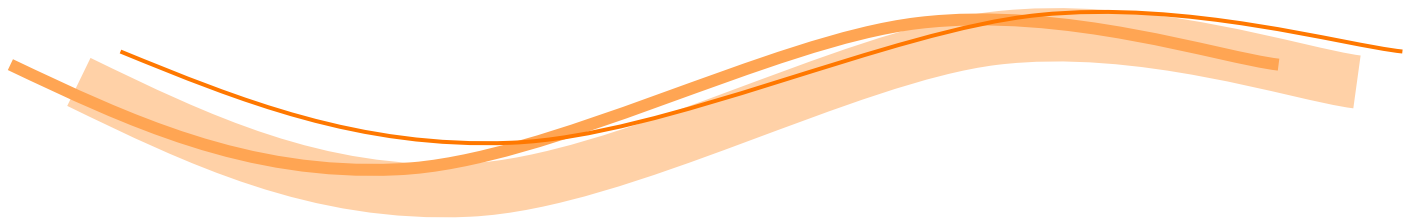




Ontario - Thunder Bay & Northern Ontario





DESTINATION INFO	
Location	Thunder Bay is at the western end of Lake Superior, 45 minutes north of the US border
Geography	The North of Superior Travel region is centrally located in Ontario along the North Shore of Lake Superior. The major City is Thunder Bay. The region is easily accessible by highway, air, rail and water from anywhere in Canada, the United States and the world. It is a great place to visit, stay and experience the natural uniqueness of Lake Superior, exciting outdoor adventures, historic parks, protected areas and scenic vistas and sand beaches that look out for miles across Lake Superior.
Name	Thunder Bay was formed from Fort William and Port Arthur. The towns merged and people voted on the name – the alternative was Lakehead.
Population	Thunder Bay has 120,000 inhabitants
Language	On the trip North the winner will visit the Webequie, who have retained their aboriginal language
Safety tips	As for any Canadian city – just normal, sensible precautions

CLIMATE	
Today's weather	19 degrees and sunny (30 June, 2007)
Best time to visit	Winter in Thunder Bay is amazing for skiers, snowmobilers, and curlers. Summer has sunny days, and sparkling lake and rivers. Enjoy world class golfing, hiking, biking, fishing, and water sports.

GETTING THERE	
Flying time	1hr 45 mins by air from Toronto or a gorgeous drive from Toronto along the North Shore of Lake Superior
Distances	Toronto to Thunder Bay is 1,384km, approximately 17 hours Thunder Bay to Webequie is 530 km
Tours	Lake Superior Visits provides interpretive guides & receptive services for motorcoach tours, conventions, reunions and special interest groups. And nature-based holidays for couples and family visitors to the Lake Superior region. Contact them to: book Girlfriend getaways; family getaways packages; walk a Superior hiking trail; rent a Lake Superior cottage; photograph spectacular canyons & waterfalls; drive and discover the Lake Superior Circle Tour; experience nature-based Canadian adventures. Lake Superior Visits is respectful of the rugged yet delicate landscape of the Lake Superior basin. They practice less intrusive touring techniques and buy locally from the many businesses and individuals who share their hospitality, services and stories with our clients. www.SuperiorVisits.com

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Moccasin Trail Tours (a division of NONTA) offers exciting tours and trips specializing in authentic Aboriginal cultural and eco-tourism in Northern Ontario. Feast on traditional foods. Stay in Tipis. Explore remote Native communities. Experience the last true adventure vacations in the world. At the end of the day, gather around the crackling campfire to hear the Elders speak of ancient legends... and later, watch the Aurora Borealis sky dance to the rhythm of the universe. www.moccasintrailtours.com Their tours include:

- Canadian Native Cultural Tours

Your adventure begins in Kenora, Ontario located on the northern shores of the world-famous Lake of the Woods.

- Exploring First Nations Culture

Along this 14 day picturesque ride through Manitoba and Ontario, there are many suggestions for sites and attractions to visit.

