes it special. Download the app, pick a tour, and let local stories lead the way. ■

WHY USE DRIFTSCAPE?

- Free on the App Store, Google Play, or web browser
- 30+ local tours and growing
- GPS navigation and offline access
- Hands-free audio and text transcripts
- Mix culture, food, and nature in one day
- Tour autoplay for hands-free exploration

- Trip itineraries that combine culture, cuisine, and nature
- Site-specific notifications that reveal hidden gems as you walk
- Tailored content based on your preferences
- Audio & video exploration that brings locations to life

It's an easy way to turn outings into a personalized adventure!

Download the free Thunder Bay Tour App

Discovery Tours

In addition to guided walking tours, history buffs, arts fans, and heritage lovers can do their own self-guided tours in different parts of the city. There are lots of options to discover art, history, and culture around our scenic city! This is just a small example of what you'll find in the app.

Prince Arthur's Landing Public Art Tour

Take a self-guided walk through the public art at **Prince Arthur's Landing**, starting at the **Spirit Garden** and continuing along the waterfront. The route introduces sculptures, panels, and installations that reflect local stories, artists, and the community's long connection to Lake Superior.

The tour includes Randy Thomas's **Celebration Circle** panels, the **Jiigew Beacons** with their moving light patterns and spoken-word narrative, cedar lanterns on Pier 2, and the aluminum water droplet forms marking the entrance to Pier 3. You'll also see works that reference the area's waterways, Métis history, student-created bronze plaques, and the influence of travel and industry on this shoreline.

Together, these pieces outline the development of the waterfront as a gathering place on the traditional territory of Fort William First Nation.

Big Boreal Adventure Historical Walking Tours

Originally a nature-based scavenger hunt for kids, the adventure now includes historical walking tours. The program offers three guidebooks exploring Port Arthur and Fort William's unique landmarks. Highlights include architectural treasures, public art, and stories of local geology and First Nations heritage. Popular tours feature the Sleeping Giant, heritage buildings—including the imposing CIBC building, built in 1910 and subject to its first armed robbery in 1911 (the crook and $5,000 were later found at a nearby hotel)—and the historic Bay and Algoma district, making these walks a perfect blend of education and exploration.

Mural Tours

North: Discover **Cooke Street Graffiti Alley**, where over 70 artists showcase traditional murals and vibrant graffiti, highlighting Thunder Bay's history and art scene.

South: Explore the city's southern murals, featuring a mix of contemporary street art and community-inspired pieces that celebrate local culture and creativity.

Cemetery Tours

Explore Thunder Bay's 'outdoor museums' at Mountain View and St. Patrick's Cemeteries. Spanning 58 serene acres, these sites feature military plots honouring Canadian veterans, and family plots revealing the city's rich history. Perfect for history buffs and quiet reflection. Books can be found at **Thunder Bay Public Libraries**..

1351 Broadway Ave

McVicar Creek–Harrington Neighbourhood Walking Tour

Explore one of Thunder Bay's most historic districts, where tree-lined streets and preserved architecture reveal the city's evolution from the late 19th century to today. This self-guided tour follows McVicar Creek through the Harrington neighbourhood, highlighting homes and landmarks built during the city's early growth. The area rests on the traditional territory of Fort William First Nation.

Guided Tours

Guided walking tours are occasionally hosted by the **Thunder Bay Museum**,, and led by the Heritage Advisory Committee during events such as **Jane's Walk** and **Culture Days**. ■

BEYOND THE CITY LIGHTS

Lake Superior Features Superior Country

In the heart of Northern Ontario and along the world's largest freshwater lake, Lake Superior is where you can catch the Superior spirit and soothe your soul.

This area offers the natural beauty of a spectacular lake, engaging touring routes, affordable family fun, exciting eco-adventures, and world-class fishing and hunting.

Whether you're climbing the Sleeping Giant, visiting the City of Thunder Bay, camping on a remote lake, or trolling for the big one on Lake Nipigon, you'll get a true taste of everything great in Superior Country.

You don't have to look further than the Superior Country region for world-class sport fishing! With an abundance of species, Superior Country offers great experiences for all anglers. Floatplanes touch down on secluded lakes throughout the region, remote outposts provide a variety of comforts and amenities from basic to first class, and charters provide experiences of a lifetime with deep water fishing.

Superior Country is considered a prime moose and black bear hunting destination. Majestic moose crowned with massive antlers browse the wilderness, rivers, lake shores, and logging clearings across the region. Whitetail deer and small game offer something for every hunter.
Lake Superior draws many to Superior Country through the 2,090 km (1,300 mile) **Lake Superior Circle Tour**. This tour takes travellers through Ontario and three U.S. states – Minnesota, Wisconsin, and Michigan – to enjoy the natural beauty of the water with its 4,387 km (2,726 miles) of shoreline, cliffs, and beaches. ■ **superiorcountry.ca**

Terry Fox Stamp

Remember to get your stamp at the Terry Fox Monument and Visitor Centre to receive your official Lake Superior Circle Tour Certificate.
lakesuperiorcircletour.info/certificate

Discover Ontario's Sunset Country

Stretching over 100,000 square kilometres from Thunder Bay to the Manitoba border, Ontario's Sunset Country is a nature lover's paradise, with more than 70,000 stunning lakes and rivers.

Larger than many U.S. states, this vast region offers unmatched outdoor adventures. Fishing and hunting top the list for visitors, but there's so much more to explore!

For paddlers, wilderness parks like Quetico, Wabakimi, and Woodland Caribou are calling. Anglers can reel in walleye, bass, trout, pike, crappie and the elusive muskie! Savour a shore lunch of freshly caught fish –
a true Sunset Country tradition. With over 250 lodges and resorts, finding the perfect place to stay is a breeze, whether it's a cozy lakeside cabin or a remote outpost where you'll have a lake all to yourself.

Hunting enthusiasts will find plenty of opportunities to pursue black bear, whitetail deer, and moose.

Nature lovers will be in awe of the breathtaking Canadian Shield landscapes, with rugged rocks, serene waters, and vast boreal forests teeming with wildlife. Don't forget your camera!

Explore our charming communities, where you'll find unique shops, great dining, and warm hospitality. Summertime is festival season, with plenty of local events to enjoy.

Start your adventure in Thunder Bay, the gateway to Ontario's Sunset Country, and experience the magic of the great outdoors!

Don't forget to order your free travel guide and map. ■ **visitsunsetcountry.com**

ARTS & CULTURE GUIDE

What to See and Do

For a small city, the creative energy here hits hard. Art and creativity are everywhere in Thunder Bay, and there's always something going on: A new show, an exhibit opening, a local band playing, or stand-up.

The **Thunder Bay Art Gallery** showcases powerful Indigenous and contemporary work, while **Ahnisnabae Art Gallery** and **Definitely Superior Art Gallery** highlight local artists and innovative new ideas.

The city's museums tell its story. You can step onto the the **Transportation Museum of Thunder Bay**'s ***Alexander Henry*** icebreaker, explore the **Thunder Bay Museum**, or spend a day experiencing living history at **Fort William Historical Park**.

Magnus Theatre runs professional productions year-round, **Cambrian Players** handle the community side, and local venues like **Badanai Theatre**, **The Paramount**, and **All The Daze Productions** showcase a variety of live performances. The **Thunder Bay Symphony Orchestra** blends classical and pop music.

Festivals **RibFest**, **Live on the Waterfront**, **Wake the Giant**, and **SnowDay on the Waterfront** fill the calendar with food, music, and local energy.

After hours, it's easy to find a band, a comedy show, or a late crowd that isn't ready to go home.Thunder Bay is a city that puts time and effort into its art, and it shows.

THE MAKER'S ROUTE

A City Alive with Creativity

From theatre to street murals and gallery walls, Thunder Bay moves to a creative rhythm all its own. This three-day itinerary blends heritage, history, and contemporary art for a full picture of the city's cultural heart.

Day 1: Culture

Enjoy a delicious, satisfying breakfast at **Rooster's Bistro**, where morning favorites are made fresh to start your day right. Step into the city's outdoor art scene with the **North End Murals**, a self-guided tour on the **Thunder Bay Tour app** highlighting massive, story-filled works created by local and visiting artists. Continue along the waterfront to **Prince Arthur's Landing**, where public art installations celebrate Lake Superior's landscapes and the people who live beside it. Each piece offers a different perspective on Thunder Bay's sense of place.

Stop for lunch at **Thai Kitchen**, a longtime local favourite, then take a drive west to **Oliver Paipoonge Heritage Park**, and **The Duke Hunt Historical Museum and Russ's Garage**. The collection of restored village buildings, antique farm equipment, and vintage vehicles gives a lively snapshot of Northwestern Ontario's early years.

Continue the journey through time at **Fort William Historical Park**, an 1815 fur trade post alive with costumed interpreters and hands-on exhibits. Back in the city, enjoy dinner at **Tomlin**, known for bold, flavourful shared plates, then unwind with a cocktail at **Barkeep** before settling in at **The Courthouse Hotel**, a beautifully restored heritage stay.

Day 2: Heritage

Start with breakfast at **Anchor & Ore**, a bright lakeside restaurant inside the **Delta by Marriott Hotel** that serves comforting plates and

local ingredients with style.

Spend the morning exploring the **Transportation Museum of Thunder Bay**, home to one of the city's most fascinating artifacts — the *Alexander Henry*, a Canadian Coast Guard icebreaker built here in 1958. Visitors can climb aboard the fully restored vessel, exploring the bridge, cabins, and engine room to get a rare look at life on the Great Lakes during the mid-20th century.

Stop at **Tilted Turret Pinball Pub** for a relaxed lunch, then explore the **Thunder Bay Museum**, where exhibits highlight local history. Just down the road, the **Northwestern Ontario Sports Hall of Fame** honours regional athletes. The **Kisselgoff Motorcycle Museum** showcases a collection of vintage and rare bikes.

While in the area, explore the **South Side Murals** using the **Thunder Bay Tour app**, which provides maps and self-guided tour directions.

Madhouse serves hearty and satisfying fare in a lively, welcoming atmosphere, perfect for a relaxed supper. Enjoy an evening performance at **Magnus Theatre**, the city's professional stage company.

Day 3: Art

After breakfast, explore Thunder Bay's thriving gallery scene. Begin your art crawl at the **Ahnisnabae Art Gallery**, which sells the work of acclaimed Woodland artist Roy Thomas alongside paintings and prints by emerging Indigenous and Northern artists. Next, visit **Definitely Superior Art Gallery (Defsup)**, an artist-run centre that has anchored Thunder Bay's contemporary art scene since 1988.

Grab lunch and spend the afternoon at **Goods & Co.**, a creative marketplace filled with local food, makers, and a shared gallery space. Inside, **Co. lab Gallery** offers exhibitions, workshops, and projects by emerging artists focused on inclusion and collaboration.

End your gallery circuit at the **Thunder Bay Art Gallery** dedicated to contemporary Indigenous and Northwestern Ontario art. For dinner, **5 Forks Restaurant** serves creative Canadian plates and locally inspired flavours, then catch a show at **Cambrian Players**, our beloved community theatre. ■

Creative Thunder Bay: Galleries & Studios

Thunder Bay's art scene is thriving, from the striking exhibitions at the Thunder Bay Art Gallery, home to one of Canada's most significant collections of contemporary Indigenous art, to the cutting-edge installations and community projects at Definitely Superior Art Gallery. The women-led Co. Lab Gallery & Arts Centre highlights the city's growing creative community.

Ahnisnabae Art Gallery

18 Court Street South · 807-577-2656
ahnisnabae-art.com

Founded by the late Woodland-style painter Roy Thomas and now run by his wife, Louise Thomas, this downtown gallery celebrates Indigenous art and cultural heritage. The space, a bright and modest storefront near the waterfront, is filled floor-to-ceiling with paintings, prints, sculptures, and jewellery. Regular showings feature regional Indigenous artists alongside Thomas's iconic works, with occasional artist talks and collection launches that honour his creative legacy.

Co. Lab Gallery & Arts Centre

251 Red River Road **colabgallery.ca**

Housed inside the modern **Goods & Co.** building, Co. Lab is a female-led arts space dedicated to work by women and gender-nonconforming artists. The open-concept gallery invites visitors to explore photography, sculpture, and mixed-media exhibitions while participating in hands-on community workshops in everything from woodworking to photography.

Definitely Superior Art Gallery

115 Cumberland Street North
807-344-3814 · definitelysuperior.com

Known as "Def Sup," this artist-run centre operates out of a converted low-rise cinema and stands at the heart of Thunder Bay's contemporary art scene. With more than 40 annual exhibitions, screenings, and performance events, it's a creative hub for experimental and avant-garde work that pushes boundaries and energizes the city's cultural landscape.

The Creative Company

Re-opening March 2026 in a new location
creativecompanyshop.com

Find vibrant at-home art kits that let anyone bring a piece of Northwestern Ontario home! Their team of skilled artists also offers unique, gallery-ready works across a range of mediums.

Gallery 33

4 Balsam Street
gallery-33-tbay.square.site

Gallery 33 champions local talent with a bold collection of homegrown art, curated gifts, and hands-on workshops that spark creativity.

Thunder Bay Art Gallery

1080 Keewatin Street · 807-577-6427 · theag.ca

The largest public art gallery in Northwestern Ontario, the Thunder Bay Art Gallery features an outstanding collection of contemporary Indigenous art alongside works by regional and national artists. The gallery hosts rotating exhibitions, artist talks, workshops, and community programs that celebrate creativity and cultural expression. Free parking and full accessibility are available.

The Walleye

For listings and local events, pick up an issue of **The Walleye**, free throughout the Thunder Bay area. thewalleye.ca

Curious About Thunder Bay? Start at the Museum.

From fur trade forts and icebreaker ships to aviation hangars and science labs, Thunder Bay's museums and historical sites make history hands-on and fun for all ages.

Thunder Bay Museum

425 Donald St East · 807-623-0801
thunderbaymuseum.com

Located in the city's former police station and courthouse, the Thunder Bay Museum features three floors of engaging exhibits covering everything from Indigenous history and the fur trade to modern Thunder Bay. Visitors can explore permanent and rotating displays, enjoy [illegible]ts, and shop for unique local gifts.

Winter

When the snow begins to blanket the landscape, Thunder Bay lights up with holiday cheer and outdoor fun. The city officially kicks things off as the **Santa Claus Parade** fills the streets with festively lit floats, setting the tone for the season. The **Holiday Craft Revival** turns the Waterfront District into a one-day haven for makers and crafters.

On the shoreline, winter-enthusiasts can indulge in **SnowDay on the Waterfront**, featuring snow sculptures and family activities at Marina Park, and the **Winter FunDays** serve up free Sunday programming all season long. Celebrate the new year early at the **New Year's Eve Family Frolic**, with festivities by the water at **Fort William Historical Park**.
Meanwhile, the neighbourhoods stay warm with community gatherings: **Westfort Wonderland** invites families to bonfires, treats and Santa; the **Voyageur Winter Carnival** returns to **Fort William Historical Park** with games and live demonstrations; and the **Family Day Powwow** welcomes everyone to the CLE for a cultural celebration of winter togetherness.

Spring

As the ice melts and the first green tips appear, Thunder Bay leans into creativity, technology and outdoor renewal. The **Spring Craft Revival** fills the Waterfront District and Prince Arthur's Landing with over 100 makers showcasing their work. **Quest: Tech & Gaming** invites all ages to a free STEAM expo at Fort William Gardens and the Curling Club, bridging imagination and innovation.

On the shores of Lake Superior, **Mining Day** offers hands-on learning and demonstrations at Marina Park, while the **Kite Festival** at **Chippewa Park** lifts bright kites into spring skies, combining science, fun and the fresh air that signals warmer days ahead.

Summer

When summer hits, Thunder Bay's festival season really kicks off! For live-entertainment lovers, **Live on the Waterfront** brings free Wednesday night concerts to Marina Park, **Movies in the Park** pops up with all-ages favourites, and **Summer in the Parking Lot** turns local lots into outdoor concert venues.

Major **festivals** include **Canada Day on the Waterfront**, a free July 1 celebration; **RibFest**, a full weekend of barbecue at Marina Park; as well as **Thunder Bay's Afro-Vibe Fest** and **VegFest**, celebrating diverse culture and plant-based cuisine.

Culture blooms too: **Pride Month** activates June with community events; **National Indigenous Peoples Day** is honoured at Anemki Wajiw; the **Festival of India** and **Festival of Colours** bring food, music and dance to Marina Park; and **Festa Italiana** runs over the Civic Holiday at the Italian Cultural Centre.

The summer lineup continues with **Maamawe Summer Festival**, spotlighting local and Indigenous talent; **Anemki Wajiw Summer Pow Wow**; and **Anishinaabe Keeshigun** at Fort William Historical Park in August. History and heritage are woven in as well with **The Great Rendezvous**, where re-enactors, workshops and traditional canoe arrivals fill Fort William Historical Park.
Neighbourhood fun shines with the **Teddy Bears Picnic**, another **Kite Festival** at **Chippewa Park**, the **Bay & Algoma Buskers Festival**, and the lively **Westfort Street Fair** packed with music and vendors.

Canadian Lakehead Exhibition (CLE) Fair runs five days of midway fun each August, and for those revving engines, **Thunder City Speedway** races all summer and hosts the **Dirt Track Nationals** in September. **The Rendezvous Car Show** makes its appearance when the regional British-car "Rendezvous" rolls into town.
The **Vox Popular Media Arts Festival** screens indie films at **Definitely Superior Art Gallery**. **ThunderCon** takes over with cosplay, guest panels and gaming, and **Wake the Giant Music Festival** wraps up the summer season with a waterfront lineup of Indigenous-led and community performances.

Fall

The city shifts into harvest mode: **Good Harvest Farmers Market** fills with local producers, **Culture Days** offers culture events, and classic fairs like **Hymers** and **Murillo** continue. Seasonal highlights include **Maadaadizi**, the **Renaissance Faire**, **Fall Wonderland** at Belluz Farms, and the **Halloween Hoot**.

Lights. Music. Action.

Where the city comes alive after dark — from symphonies to stand-up, and

everything in between.