- Hudson & James Bay Coastal Tour

You will overnight in Moose Factory at the Cree Village Ecolodge, the most environmentally advanced accommodations facility in Canada.

- Hudson Bay Polar Bear Park Expeditions

Come and explore the pristine and virtually undiscovered wilderness in Ontario's far north and the Majestic Polar Bear Provincial Park, one of the largest spectacular nature parks in the world.

- Moose Cree Outdoor Discoveries & Adventures

This four day trip to Moose Factory, James Bay explores the unique Hudson Bay/James Bay geography and wilderness

- Paddling Quetico with a Cree Guide

Travel the wilderness expanse known as Quetico with your Cree guide. Quetico Provincial Park has been long regarded as the top canoeing destination in Canada, and remains a paddler's paradise.

- Spruce Shores Lodge

Upon your departure from Thunder Bay you will fly with Nakina Air, a scheduled air service from Thunder Bay to Webequie

- Temagami Anishnabai Tipi Camp

Healing the Spirit (Echoes of Ancient Voices). All Inclusive 5 Days 4 Nights, unique wilderness experience in the Traditional Land of the Temagami Anishnabai.

Extreme Fishing Canada has been organized to provide outdoor enthusiasts with a great fishing experience. Our wide spread locations allow you to choose from a wide variety of fishing challenges. If your group is looking for an unequalled opportunity to fish the newest lakes to be opened in all of Ontario, offering the finest opportunity of trophy Walleye and Northern Pike, Brook and Lake Trout, this is it! Call Percy at 1.866.484.5530

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ACCOMMODATION TYPES	Thunder Bay has a wide range of accommodations available so that you can find something that fits your individual needs and budget. Choose from full service hotels, motels & inns, bed & breakfasts, cottages, and resorts located in both the city and the surrounding area.
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TARGET GROUPS	
Kids	Wildside Recreation: Family Restaurant; 2,000 sq.ft. Games Room Arcade...this is Thunder Bay's largest, most elaborate, wheelchair accessible, outdoor Miniature Golf courses - Two eighteen hole, professionally designed courses with realistic undulating greens up to 40 feet in length, real sand traps, rivers, natural obstacles and a 12' high waterfall complete with its tranquil sound of rushing water; and Heart pounding, speed-pumping Go-Carts are here with 3,000 feet of asphalt on three challenging and creatively designed tracks.
Teens	Sailing on Lake Superior, camping in Sleeping Giant, amethyst hunting east of Thunder-Bay.
Romance	Stay in a wilderness lodge north of Thunder Bay and experience the call of the wild together...
Seniors	Several Ontario coach companies, such as DeNure Tours, offer luxury coach tours to this area.

UNIQUES	
Surprising	Thunder Bay is in the heart of amethyst country. These semi-precious gemstones are found in quantity only here and six other countries in the world, but no where else can you find amethyst of such quality - and in such quantity. Be sure to visit one or more of the area mines for a unique pick-your-own gemstone adventure. Many local gift shops throughout the city and region carry items and jewelry crafted from this purple gemstone. Because of its abundance in the northern areas of the province, amethyst was adopted as the official gemstone of Ontario in 1975.
History	Thunder Bay's central location in the centre of the continent and at the head of the Great Lakes made it a natural meeting and trading site as far back as the Paleo-Indian civilization 11,000 years ago. The first Europeans arrived in the 17th century and established a series of fur trading posts at the place they named Baie de Tonnerre, or Thunder Bay. In 1798, the North West Company built Fort William near the mouth of the Kaministiquia River, which quickly became a lively community of Scottish traders, French voyageurs and Native trappers.
Books	Frommer's Canada
Must Sees	Sleeping Giant Provincial Park; Kakabeka Falls; the Northern experience; North Shore Superior