Nightlife

When the sun sets, the city's nightlife comes alive. The vibrant **Waterfront District** is home to favourites like **The Foundry** and **Red Lion Smokehouse**, known for live music, great food, and an easygoing atmosphere. For a night of high energy, head to **Black Pirate's Pub** for live bands or **NV Music Hall** for a packed dance floor or head to **Bloom Bar + Lounge** to dance, located on Red River. Across downtown, pubs and lounges feature everything from rock and folk to jazz and electronic beats.

The Thunder Bay Symphony Orchestra

The **Thunder Bay Symphony Orchestra** offers world-class performances that range from classical favourites to innovative collaborations. Each season includes pop concerts, chamber music, and special shows that highlight local artists, Indigenous composers, and Nordic influences. The TBSO remains a cornerstone of the city's arts scene, connecting audiences through music.

tbso.ca

Theatre

Live performance is led by **Magnus Theatre**, Northwestern Ontario's only professional company, housed in a beautifully restored heritage schoolhouse. **Badanai Theatre** is known for dynamic productions and partnerships with **Paramount Theatre**, while **Applauze Productions** shines with musical showcases and **Paramount Live** nurtures youth performers. The beloved volunteer-run **Cambrian Players** presents inclusive, community-driven productions, and the **Eleanor Drury Children's Theatre** offers engaging performances especially for young audiences.

visitthunderbay.com/theatre

At the Movies

Film lovers can enjoy international and Canadian cinema with the **North of Superior Film Association**, part of the **TIFF Film Circuit** running September through April. The **Vox Popular Media Arts Festival** each fall celebrates independent and experimental film, while **Movies in the Park** offers free outdoor screenings during late-summer. For the latest blockbusters, **SilverCity Cinemas** screens new releases year-round.

SPORTS GUIDE

Where to Root for the Home Team

Port Arthur Stadium reached its 75th anniversary in 2026, celebrating more than seven decades as one of Thunder Bay's most active community hubs. Since opening in 1951, the stadium has hosted baseball games, concerts, and neighbourhood events, becoming a gathering place for generations. Across town, **Fort William Gardens** also reached its 75-year milestone in 2026. Also opened in 1951, the Gardens has long been the city's home for hockey, skating, tournaments, and major entertainment, standing as a cornerstone of local culture.

Together, these venues reflect something essential about Thunder Bay: it is a capital-S sports city. Competition, community pride, and a love of the game run deep here. Known widely as a true "hockey factory," Thunder Bay has produced more NHL players per capita than any other city.

The most famous are the **Staal brothers**—Eric, Jordan, Marc, and Jared—who grew up in nearby Oliver Paipoonge and went on to win Stanley Cups, World Championships, and Olympic gold.

Thunder Bay's talent stretches far beyond the rink. Curling great **Al Hackner**, "The Iceman," is a two-time Brier and World Champion. Fort William First Nation's **Steve Collins** represented Canada in ski jumping at three Olympic Games. Cyclist **Curt Harnett** remains one of Canada's most decorated Olympians, while **Katie Weatherston** and Paralympian **Robbi Weldon** each brought home Olympic and Paralympic gold.

These stories, and many more, come together at the **Northwestern Ontario Sports Hall of Fame**, where interactive exhibits and memorabilia celebrate the region's extraordinary legacy.

TRAIL OF CHAMPIONS

Thunder Bay's Got Game

Where the city's competitive spirit meets good food and local pride. From diamonds to ice rinks, here's where to catch a game.

Baseball

THUNDER BAY BORDER CATS

Port Arthur Stadium, 425 Winnipeg Ave. northwoodsleague.com/thunder-bay-border-cats

Summer nights at the ballpark are a local tradition. The **Border Cats** bring Northwoods League action to town, with lively crowds, solid competition, and that perfect stadium atmosphere. **Java Hut** offers a warm, casual setting for dinner, or grab head to **Madhouse** before the game for burgers. Once inside, order a classic ballpark hot dog from the **3rd Base Side concession** and root for the Cats as they take on regional rivals over their 70-game season.

Lakehead Athletics

LAKEHEAD THUNDERWOLVES

Lakehead University · thunderwolves.ca

From October through March, Lakehead's **Thunderwolves** bring energy to every varsity matchup—especially hockey and basketball, where the stands are packed and fans are loud. On campus, **The Outpost** is the go-to spot before and after the game for local craft beer, good food, and the post-win buzz that always follows a home victory.

Curling

CURLING CLUBS

Port Arthur · pacurling.com
Fort William · fortwilliamcurlingclub.com
Kakabeka Falls · kakabeka.curling.io

Known as the "Curling Capital of Canada," Thunder Bay has produced national and world champions. Curling enthusiasts can catch games and bonspiels at the **Fort William**, **Port Arthur**, and **Kakabeka Falls Curling Clubs**. Before a match, curlers and spectators alike grab a bite upstairs at the Fort William Club's dining room, known for its iconic pao pao combo platter, or at the **Port Arthur Curling Club's Paddy Wagon** for hearty pub-style fare.

Cricket

TBAY KOMBANS

Chapples Field · 430 Chapples Drive
Current River Park · North Cumberland St
thunderbaycricket.ca/tbay-kombans

Cricket has taken root in Thunder Bay, led by the **Tbay Kombans** and **TB Gurjarat Lions**. Games can be attended at both **Chapples Field** and **Current River Park**, with knowledgeable fans happy to explain the action. Cheer on local stars and enjoy a welcoming atmosphere for all. Before or after a match, stop by **Beaux Daddy's** for Canadian-Indian fusion.

Hockey

THUNDER BAY NORTH STARS

Fort William Gardens, 901 Miles Street E. thunderbaynorthstars.com

KAM RIVER FIGHTING WALLEYE

NorWest Arena, 1165 Arthur Street W. fightingwalleye.com

Hockey thrives in Thunder Bay, where the **Thunder Bay North Stars** and **Kam River Fighting Walleye** light up the ice in the **Superior International Junior Hockey League** (SIJHL). These two teams bring fast-paced action and an energy that's impossible to resist. The rivalry between them is pure hockey magic.

Whether you're a die-hard hockey fan or just looking for a fun night out, catching a game is a must. Before a game at **Fort William Gardens**, grab pints and burgers at **Monty's Joint** or fuel up at **NYS**.

On the way out to **NorWest Arena**, **Dawson Trail Craft Brewery** has **Station 22** with delicious pub style eats. The games are fast, the fans are loud, and the atmosphere is pure Northern Ontario hockey.

ON THE FAIRWAY

Tee Off in the North

Pack your clubs and tee up some Northern fun. Championship fairways, hidden 9-hole gems, and lake-breeze views make every round a little adventure.

18-Hole Courses

Chapples Golf Course

530 Chapples Park Drive • (807) 625-2582

Picturesque, city-centre 18-hole, par-71 municipal course suitable for all ages and skill levels.

Fort William Country Club

1350 Mountain Road • (807) 475-8925

Thunder Bay's premier 18-hole championship course, nestled below the Nor' Wester Mountain Range with sweeping views from every hole.

Strathcona Golf Course

500 Hodder Avenue • (807) 683-8251

Challenging 18-hole, par-72 course spanning approximately 6,500 yards through rolling, wooded terrain.

Whitewater Golf Club

1961 King George's Park Drive
(807) 475-4653

Tom McBroom-designed 18-hole championship course on 550 forest acres alongside the Kaministiquia River, with full service dining and banquet facilities.

9-Hole Courses

Centennial Golf Course

320 Thompson Road • (807) 767-4600

A friendly 9-hole public course featuring a large driving range, licensed lounge and banquet facilities, open May to October.

Dragon Hills Golf Course

975 Onion Lake Road • (807) 768-8633

Located in the rugged countryside just outside town, this 3,300-yard 9-hole full-service course offers both challenge and scenic appeal.

Thunder Bay Country Club

1130 Golf Links Rd • (807) 345-8225

This scenic 9-hole course delivers the perfect mix of relaxation and challenge, with strategic fairways, water hazards, and bunkers.

Emerald Greens Golf Course & Driving Range

2370 Dawson Road • (807) 767-4511

A 9-hole public course open daily from sun-up to sun-down, featuring scenic views and two tee placements per hole.

Northern Lights Golf Complex

540 Twin City Crossroads • (807) 935-2687

Family-friendly 9-hole regulation course (plus a par-3 section) with a driving range, perfect for learners and casual rounds.

St Urho's Golf Course & Driving Range

2165 Hwy 588, Nolalu • (807) 475-8814

Tranquil 9-hole course just outside Thunder Bay, with an RV park and driving range.

Disc Golf

There are two 18-hole disc golf courses in the city: **Dragon Hills Golf Course** and **Birch Point Park** at Boulevard Lake, or visit **Bayview Golf Course** in nearby Pass Lake. A 9-hole course can also be found at **Confederation College**. Discs are available for purchase at **The Loop Clothing Boutique.**

Mini Golf

Try one of the city's mini golf courses for a fun-filled sunny day! Choose **Birch Hill Mini-Golf** or the mini-putt course at **Boulevard Lake**. At the **Thunder Bay KOA Holiday**, families can enjoy a 300-yard driving range. **Vanderwees Garden Gallery** features Mini-Golf, an on-site animal farm, a funland for kids, and refreshments at **Tulips Café**.

ON THE WATER

Fishing Guides & Outfitters

These expert guides will gear you up, show you the ropes, and take you to the best spots for an unforgettable fishing adventure!

Archie's Fishing Charters and Lighthouse Tours

Silver Islet · 807-624-7096
archiescharters.com

Located near Sleeping Giant Provincial Park, this service offers fishing charters on Lake Superior, targeting salmon, rainbow trout and lake trout. They provide all fishing equipment, including rods, reels, and downriggers. Custom group tours and lighthouse excursions to Porphyry Island Lighthouse are also available.

Northern Trophies Guide Service

Onion Lake Rd #6349, Gorham
807-708-0845
northerntrophiesguideservice.com

Guided fishing experiences on Lake Superior and Lake Nipigon, featuring lake trout jigging, trolling, speckled trout casting, and northern pike or walleye excursions. Led by a guide with over 15 years' experience and catering to all skill levels.

Big Fish Ontario

206 Hampton Dr., Thunder Bay
807-629-0053 · bigfishontario.com

Specializing in trophy fishing on Lake Superior and Lake Nipigon, as well as the Little Jackfish River. Catering to anglers of all levels to help you land trophy northern pike, walleye and trout.

Superior Fishing Charters

725 Wild Goose Bay Rd., Shuniah
807-683-8101

Located close to Thunder Bay with half- and full-day fishing charters on Lake Superior for salmon, lake trout and rainbow trout. All equipment is provided.

Find Your Next Big Catch

Experience one of Canada's most diverse urban fisheries with these top fishing spots in the city, where wild rivers meet Lake Superior.

Lorne Allard Fisherman's Park

At the point where the **Current River** meets Lake Superior, you'll find a prime spot for **northern pike**, **walleye** and **steelhead** right off the dock. Upstream the rapids hide pools loaded with **brook trout**. Visit in fall for **pink salmon** runs or late April for **smelt dipping**. Picnic shelters and washing facilities are available.

McVicar Creek

Trout anglers swoon at this small urban creek. **Steelhead** migrate here in late April through May and native brook trout hang year-round in rocky pockets. The creek mouth also offers shore fishing for **pike** or **walleye**, ideal for fly-casters and spin-fisher alike.

McIntyre River

The McIntyre slices through town with classic rapids and deep pools perfect for **steelhead** and **brook trout**. It's widely regarded as the city's top urban trout stream.

Neebing River

Although slower and murkier than other streams, the **Neebing** surprises with a strong spring **steelhead** run. Cast near the shared river mouth for **northern pike** or explore the varied shoreline for dynamic fishing options

Marina Park

This waterfront hub serves walkers and anglers alike. In spring you'll find **steelhead** along the shoreline; as the water warms the breakwall is a go-to for **trolling salmon**, casting spoons or crankbaits into Lake Superior's rocky shallows.

Kaministiquia River ("The Kam")

This south-side river is a hotspot for big catches—**walleye**, **pike** and **bass** dominate much of the season, and in September **chinook salmon** return in droves. Reachable by boat or shore, it offers depth and variety for every type of angler.

PARKS GUIDE

Where to Get Outside and Play : City Parks and Green Spaces

Thunder Bay's municipal parks range from peaceful gardens and shaded picnic areas to hiking trails, waterfalls, and scenic lookouts. Whether you're after a quiet place to relax, a full day of outdoor adventure, or family-friendly fun, you'll find year-round beauty and plenty of space to explore.

Anemki Wajiw (Mount McKay)

Experience breathtaking views of Lake Superior and countryside from 152 m (500 ft.) up. Explore a picnic area, hiking trail, monuments, and seasonal powwow grounds.

Mission Road, Fort William First Nation

Boulevard Lake Park

Enjoy walking or cycling along 5 km of trails, beach fun, or mini golf. The accessible playground, fitness centre, kayak and SUP rentals, and water park make this a family-friendly outdoor experience.

400 Lyon Boulevard West

Centennial Park

Adventure awaits with biking, hiking, skiing, and a 1910 replica logging camp. A woodland-inspired park featuring a unique child-sized zipline offers something for everyone.

1315 Arundel Street

Hillcrest Park

Stunning harbour views, with a sunken gardens, a military memorial, and playground. The new Indigenous sitting area is a place of reflection, ceremony, and remembrance, offering space to honour Residential School Survivors and the children who never returned home. It overlooks the four directions with a view of Anemki Wajiw and the Sleeping Giant.

211 High Street South

Vickers Park

A serene traditional park with mature trees, benches, a skating trail loop, and a brand new fully accessible playground, gifted to the city by Catherine Vickers for everyone's enjoyment.

1700 Arthur Street East

Lorne Allard Fisherman's Park

Great for urban angling, this park offers paved trails, picnic shelters, and serene Lake Superior Water Trail access with river views.

24 Shipyard Road

Prince Arthur's Landing

Explore lakefront paths, picnic areas, public art, restaurants, a skatepark, splash pad, and seasonal rink for a vibrant downtown experience year-round.

2201 Sleeping Giant Parkway

Trowbridge Falls Park

Its cascading waterfalls, biking trails and skills park, and a full-service campground are an ideal setting for nature lovers and outdoor enthusiasts.

125 Copenhagen Road

Soroptimist International Friendship Gardens

Celebrate Thunder Bay's diversity with a walk through beautiful gardens featuring international monuments honouring our multicultural heritage.

102 Legion Track Drive

Waverley Park

Ontario's second-oldest municipal park features grand cottonwood trees, a fountain, cenotaph, historical displays, and stunning views from its renovated lookout.

235 Waverley Street

Centennial Botanical Conservatory

Thunder Bay's lush, fully accessible Conservatory is a year-round oasis featuring tropical plants. Check ongoing renewal updates before visiting.

1601 Dease Street

Cinema 5 Skatepark

Skateboarders and BMXers: check out this skate park in an old movie theatre!

115 Cumberland Street N
807-285-7588
cinema5skatepark.ca

Beaches, Pools, and Splash Pads

Beaches

Lakeview Beach

400 Lyon Boulevard West • 807-625-2941

Popular sandy beach at Boulevard Lake with lifeguards in summer, picnic areas, and easy access to trails and playgrounds nearby.

Sandy Beach & Main Beach Chippewa Park

312 Sandy Beach Road • 807-623-3912

Family-friendly Lake Superior beach with shallow water, playgrounds, and sweeping views.

Kakabeka Beach
Kakabeka Falls Provincial Park

4853 Highway 11/17 • 807-473-9231

Scenic swimming area surrounded by forest trails and dramatic views of Kakabeka Falls.

Marie Louise Lake Beach
Sleeping Giant Provincial Park

2133 Highway 17 • 807-577-9481

Peaceful inland beach with warm, calm water and sandy shoreline ideal for families and paddlers.

Wild Goose Beach

Lakeshore Drive East, Shuniah
Quiet, lesser-known stretch of Lake Superior shoreline featuring soft sand, clear water, and a relaxed atmosphere close to the city.

Outdoor Pools

Art Widnall Pool
820 Minnesota Street 807-623-1480

Neighbourhood outdoor pool
open during the summer season
with lifeguard supervision and shaded seating.

Heath Park Pool

1251 Heath Street 807-475-0522

West-end outdoor pool ideal for families and recreational swimming.

Indoor Pools

Canada Games Complex

420 Winnipeg Avenue • 807-684-3311

Our premier aquatic facility with lap lanes, diving boards, and family swim programs year-round.

Churchill Community Pool

140 Churchill Drive West • 807-577-2538

Neighbourhood pool with public swims, lessons, and accessible facilities for all ages.

Volunteer Pool

180 Martha Street • 807-345-5148

Community pool located in the city's south side, providing recreational and lap swimming opportunities.

Lakehead University Pool

955 Oliver Road • 807-343-8585

Campus pool open to the public for lane swims, training, and fitness.

Splash Pads

Marina Park Splash Pad

Marina Park Drive

Large waterfront splash pad beside the marina, offering interactive fountains and lakeside play.

North End Park Splash Pad

Franklin Street at North End Park

County Park Splash Pad

Northwood Playfield

Northwood Playfield Splash Pad

James Street at Northwood Playfield

Franklin Street Splash Pad

215 Franklin St. N.

Heritage & Amusement Parks

Fort William Historical Park

250 acres of northern scenery, living history, events, RV camping, outdoor activities, and an astronomy centre.

On King Road off Broadway Ave
fwhp.ca

Chippewa Park

Original 1920s charm with a restored antique carousel, beaches, RV park, wheelchair-accessible cabins, and camping on Lake Superior.

Off Highway 61 South or James Street
thunderbay.ca/chippewapark

Explore the Lakehead Watershed

The Lakehead Region Conservation Authority maintains scenic trails at ten Conservation Areas in and around Thunder Bay featuring beautiful landscapes and diverse wildlife, and connects to 34 km (21 miles) of multi-purpose recreational paths linking rivers, lakes, and urban spaces.