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SPORTS ACTIVITIES	The Thunder Bay Border Cats of the Northwoods Baseball League provide fast-paced action at the Port Arthur Stadium
Golf	<p>The City of Thunder Bay owns and operates three courses comprising forty-five holes for golfing enthusiast to enjoy. Chapples, Strathcona and Municipal are structured to offer enjoyment for all levels of golfer. All three courses provide full pro shop services including club and cart rentals. In addition all three air conditioned clubhouses are licensed and offer light lunch and snack bar services.</p> <p>Chapples is a picturesque 18-hole 6234 yard, Par 71 course located in the centre of the city. Suitable for all ages and skill levels, Chapples also offers a practice range for lessons and practice.</p> <p>Strathcona is a challenging 18-hole 6509 yard Par 72 course built on rolling wooded terrain in the northwest part of the city. Strathcona's design and setting makes it ideal for the more serious golfer.</p> <p>Municipal is a pleasant 9-hole 2742 yard Par 36 course built on a pine covered tract on the western outskirts of the city. Municipal is the perfect course for beginners and also provides a relaxed walk for seniors.</p> <p>www.GolfThunderBay.ca</p> <p>Whitewater Golf Club Nestled between the soothing Kaministiquia River and the tranquil Rosslyn Oxbow Wetland, Whitewater has handcrafted a 27-hole championship layout that captures the incredible beauty of the majestic river valley. The 550-acre Whitewater property is a dramatic collage of topographical features rarely found on one site. The river valley creates dramatic plateaus, steep cliffs, ravines, and magnificent wetlands, creeks and ponds. The dense boreal forest and its mountain range backdrop revealed signature trees that have been artfully introduced into the design. 2005 Green fee rates will vary from \$45 to \$70 depending on time and day of week. www.WhitewaterGolf.com</p> <p>In addition, Eaglequest Golf Centre provides an indoor, two-tiered 300í driving range and 18 hole miniature golf range for year-round enjoyment.</p>
Fishing	In the quiet and solitude of pristine lakes, rivers and streams. Try to break the 1916 record of a 14.8 pound Speckled Trout caught on the Nipigon River, a short one hour drive east of Thunder Bay. Fly-fishing or sport fishing, ice or open-water; whatever your preference - your challenge awaits you.
Horse riding	Thunder Bay has excellent horseback riding that lets you enjoy the unhurried pace of rural life. The variety of trails and terrains makes riding in our area an exhilarating experience whether you are a beginner or an expert. Lessons from trained professionals are also available.

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	Stables include: Dreamfields Riding Centre Shadaqua Trail Rides Tenkula Farm
Hiking	Take advantage of the wonderful hiking trails in the region's pristine forests where you can choose to go on day hikes or extended trips. The City of Thunder Bay also has an extensive recreational trail system for walkers, joggers, and cyclists.
Cycling	Mountain biking and cycling enthusiasts will be thrilled with Thunder Bay's trails and roads. You can tear down hills and mountainsides or enjoy miles and miles of highways and byways as you ride through panoramic scenery. There are 2 local clubs: Black Sheep Mountain Bike Club Thunder Bay Cycling Club
Sailing	Whether you live in Thunder Bay or are just stopping by for a visit, Sail Superior.com's Yacht Charters is an attraction that you won't want to miss. Choose from our regular 90 minute harbour tours, or a variety of longer private excursions to view exceptional lake scenery such as the Welcomes Islands, the Sleeping Giant, or local island lighthouses.

CULTURE	
Arts	Immerse yourself in Thunder Bay's rich cultural world - their art galleries have something to offer everyone. See Aboriginal art and traveling shows from major Canadian galleries and museums, buy charming paintings by local artists down at the Marina, and take in cutting edge performances and contemporary art. Intriguing public sculpture and architecture can also be found throughout the city.
Music	The Thunder Bay Symphony Orchestra is the only fully professional symphony orchestra between Toronto and Winnipeg. Music Director Geoffrey Moull and the TBSO present inspiring Masterworks and entertaining Pops concerts in the Community Auditorium; intriguing Classical Plus concerts at the lovely Hilldale Lutheran Church; Cabaret evenings in the relaxed setting of the Italian Cultural Centre; and Family concerts at the Thunder Bay Art Gallery.
Museums	The Thunder Bay Museum exhibits regional history from pre-history (4000BP) to the fur trade, shipping and the railway. Stroll down a streetscape from the turn of the century to the Second World War.
Festivals	The Sixth Annual Thunder Bay Blues Festival July 6-8, 2007 Janiva Magness Colin Linden Chris Duarte Downchild Blues Band Slap Johnson and the Trowelers Carruthers Brothers Band