Mission Island Marsh

2.4 km of trails, 16.7 hectares of land and an incredible birding spot in the fall. Mission Island Marsh features four distinct ecosystems and is home to the LRCA's annual Fall Waterfowl Viewing Day. **Open year-round**

Little Trout Bay

Located near the U.S Border, the boat launch provides access to Lake Superior. A great spot for geocaching. **Open year-round**

Hazelwood Lake

7 km of trails on over 618 hectares of land, this pristine inland lake provides great paddling opportunities and is a great spot to geocache.
Open year-round

Mills Block Forest

A serene 284-hectare area featuring a 4 km loop trail. Ideal for hiking, birdwatching, and peaceful walks.
Open year-round

Cedar Falls

A great spot for a short hike to a picturesque cascading waterfall.
Open year-round

Silver Harbour

Boat launch access to Lake Superior and great ice fishing opportunities. **Open year-round**

Cascades

5.5 km of trails, 162 hectares of land and one of the most popular on-leash dog walking spots in Thunder Bay. The Cascades are a great place to visit on a hot summer's day.
Open year-round

Wishart Forest

221-hectares featuring boreal forest with jack pine and spruce, offering trails perfect for hiking in summer and snowshoeing in winter.
Open year-round

Mackenzie Point

This granite outcrop into Lake Superior is a superb location for capturing sunrise photos. It's also a great sunbathing spot.
Open year-round

Other Conservation Areas

For information on additional conservation areas outside Thunder Bay, visit **lakeheadca.com**

Explore Card

The **Explore Card Parking Pass** is a great way to show your support for the **Lakehead Region Conservation Authority**! Your pass supports trail development, maintenance, and local ecosystem preservation, and permits day-use and parking at 10 seasonal and year-round Conservation Areas for one calendar year. It's convenient for frequent users, and a great gift idea! **$40 +HST** **lakeheadca.com**

Provincial Parks

Rugged beauty, stunning waterfalls and canyons, and epic hiking, camping and views: Enjoy four seasons of adventure in these nearby Ontario Parks.

Kakabeka Falls Provincial Park

Standing at 40 metres, Kakabeka Falls is the second-highest waterfall in Ontario. With its easy access from the Trans-Canada Highway, it's a favourite stop for travellers and locals alike. The park offers tent and RV campsites. Visitors can enjoy hiking, picnicking, swimming, and views of the impressive waterfall. In winter, enjoy 15 km of cross-country trails and an ice-skating trail.

30 minutes

Pigeon River Provincial Park

This day-use only park features two scenic waterfalls and stunning vistas overlooking Lake Superior and the Canada-U.S. border. The park offers a network of hiking trails suitable for all ability levels. Winter hiking and snowshoeing are also possible.

45 minutes

Sleeping Giant Provincial Park

On the tip of the rugged Sibley Peninsula lies the legendary Sleeping Giant. As seen from the City of Thunder Bay, this rock formation is a local icon. The park's Marie Louise Lake Campground offers RV and tent camping, as well as family cabin rentals available year-round, providing a great base to explore the park's 100+ km trail network or attend a naturalist's Discovery Program. In winter, enjoy cross-country skiing or a skate on the park's ice trails as they weave through the campground's forest. New in 2026 are five electrical campsites (one barrier free) for winter camping.

1.25 hours

Ouimet Canyon Provincial Park

Ouimet Canyon Provincial Park is home to one of the most spectacular geological formations in Ontario. The 3 km-long canyon, 152 m wide and 107 m deep, offers breathtaking views from two viewing platforms. An easy 1.7km walk, including a barrier free option, leads to the overlooks, providing an unforgettable sight of the canyon and surrounding forest. This park is closed in winter.

1.25 hours

Online Park Reservations & Info: **OntarioParks.ca**

Camping Reservations
1-888-ONT-PARK (1-888-668-7275)
reservations.ontarioparks.ca

Park day-use permits can be purchased online up to five days in advance.

Lake Superior National Marine Conservation Area

The world's largest freshwater playground, stretching from Thunder Cape near the Sleeping Giant to Bottle Point.

Ready to discover the world's largest freshwater marine protected area? **Lake Superior National Marine Conservation Area** (NMCA) invites you to explore breathtaking paddling routes and rugged hiking trails set within an awe-inspiring natural landscape.

Spanning 10,880 square kilometres along Lake Superior's north shore, this protected area—established in 2015—forms part of Canada's national park system and safeguards nearly 13% of the planet's largest freshwater lake.

For thousands of years, Indigenous peoples have travelled these waters, and the Anishinaabemowin name *Kitchi-gami*, meaning "great lake," beautifully reflects its vastness and spirit. From kayaking and canoeing to hiking, every experience here reveals another side of its ancient beauty.

Towering cliffs and columnar basalts, formed 1.1 billion years ago, define this dramatic shoreline.

Launch your paddling trip from north shore communities like Silver Islet, Hurkett Cove, Red Rock, Nipigon, Rossport, Schreiber, or Terrace Bay, where sheltered bays and diverse wildlife create unforgettable moments.

For a unique adventure, explore the **Porphyry Island Lighthouse** or venture along the Casque Isles Trail, a 53 km route with breathtaking views of the coastline. Whether by water or land, the **Lake Superior NMCA** is a must-visit destination that combines natural beauty with a rich cultural history. ■

Safety First!

Lake Superior is a deep, cold, and open lake and has claimed upwards of 600 shipwrecks. Conditions can change quickly. Observe and listen to the lake before getting on the water, and always stay in tune with the weather.

Be mindful of your abilities before beginning any paddling or boating excursion and make sure to check the **Marine Weather Forecast before heading out on the water.**

CULINARY GUIDE

Eight Must-Visit Classic Thunder Bay Restaurants that Locals Love

Thunder Bay's food scene is as rugged and soulful as the landscape around it. If you want to eat like a local, start with these eight time-tested favourites. Each is a fixture in its own right, and together they form a delicious map of Thunder Bay's most beloved bites.

Prospector Steakhouse

ESTABLISHED: 1985
NEIGHBOURHOOD: WATERFRONT DISTRICT

When locals crave prime rib, they head to **Prospector Steakhouse**. Set in a historic Cumberland Street bank, this family-owned favourite has served hearty portions and warm hospitality for decades. The oven-roasted prime rib is the star, but the soft, buttery dinner buns are legendary.

Insider Tip: It's steps from **Gateway Casino**, so work up an appetite over blackjack, roulette, or poker before settling in for dinner.

Caribou Restaurant + Wine Bar

ESTABLISHED: 1999
NEIGHBOURHOOD: INTERCITY

Caribou Restaurant + Wine Bar brings polish and personality to Northern dining—porcini filets, wood-fired pizzas, and a Wine Spectator–approved list that impresses every vintage lover. It's upscale yet unpretentious, serving globally inspired dishes grounded in Canadian ingredients.

Insider Tip: Order dessert (or share one) before heading to **The Foundry** for a live performance.

Madhouse

ESTABLISHED: 2001
NEIGHBOURHOOD: BAY & ALGOMA

Part pub, part neighbourhood hangout, **Madhouse** feels like a pair of broken-in jeans. With 275 whiskies and a strong craft-beer lineup, it's a haven for casual drinkers and connoisseurs alike. The elevated pub fare pairs perfectly with local art by Michael O'Connor that covers the walls.

Insider Tip: Visit on Whiskey Wednesday when drams are fifteen percent off—and don't skip the award-winning nachos.

Tomlin Restaurant

ESTABLISHED: 2014
NEIGHBOURHOOD: WATERFRONT DISTRICT

Tomlin Restaurant's ever-changing menu celebrates local producers and bold flavours—think house-made charcuterie, seasonal plates, and a chef's tasting menu that flexes for dietary needs. The cozy room, thoughtful cocktails, and collaborative kitchen have made it a Thunder Bay favourite.

Insider Tip: Waiting for a table? Head around the corner to sister bar **Barkeep** for an aperitif or mocktail before dinner.

The Sal

ESTABLISHED: 1964
NEIGHBOURHOOD: WESTFORT

A Westfort landmark, **The Sal** (formerly Salsbury Grill) serves breakfast all day, messy burgers, and the city's most famous Greek dressing—now sold by the jar. Recently refreshed but still true to its diner roots, it's the beating heart of the south side.

Insider Tip: After lunch, explore Westfort's heritage shops like **J.B. Evans** (since 1912) or **Fresco's Deli** for a true local afternoon.

Bight Restaurant & Bar

ESTABLISHED: 2012
NEIGHBOURHOOD: WATERFRONT DISTRICT

Set right on Lake Superior, **Bight** is the city's signature waterfront dining room. Seasonal, locally sourced dishes and relaxed sophistication define the experience—perfect for brunch on the patio or cocktails at sunset.

Insider Tip: Walk the marina after your meal. In summer, catch live music; in winter, skate the rink beneath the Sleeping Giant.

Giorg Cucina é barra

ESTABLISHED: 1987
NEIGHBOURHOOD: FORT WILLIAM BUSINESS DISTRICT

Full of character, **Giorg Cucina é barra** offers a delightful Italian-inspired dining experience in a warm, inviting atmosphere. Guests can enjoy a variety of fresh, flavourful dishes crafted from quality ingredients, from classic pastas to creative seasonal specials, making it a perfect spot for lunch or dinner.

Rooster's Bistro

ESTABLISHED: 2002
NEIGHBOURHOOD: WATERFRONT DISTRICT

Rooster's Bistro keeps breakfast simple and satisfying with hearty plates and local flair. The walleye eggs benny is pure Thunder Bay, rich and savoury with a taste of the lake.

Insider Tip: Try a splash of locally made **Heartbeat Hot Sauce**—you'll want to take a few bottles home with you.