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	<p>Roxanne Potvin Michael Kaeshammer Little Charlie and the Nightcats Debbie Davies Band Rod Piazza and the Mighty Flyers Colin James Dr. Buck and the Bluesbangers Bourbon Haze Big Walter Smith and the Groove Merchants Smokin Joe Kubek & B'nois King Kyle Riabko Sue Foley David Gogo Jeff Healey Blues Band</p> <p>Anishnawbe Keeshigun Festival 2007</p> <p>Fort William Historical Park's long running Ojibwa Keeshigun – Ojibwa Days – has been transformed into a bigger and more inclusive event to celebrate all First Nation people.</p> <p>Anishnawbe Keeshigun is taking place Aug. 18 and 19 and the cultural event will be the largest ever held in Northwestern Ontario, looking at approximately 20,000 to 25,000 people to attend the festival.</p>
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ATTRACTIONS	
Scenery	<p>Walking paths and viewing platforms take you onto the brink and into the mist of the 40 metre (131 ft.) high wall of thundering water known as Kakabeka Falls, "The Niagara of the North". 1.2 billion-year-old fossils - some of the oldest found anywhere, are layered within the rock walls of Kakabeka Falls.</p> <p>Quimet Canyon, a spectacular chasm chiseled deep into the rock of the Canadian Shield is home to several arctic plants on its canyon floor.</p>
Beaches	<p>The Chippewa Park Beach is a wonderful sandy beach excellent for relaxing on the shores or playing in the water.</p>
Wildlife	<p>Bears, moose, even wolves are often seen close to Thunder Bay and the birding can be spectacular</p>
Parks	<p>Thunder Bay parks are much more than a place to picnic.</p> <p>Centennial Park features a recreated logging camp and an animal farm. Boulevard Lake includes picturesque hiking trails, a beach, miniature golf and much more.</p> <p>Trowbridge Falls offers beautiful campsites with woodland trails leading to whitewater cascades.</p> <p>Marina Park is the best place to enjoy Superior's shores, and shops, art</p>

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	<p>galleries, restaurants and a full service marina are steps away. Chippewa Park offers Campgrounds, Log Cabins, a large public beach, an amusement park, a wildlife zoo, recreational fields, picnic areas, walking trails, fishing spots, gorgeous scenery, and a newly restored 1930's log pavilion housing a concession & historical exhibit. It is a family facility open to the public, providing family fun in a stress free natural environment. The Chippewa Beach is a great place for summer swimming. Come relax on the beach or go for a dip in the water. The Chippewa Park Beach is a wonderful sandy beach excellent for relaxing on the shores or playing in the water. One of the few public beaches on Lake Superior, the child friendly water play area is ideal for young children. A shallow water area makes it a safe environment and one that is warmer than the main body of the lake. Chippewa Park has been the home to a range of amusement rides since the early 1920's. Today, anchored by the Historical Carousel, the park boasts a small midway. For the younger set they can choose between tanks, planes and boats to ride on. For the older visitor, the tilt-a-whirl, bumper cars and the roller coaster will give you a thrill. The Wildlife Exhibit features animals and birds native to Northwestern Ontario and showcases them in their natural environment. An elevated -wheelchair accessible - walkway encircles the spacious animal enclosures and provides visitors with a spectacular viewing opportunity. www.ChippewaPark.ca</p>
<p>Gardens</p>	<p>The Soroptimist International Friendship Gardens is a stunning salute to our multicultural heritage. Located at the south end of the Chapples Recreation Complex, this 15 acre park was organized by the Soroptimist Club as a Centennial gift to Canada and the city. Residents of various ethnic origins created the unique garden and monuments.</p>
<p>Castles/Forts</p>	<p>Fort William Historical Park is a provincially-funded historic site operated by the Ontario Ministry of Tourism and Recreation. Through its living history program, the Fort depicts the fur trade activities of the North West Company at Fort William Historical Park, inland headquarters and site of the Company's annual Rendezvous from 1803-1821. The historic site consists of 42 reconstructed buildings on a 25 acre site. It is one of the largest living history sites on the continent. Since opening, it has attracted over two million people. The Rendezvous reflected the interdependent relationships with the various peoples involved in the fur trade, including the Scots, French Canadians and the Natives predominating. These groups paralleled the basic social divisions in the business: the merchant-traders, voyageur-labourers and the hunter-trappers. Experience an authentic 1815 fur trading post. Relax in a wigwam in the Native encampment, bake a loaf of bread with Mrs. Taitt, join the</p>