Where to Eat and Drink

Fine Dining

Thunder Bay's culinary scene rivals that of much larger cities, offering refined meals with Northern flair. **Bight Restaurant & Bar** pairs lakefront views with seasonal fine dining at Prince Arthur's Landing. **Tomlin Restaurant** brings creativity to the table with shared plates and inventive local dishes. At **Caribou Restaurant + Wine Bar**, wood-oven pizzas and fresh seafood pair with an award-winning wine list. **Seler Restaurant & Wine** blends French technique and East Coast roots in a cozy, sustainable dining space. **Giorg Cucina é barra** crafts elegant Italian cuisine in a sophisticated setting, while **Lot 66** delivers upscale small plates, a deep wine list, and candlelit ambiance. **Anchor & Ore**, inside the **Delta by Marriott Thunder Bay**, serves contemporary Northern fare with sweeping waterfront views.

Casual Dining

From comforting classics to international flavours, Thunder Bay's casual dining scene is as eclectic as it is delicious. Grab Mexican street food and margaritas at Norteños Cantina or Norteños Taqueria, or tuck into shawarma at Best Bite Shwarma. Local pubs like The Foundry,

The Industry, and Red Lion Smokehouse serve hearty meals and craft beer in relaxed settings. Try Rebel Salad or Bonobos Foods for fresh vegan dishes, Thai Kitchen for local faves and gluten-free options, and Masala Grille, Famous Tandoor, or Monsoon for bold spices. You'll also find staples like Bar Italia, The Social, Neebing Steakhouse & Roadhouse, and Daytona's Restaurant, plus plenty of global flavours at Grotto Trattoria, La Casa Nostra, Sukhanov Ukrainian Kitchen, and Pho Umami.

Cocktails

Thunder Bay's cocktail culture is spirited and sophisticated. **Barkeep** offers classics and house creations in an intimate downtown bar. **Pocket Change** is perfect for after-work drinks, while **Woodside Bar** at Goods & Co. mixes hand-crafted cocktails with lively people-watching. **Madhouse** specializes in fine whiskey and draught beer. Swing by local go-to spot **Norteños Cantina** for delicious drinks alongside a warm and welcoming atmosphere.

Breweries & Taprooms

Lake Superior water really does make great beer. Sample the city's craft scene at Sleeping Giant Brewing Company, Lakehead Beer Company, Dawson Trail Craft Brewery, and Prospector Brew Pub, each pouring distinct styles and local personality.

Breakfast & Brunch

Start the day right with hearty, hometown breakfasts. The Hoito, in the Goods and Co. Market and Thunder Bay Country Market, is known for their famous Finnish pancakes and other hearty breakfast favourites. Rooster's Bistro serves traditional breakfasts and bottomless coffee, while Kangas Sauna – Little House of Pancakes brings Finnish flair to the morning table. Java Hut is also loved for its Finnish pancakes and friendly atmosphere, and Tina's Breakfast & Lunch keeps things casual with big portions and comfort classics.

Family-Friendly Spots

Thunder Bay offers a variety of family-friendly eateries perfect for all ages. The kids' menu at casual **Beefcake's Burger Factory** features hot dogs, burgers, grilled cheese, and chicken strips, all served with a half order of fries and a drink. For a unique blend of dining and entertainment, try **Wacky's** for kid-friendly comfort food in a lively, game-filled setting. Relax with the welcoming vibe at **Tina's Breakfast & Lunch** and enjoy family favourites. **Daytona's Restaurant** combines creative twists on classic dishes with a dining experience that suits all ages. At the **Superior Inn, The Lake and Spruce** offers a family-friendly vibe with delicious chicken wings and tasty gluten-free options.

Cafés & Coffee Shops

Thunder Bay's café culture is thriving, each shop brimming with local character. **St. Paul Roastery** keeps things modern with strong espresso and minimalist design. **Bay Village Coffee** is a community hub known for its sandwiches and weekend buzz, while **Up Shot Coffeehouse** and **Habit Coffee & Bakehouse** serve creative vegan-friendly menus. Sip ethically sourced roasts at **Rose N Crantz Roastery & Café**, grab dessert at **Club Cappuccino**, or relax at **The Daily Grind** or **Gusto Caffe**. Head to **Dolce Coffee House** for a pet-friendly patio, or find local favourite **Sweet North** inside Indigo. Downtown standouts include **Café Ora**, **Calico Coffeehouse**, and **Copper Kettle**, while **Tontu Café Boutique** inside Elfarrow Market adds cozy flair. For a playful twist, **Carlito's Board Game Café** pairs lattes with friendly competition.

The Best Patios

On the waterfront, **Bight** offers beautiful dining overlooking the lake. **Dolce Coffee House** features a large, relaxed patio, ideal for enjoying a coffee and a treat—and, bonus, it's pet-friendly. **Dawson Trail Craft Brewery** has a lively patio where you can sip craft beers. People-watch with a pulled pork sandwich or plant-based burger at **Red Lion Smokehouse**. **Silver Islet Tea Room** is a charming spot to enjoy baked goods and coffee with views of the lake, especially on sunny days.

Bakeries & Sweet Spots

Thunder Bay's bakeries keep tradition alive, one loaf at a time. The city's long-standing favourite, **Holland Bakery**, still draws crowds for its doughnuts and buns. **Sweet North Bakery** tempts with pretzels and breakfast sandwiches, and **Current River Bakery**, **Bennett's Bakery & Deli**, and **Roma Bakery** fill their shelves with artisanal breads and sweets.
Dagwood's Bakery & Deli, **Nucci's Bake A Deli**, and **Donato's Bakery** bake old-school Italian classics, while **Uncommon Baked Goods** and **Milk & Water Baking Co.** deliver specialty bakes and treats. Downtown, **Swell Bakery** is all about flaky pastry and small-batch flavour, **Jennifer's Gluten Free Kitchen** caters to wheat-free eaters, and the **Mini Donut Shoppe** food truck keeps fair-ground joy alive all summer. **Superior Bakes** hits with nostalgic desserts.

Ice Cream & Frozen Treats

Cool off Northern-style. **Merla Mae** serves up old-school drive-in nostalgia with its homemade "twin cone." **Prime Gelato** creates Italian-style scoops from local ingredients, while **TJ's Ice Cream Shoppe** churns dozens of house-made flavours on the south side. Find frozen yogurt at **Tiny Treats**, over-the-top cones from the **Epic Cones** truck, and milkshakes from **Shake Shoppe** for a sweet retro hit. ■

Farmer's Markets & Food Trucks

Thunder Bay loves its markets. The year-round Thunder Bay Country Market features local produce, baked goods, and crafts and is open twice weekly. Goods & Co. adds a creative indoor twist, blending food stalls with artisan vendors. On the go, look for the Mini Donut Shoppe truck for crispy sweet bites or the Epic Cones truck for frozen desserts on the move.

Fresh from the Field: Local Farms, Stands, and Tours

Farms & Farm Stands

DeBruins pesticide-free produce, herbs **Tarrymore Farms** eggs, veggies
Brule Creek Farms stone-milled flour
Sandy Acres beef, pork
Reidridge Farms beef, lamb, potatoes
Little Doo's Farm lamb, rabbit, baking
Forrest Farm charolais, angus beef, rabbit
Blue Moon Ranch grassfed beef, organic veg
Breukelman's Potato Farm potatoes
Sleepy G Farm organic veggies
Walkabout Farm pork, lamb, sheep milk
The Squash Queen squash, pumpkin, plants

Farm Tours

Belluz Farms Family-owned farm offering fresh produce, flowers, and seasonal activities like berry picking and fall wonderland weekends.
belluzfarms.on.ca

Gammondale Farm Family Fun Fun farm destination with seasonal events, animals, and activities for all ages.
gammondalefarm.com

Slate River Dairy Local dairy farm specializing in high-quality, fresh milk products and farm experiences.
slateriverdairy.com

Thunder Oak Cheese Farm Family-run farm producing award-winning Gouda and other cheese varieties.
cheesefarm.ca

The Famous Persian

Thunder Bay's famous Persian is a local creation dating back to the 1940s at Bennett's Bakery, founded by Art Bennett. The story goes that it was named after U.S. General John J. Pershing, who may have visited the bakery while the recipe was being developed. The exact origin and icing recipe remain closely guarded secrets, which only adds to its appeal.

A Persian is a soft, cinnamon-flavoured bun fried to a light golden brown and topped with thick pink berry icing made from either raspberries, strawberries, or both. It is a staple at community fundraisers, family gatherings, and local cafés throughout Thunder Bay. Some people even slice and fry them in butter before re-icing them, a popular "toasted" version.

You can find Persians at The Persian Man and other local bakeries where they remain a proud and delicious symbol of Thunder Bay tradition. Here are a few:

The Persian Man 899 Tungsten Street • 807-344-2931 and
400 Balmoral Street • 807-622-3909
Nucci's Bake-A-Deli 801 Red River Road • 807-767-4501
Holland Bakery 1016 Victoria Avenue East • 807-622-5011
Current River Bakery 301 Grenville Avenue • 807-683-8911

A LOCAL SPECIALTY

Finn Pancakes: A Delicious Tradition

We take our Finnish pancakes seriously in Thunder Bay. The city is home to the largest Finnish population outside of Finland, a legacy that dates back to the early 1900s when Finnish settlers came here to work in the lumber camps, mines, and along the railways. They brought with them strong cooperative values, a love of sauna culture, and, of course, their signature breakfast traditions.