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	Gentlemen for tea in the Great Hall, help feed the sheep, and even have a game of dice with a voyageur. www.fwhp.ca
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OTHER ACTIVITIES	
Shopping	While in Thunder Bay, pick up a free copy of Handmade in Thunder Bay, the area guide to a diverse selection of high quality arts and crafts produced by local artists and artisans. Visit a studio, shop or gallery to choose from aboriginal artwork, basketry, carvings, ceramics, folk art, garden crafts, glass work, paintings, textiles and much more. Handmade in Thunder Bay is an illustrated map which offers a self-guided tour to 40 unique resources of handmade arts and crafts in the area. Destinations include working studios of artists and artisans and co-ops/galleries offering works by a variety of artists in a multitude of media
Nightlife	The Charity Casino, the Symphony orchestra and many pubs featuring live entertainment all provide a varied nightlife in Thunder Bay.
Casinos	Enjoy world-class gaming in an authentic northwestern Ontario setting at Thunder Bay Charity Casino, only 45 minutes from the U.S. border. Ante up for exciting table game action like Blackjack, Caribbean Stud Poker, Bonus Let It Ride, Spanish 21, Roulette and Hold 'Em Poker. Try your luck on 450 of the hottest slot machines ranging from 5¢ to \$5 including Wheel Of Fortune, Mega Bucks and Power Slotto. Great prize packages such as Harley Davidson motorcycles or snowmobiles are waiting to be won at the slot prize bank. Take a break from the action at the Rendezvous Bar & Restaurant. www.olgc.ca

CUISINE	
Food	Thunder Oak Cheese Farm: Thunder Oak Cheese Farm is the only farm in Ontario that produces Gouda cheese. This creamy Dutch cheese has long been a favourite of cheese lovers around the world. And the Schep Family has been making it in Thunder Bay since 1995. Our award winning Thunder Oak Gouda is a natural product made with fresh milk from the Schep's own Holstein cows. There is no preservatives or added colouring in our cheese! The Schep family invites you to visit our farm if you are in the neighbourhood. We make cheese on Monday and Friday around 10 AM. Have a cup of coffee and watch how we make cheese!
Restaurants	Thunder Bay's food and dining pleasures are legendary. Gourmet meals featuring the finest in international cuisine to satisfy your every craving can be found in restaurants in charming downtown neighbourhoods and rustic countryside settings. Thunder Bay's Hoito Restaurant This world-famous restaurant is best known for its 'Finnish Pancakes'. A Thunder Bay tradition, the food is simple, tasty, comfort food. There

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	<p>is a mixture of Finnish items like piirakka with egg salad, salt fish and vili that add to the cultural significance of the establishment. Also on the menu is Moyakka, a clear broth soup with potatoes and meat, some vegetables and whole pepper corns that at least the locals consider authentic, and a whole host of simple Canadian cuisine like hot turkey sandwiches with gravy. Breakfast is served all day, as it should be, in this historic Thunder Bay restaurant. Kids young and old seem to thoroughly enjoy the breakfast menu with one of the biggest hits being Finnish style pancakes!</p>
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MORE INFO	
Brochures	Order an Ontario Travel Guide at 1-800-ONTARIO
Website	www.visitThunderBay.com www.ontariotravel.net www.moccasintrailtours.com www.nacair.ca

PRIZE PARTNER	<p>Spruce Shores Lodge - experience The Ways of the North in Webequie First Nation, Land of the Ojibway Cree, with a truly authentic aboriginal cultural experience. www.spruceshores.com</p> <ul style="list-style-type: none"> * Fishing * Scenic Touring * Community Tours * Traditional Foods Prepared in the Traditional Way * Campfire Stories and Legends.
Location	<p>Webequie is nestled in the boreal forest on Winisk River that offers a glimpse of the northern forest ecosystem and the Precambrian shield. www.webequie.net</p>
Facilities	<p>Fishing: The fishing is second to none! Excellent Walleye, Northern Pike and the opportunity to catch the much sought after Brook Trout. Try your luck with a fly or a lure and you will readily see why they boast of great fishing! Guests are able to enjoy as much fish as they want at the camp, but not to take any fish home.</p> <p>Community Tours: Webequie is a welcoming community. They have retained their aboriginal language and visitors will hear it spoken many times during your visit. Many people who have visited the community say it is like “coming home” when they return for another visit.</p> <p>Traditional Foods: Take the unique opportunity to learn how to prepare and enjoy traditional foods including:</p> <ul style="list-style-type: none"> * Smoked fish, Fish soup, Dried fish * Flaked fish (often referred to as pemmican) * Traditional native tea

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	<p>Traditional Tools: Learn how the Webequie made use of natural resources for:</p> <ul style="list-style-type: none"> * Fish smoking * Tanning * Hide stretching * Birch bark basket making * Moose hide crafts * And others <p>Traditional Crafts: Learn how traditional crafts are made. Try your hand at making your own. In addition, you will be able to purchase a wide variety of craft items from the store offering crafts from only the most skilled individuals in the community.</p> <p>Guided Tours: Their guides are among the best anywhere in the north and they will gladly share their experiences and outdoor skills with you.</p>
Accommodation	Cabin accommodations with all the amenities
Activities	<p>Day 1: Arrive in the community, check into your cabin and plan to go fishing for the afternoon. A dinner either at your location or at the cabin will be prepared for you by our qualified guides.</p> <p>Day 2: We will take a tour of the community to allow you time to learn about their culture and visit some of the recent developments. In the afternoon and evening visit by the elders and other community members to provide you with the opportunity to learn about their past. You will have the opportunity of seeing how craft items were made in the past, and have the opportunity of meeting these creative individuals. A traditional meal will also be prepared for you. You will get to try your hand at making bannock!</p> <p>Day 3: A morning and early afternoon of fishing and transportation to the airport for your return flight.</p>
AIRLINE PRIZE PARTNER	<p>NAC Air, Northwestern Ontario's leading airline with flights from Thunder Bay, Winnipeg, Sioux Lookout, Red Lake, Thompson and 22 northern communities. www.nacair.ca</p> <p>NAC Air is a 100% First Nation-owned airline that has changed the face of air travel in Northwestern Ontario. In 2000, North American Charters (NAC) was created to transform airline service to First Nation communities in our region. Combating high ticket prices and limited flight service was their first priority.</p> <p>They lowered airfares by 40-50%, spurring competitors to reduce their</p>

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	<p>airfares in this newly competitive market. They also made air travel accessible by introducing high frequency, 7 days a week flights. NAC Air's fleet of state-of-the-art aircraft incorporates the latest safety features, aerodynamic design, and quiet engines to make flying a pleasure. The fleet of 13 King Air and Pilatus PC-12 planes is equipped for passenger travel and cargo transportation. Both types of aircraft can seat up to nine passengers and feature comfortable seating. The fleet undergoes daily maintenance and safety servicing by well-trained operations and mechanical crews and are flown by experienced pilots.</p>
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