Enjoy with syrup, jam or powdered sugar... once you take a bite, you'll understand why Finnish pancakes have become such a beloved tradition in Thunder Bay!

Here are the best spots to try them!

Hoito Co-operative Restaurant
A Thunder Bay institution, now serving pancakes at two locations: Goods & Co. and Thunder Bay Country Market.

Java Hut
A cozy diner offering Finnish pancakes all day, perfect with fresh strawberries.
465 Memorial Avenue · 807-344-5521

Kangas Sauna
Enjoy pancakes after relaxing in a private Finnish sauna for the full experience.
379 Oliver Road · 807-344-6761

Rooster's Bistro
A family-run spot offering a gluten-free Finnish pancake option in the Waterfront District.
32 St Paul St · 807-344-7660

Skål Restaurant
Indulge in Finnish pancakes topped with berry compote at this Scandinavian-inspired hotel restaurant.
1 Valhalla Inn Rd · 807-577-1121

Tina's Breakfast & Lunch
A local favourite, serving their Finnish pancakes topped with mixed berries, whipped cream, and icing sugar for a sweet breakfast.
1170 Memorial Ave · 807-286-0011

SHOPPING GUIDE

Where to Shop

Shopping Districts

Each neighbourhood brings its own flavour. The **Bay & Algoma Neighbourhood** is home to independent boutiques, bookstores, and cafés. The **Waterfront District BIA** blends galleries, restaurants, and creative retailers with Lake Superior views. **Westfort Village** offers heritage charm and local character, while the **Fort William Business District BIA** features eclectic shops, artisan studios, and cafés. For one-stop shopping, **Intercity Shopping Centre** and **The Thunder Centre** house national chains alongside local favourites.

Markets & Collectives

Goods & Co. houses more than 25 local vendors, restaurants, and artists under one roof. Current + Coast Collective curates sustainable Northern-made brands in a bright, modern space, and Station Market in the historic railway station offers unique local gifts. The Thunder Bay Country Market connects farmers and artisans twice weekly, while seasonal favourites like Craft Revival and holiday markets celebrate local talent year-round.

Bookstores

Thunder Bay's literary scene is proudly independent. **Entershine Bookshop** is a bright, inclusive space for new releases and local authors. **The Book Shelf** invites readers to explore a curated mix of pre-loved and rare titles. **Loud Women Collective** highlights 2SLGBTQIA+ and BIPOC voices, with titles for kids and adults alike. For comic collectors, **Comix Plus & Music Exchange** combines comics, vinyl, and collectibles in a nostalgic Bay & Algoma mainstay, and **Hill City Comics** has a great collection of vintage and new releases. Enjoy the local flavours of **Sweet North Bakery** inside Indigo.

Boutiques

J.B. Evans Fashion & Footwear mixes timeless brands with modern looks, while **The Loop** and **Lewk Clothing** curate Canadian and international fashion. **Swartz Fine Fashions** is a longtime Thunder Bay boutique offering designer wear and custom tailoring. **Ungalli Clothing Co.** designs ethically made apparel in-house. **Keiki Collective** embraces playful self-expression, and **Perfect Fit Lingerie & Fashion** specializes in inclusive, intimate wear. Find timeless, sustainable clothing at **Joyce Seppala Designs**. Artistry meets design at **Cree Stevens**, whose multi-disciplinary artwork integrates local nature into each piece.

Gifts & Souvenirs

Authentique Gift Shop features handcrafted décor and artisan jewelry, while **Purple Haze Amethyst Gift Shop** dazzles with gems mined nearby. **Finnport** is perfect for home decor and sauna wares imported from (you guessed it!) Finland, and **Victoria's Cupboard** stocks elegant keepsakes and teas. At the **Finnish Book Store & Kitchen Nook**, discover Scandinavian cookbooks, kitchenware, and cultural gifts. Candle lovers will find homegrown scents at **Peace & Quiet Candle Co.** and **Waxxed Candle Co.**

Summer visitors can explore local mines for sparkling souvenirs at **Amethyst Mine Panorama**, **Blue Points Amethyst Mine**, and **Diamond Willow Amethyst Mine**, or stop at **Amethyst Country Rock & Gift Shop** for ready-to-pack treasures.

Vinyl & Music Shops

Vinyl Frontier inside Red Lion Smokehouse is a go-to for vinyl, CDs, cassettes, and pop-culture finds, while Crossroad Music offers a dream setup for musicians with acoustic and electric guitars, pedals, amps, mics, and all the essentials. You'll also find vinyl at Comix Plus & Music Exchange.

Artisan & Hand-Craft Shops
Thunder Bay's maker culture thrives in spaces like **Dene Cree Designs Inc.**, where Indigenous jewelry and art reflect cultural traditions. **Mystic Garden** offers handcrafted décor, crystals, and aromatherapy gifts from local artisans.

Antiques & Collectibles

Treasure hunters can browse **Sleeping Giant Antiques** for historical artifacts and rare items**. Black Cat Antiques** and **Nostalgia Antiques** are perfect for vintage furniture, glassware, and curiosities that tell the city's story.

Specialty Grocers

Renco Foods, **Maltese Grocery**, and **Fresco's Deli** carry authentic Italian staples and imported cheeses. **Thunder Bay Country Market**, **Superior Seasons**, and **George's Market & Celebrations** showcase regional producers, while **Land of Spices** and **DenkyMax Afro-Caribbean Market** fill shelves with international flavour. **Dawson General Store** offers country-style hospitality.

Local Food Producers

Local makers include **Nor'Wester Maple Company**, bottling pure syrup and maple sweets. **Bay Meats** offers high-quality meats, sausages, and specialty products, including their popular house-made jerky. **Tea Horse Tea** crafts wild-harvested Anishinaabe teas, **Thunder Oak Cheese Farm** produces farmstead Gouda, and **Slate River Dairy** bottles milk and yogurt straight from the source. Sweet treats from **Chocolate Cow**, hot sauces from **Heartbeat Hot Sauce**, pasta from **Big Lake Pasta**, desserts by **Superior Bakes**, and premium oils from **Superior Olive Oil Co.** round out a thriving local food scene. **Cheese Encounter** adds artisanal selections and expert pairing advice.

Breweries

Thunder Bay pours innovation into every pint. Sleeping Giant Brewing Co. anchors the scene with award-winning ales and community events. Lakehead Beer Company brews small-batch classics beside its partner eatery. Prospector Brewhouse and Dawson Trail Craft Brewery offer quality brews with a local touch. Can't decide? The Foundry has 24 local beers on tap.

Self-Care & Wellness

Find drop-in yoga and Pilates at **Body Mind Centre** or **Ananda Studios** encourage mindful motion, For fitness, **Northside Fitness Centre**, **Thrive Strength & Wellness**, and **Superior CrossFit** deliver high-intensity training. **Kelly's Nutrition Centre & Juice Bar** fuels active lifestyles with smoothies and supplements. **Allure Medi-Spa** provides luxury spa treatments, while **Drift Spa**, **Botanica Luxury Spa & Salon**, and **Serenity Salon & Wellness** provide restorative calm.

Locally made products from **Lovely Body**, **Boreal Body**, and **Hearthstone Herbal** offer natural nourishment from Northern ingredients. **Canvas & Clay** nurtures creativity with art workshops, and **Bash Bays** lets you release stress while wrecking stuff with energetic smash-room sessions.

Home, Garden & Lifestyle

Vanderwees Garden Gallery supplies blooms, plants, and décor through every season. **International House of Tea** invites exploration with premium loose-leaf blends. **Hygge Loft & Portobello Home** delivers minimalist Scandinavian-inspired home goods, and **The Camellia** mixes artisan gifts with floral design and nature-based décor.

Quilting, Sewing & Crafts

Crafters will feel right at home. **Circle of Friends Quilt Shoppe** stocks quality fabrics, **Rohnda's Knitting Room & Wool Shop** keeps knitters supplied, **Sew Flippin' Creations** offers custom items, and **Unique Family Crafts** provides beading and craft materials for every skill level.

Outdoors

Bucket list adventures begin with local outfitters. **KBM Outdoors**, **Wilderness Supply**, and **Chaltrek** stock camping, paddling, and hiking essentials. **D&R Sporting Goods** serves hunters and anglers, and **Wilderness North** has outdoor gear and offers guided adventures.

Adventure Sports

3Ride BMX Bikes specializes in BMX, mountain, and e-bikes, along with parts and service. **Fresh Air** and **Petrie's Cycle & Sports** are well-known for quality seasonal gear. **Rollin' Thunder Bike & Ski** focuses on cycling and skiing equipment, while **Ski Haus** caters to alpine skiers. **Play It Again Sports** offers new and gently used sporting equipment, gear, and apparel. **Natribros Surf & SUP** provides rentals and lessons on Lake Superior, and **Wilderness Supply** and **Chaltrek** sell stand up paddle boards.

RVs, Motorcycles & Boats

For travel on land or water,
Thunder Bay has support for every option. **Big Pines Trailer Sales**, **Recreation World RV**, and **Smith's RV** keep road-trippers rolling. **Excalibur Motorcycle Works**, **Brown Street Bike Shop** and **Thunder Bay Harley-Davidson** cater to riders. **Half-Way Motors Power Sports**, **J & J Sports**, and **Norm's Boating Centre** handle everything from ATVs to marine gear. ■

Where to Stay

Thunder Bay's accommodations are as diverse and full of character as the city itself. With summer occupancy rates often reaching 90%, it's worth booking early, especially if you're planning a lakeside getaway, festival visit, or cross-country stopover.

The Courthouse Hotel delivers heritage charm inside a 1920s courthouse with stunning harbour views. **The Haven Hostel** offers a relaxed, social atmosphere near the waterfront and is ideal for budget-conscious travelers. **The Delta by Marriott Thunder Bay** offers modern, comfortable accommodations right on the city's scenic waterfront, with easy access to local attractions.

Families love the **Valhalla Hotel & Conference Centre** for its spacious rooms, indoor pool, and relaxed restaurant, a perfect fit for travelers with kids. For something cozy and personal, try **The Superior Inn Hotel & Conference Centre** on Arthur Street. For something different, **The Canvas Inn** adds glamping style to your campsite, and **Porphyry Island** offers overnight stays in canvas tents or a guesthouse beside a historic lighthouseand black sand beach.

Every stay in Thunder Bay comes with its own story, view, and warm northern welcome.

Hotels

Best Western Plus Nor'Wester Hotel & Conference Centre*
2080 Hwy 61
(807) 473-9123 • 1-800-780-7234
Bwplusnorwester.com

Best Western Thunder Bay Crossroads
655 Arthur St. W.
(807) 577-4241 • 1-800-780-7234
Bestwestern.com

Comfort Inn Thunder Bay
660 Arthur St. W.
(807) 475-3155 • 1-877-424-6423
Choicehotels.com

Days Inn & Suites
By Wyndham Thunder Bay
645 Sibley Dr.
(807) 622-3297 • 1-800-329-7466
wyndhamhotels.com

Days Inn North
1250 Golf Links Rd.
(807) 344-3297 • 1-800-329-7466
Daysinnthunderbay.com

Delta Hotels By Marriott Thunder Bay
2240 Sleeping Giant Pkwy.
(807) 344-0777 • 1-844-294-7325
Deltathunderbay.com

Hampton Inn & Suites By Hilton
760 Arthur St. W.
(807) 577-5000 • 1-800-426-7866
Hamptoninn.com

Holiday Inn Express & Suites
1041 Carrick St.
(807) 346-0220 • 1-877-660-8550
Hiexpress.com/Thunderbayon

Home2 Suites By Hilton Thunder Bay
740 Arthur St W
(807) 285-9699 • 1-877-646-6302
Hilton.com

Howard Johnson Wyndham Thunder Bay
686 Memorial Ave
(807) 696-0136 • 1-800-221-5801
Wyndhamhotels.com

Hyatt House Thunder Bay
1165 Oliver Road
(807) 695 5080 • (800) 323-7249
hyatt.com/hyatt-house

Landmark Hotel*
1010 Dawson Rd.
(807) 767-1681 • 1-800-465-3950
Landmarkinn.ca

Prince Arthur Waterfront Hotel & Suites*
17 Cumberland St. N.
(807) 345-5411 • 1-800-267-2675
Princearthurwaterfront.com

Ramada Airlane By Wyndham*
698 Arthur St. W.
(807) 473-1600 • 1-800-465-5003
Wyndhamhotels.com

Super 8
439 Memorial Ave.
(807) 344-2612 • 1-800-454-3213
Wyndhamhotels.com

Quality Inn & Suites Thunder Bay Downtown
61 Cumberland St. N.
(807) 285-9600 • 1-877-424-6423
Choicehotels.com

The Courthouse Hotel
An Ascend Collection Hotel
277 Camelot St.
(807) 699-7666 • 1-877-424-6423
Choicehotels.com

The Superior Inn Hotel
& Conference Centre*
555 West Arthur Street
(807) 577-8481 • 1-800-387-3331
Superiorinnhotel.com

Towneplace Suites By Marriott
550 Harbour Expy.
(807) 346-9000 • 1-888-236-2427
Marriott.com/Yqtts

Travelodge By Wyndham
450 Memorial Ave.
(807) 788-09933 • 1-800-578-7878
Wyndhamhotels.com

Valhalla Hotel
and Conference Centre*
1 Valhalla Inn Rd.
(807) 577-1121 • 1-800-964-1121
Valhallahotel.ca

* Full-service convention hotel
° Tesla and EV Charging stations, Bike Rentals

Motels, Inns & Suites

Holiday Inn Motel
375 Kingsway
(807) 623-2514 • 1-866-218-1355

Kingsway Inn
345 Kingsway
(807) 623-1223

Lakehead Motel
421 Cumberland St. N.
(807) 345-4487

Modern Motel
430 Cumberland St. N.
(807) 344-4352

Munro Motel
325 Munro St.
(807) 345-5342

Nights Inn Motor Hotel
180 Macdougall St.
1-888-345-1566

Old Country Motel
500 Cumberland St. N.
(807) 285-3406
Oldcountrymotel.ca

Relax Motel
387 Cumberland St. N.
(807) 345-6561

Sea-Vue Motel
463 Cumberland St. N.
(807) 344-9655
Sea-Vue.com

Strathcona Motel
545 Hodder Ave.
(807) 683-8136 • 1-888-242-3716

Superior Motel
446 Cumberland St. N.
(807) 345-1408

Voyageur Motel
177 Powley St.
(807) 345-4786

Hostels

Lakehead University
Conference Services
955 Oliver Rd.
(807) 343-8485
May-August
Lakeheadu.ca/Campus-Life/Conference

The Haven Hostel
226 Ambrose St.
(807) 285-1142
Thehavenhostel.ca

Short & Long-Term Rentals

Parklane Townhomes
930 Neebing Ave.
(807) 473-9646
North44pm.com

Seasons Extended Stay Suites
1486 Dawson Rd.
(807) 767-8835
Seasonsextendedstaysuites.com

Campgrounds & RV Parks

Chippewa Park Campground
2465 City Rd.
(807) 623-3912
Thunderbay.ca

Fort William Historical Park
1350 King Rd.
(807) 473-2344 • (807) 473-2333
Fwhp.ca

Happy Land Rv Park
1-4650 Hwy 11/17
Kakabeka Falls, On (807) 473-9003
Happylandpark.com

Mirror Lake Resort & Campground
3495 Hwy 11/17
Shuniah, On (807) 977-2840

Thunder Bay Koa
162 Spruce River Rd.
Shuniah, On (807) 683-6221
1-800-562-4162
Koa.com/Campgrounds/Thunder-Bay

Trowbridge Falls Campground
16 Copenhagen Rd.
(807) 683-6661
Thunderbay.ca

Provincial Parks

Kakabeka Falls, Sleeping Giant & Quetico
1-888-668-7275
Ontarioparks.com

Host Your Next Conference in Thunder Bay

Why Choose Thunder Bay?

From breathtaking views of Lake Superior to versatile, modern facilities, Thunder Bay offers everything you need to host a conference that stands out. The city's accessibility, unique activities, and warm hospitality make it a premier destination for professionals seeking an unforgettable event experience.

Inspiring Locations, Unforgettable Views

Host your event against the dramatic backdrop of Lake Superior and the Sleeping Giant.

Seamless Accessibility
Fly into Thunder Bay International Airport with ease. It offers direct flights from major cities, making travel smooth for attendees.

Unique Venues for Every Event
From the historic charm of Fort William Historical Park to modern hotels with top-tier facilities, Thunder Bay has it all.

Adventure Awaits After Work
Boost team morale with post-conference activities like hiking Sleeping Giant Provincial Park, kayaking Lake Superior, or exploring local craft breweries.

Affordable and Friendly
Enjoy exceptional value without sacrificing quality. Thunder Bay's affordability and welcoming community make it a smart and stress-free choice.

Top 10 Event Venues
Planning a conference, celebration, or event? Here's a list of our top 10 spots.

Thunder Bay Community Auditorium
State-of-the-art event space with a 1,500-seat theatre.
tbca.com

Delta Hotels by Marriott Thunder Bay
Upscale waterfront venue with elegant meeting spaces.
marriott.com

Fort William Historical Park
Historic setting offering versatile indoor and outdoor event spaces.
fwhp.ca

The Chanterelle on Park
Meticulously restored industrial and elegant mixed-use wedding and event venue.**thechanterelle.ca**

Valhalla Hotel & Conference Centre
Nordic-inspired venue with modern conference capabilities.**valhallainn.com**

The Barrel House
Intimate 70-guest flexible event space in a Barrel House.**sleepinggiant brewing.ca**

Prince Arthur Waterfront Hotel
Historic hotel offering scenic views and event spaces.
princearthurwaterfront.com

Magnus Theatre
Versatile 250-seat heritage theatre with lounge, proscenium stage and full AV.
magnustheatre.com

Goods & Co. Market Alley
4000 sq ft of event space in the heart of downtown.**goodscomarket.ca**

Best Western Plus Nor'Wester Hotel & Conference Centre
Mountain-view location with customizable event spaces.

bwplusnorwester.com