

SPECIAL
POINTS OF
INTEREST:

- Daytime cemetery tours every Friday at 10:30 a.m.
- Keewatin Summer Splash 2009 from July 1 - 5th:
- Celebrate Summer with the Winnipeg Symphony Orchestra and Fireworks spectacular - July 4th at the Harbourfront
- Starting July 1st - Mather - Walls House open daily from 10-4

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Talking Tourism

VOLUME 2, ISSUE 2

JUNE 19TH, 2009

Recreation Centre Offers Programs

Article by Meadow Nenadov

The Kenora Wellness Centre is vast with recreational and leisure activities for all ages. Whether one is looking for vigorous, endurance seeking programs or calm and relaxing, slow pace activity Kenora's Recreation Centre has it.

This summer one can enjoy Swimming, KMTS Skatepark, Walking Tracks, Tennis Courts, Beach Volleyball Courts, Exterior Lit Baseball Diamonds, and the Fitness Centre to name a few.

For swimming there are Lane swims open at various times until July 26th when

maintenance closes the pools. Walking tracks enable for smooth and level ground to ensure optimum time for



Enjoy the slide until it closes for regular maintenance.

beating personal bests and lessening pressure placed on joints. The 199.5 meter track enables one to keep track of miles and kilometers easily.

Eight times around is equal to one mile and five times around is equivalent to one kilometer. The track is open Monday to Friday 6am-11pm and Saturday and Sunday 8am-11pm.

The Michael Smith Fitness Centre contains over 30 workout stations, 18 pieces of Cardio equipment, free weights 1-100lbs. Separate stretching and abdominal area as well as personal trainers and certified fitness consultants on staff. Spinning, Tai Chi, WaterFit, Gentle WaterFit and aerobics classes available for registration or Drop-In. Building and facility are

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Courtesy Parking Passes Available

Article by Whitney Van Belleghem

Kenora is a beautiful place to visit, and caters to every age group and interests you can think of! Year round we have visitors from all around the world, and this is especially true in the upcoming summer months.

We understand that having to return to your car throughout the day just to feed the meter can be a hassle. The City of Kenora and Tourism Kenora want visitors

to our community to have a wonderful experience, and we wish to do everything we can to make your visit be the best possible. As such we have designed courtesy parking passes which allow visitors to park at any of the meter parking in our city for an entire day for free!

The courtesy parking passes are only available for visitors to our city and are only valid for a one day period. Visitors returning downtown to shop or enjoy the

fine restaurants can stop in daily for a parking pass. There is so much to see and do in Kenora we are sure visitors will return day after day for their courtesy parking pass!

Passes are available at the travel information centers located at 1500 Highway 17 east and our seasonal travel center (July & August) down on the Harbourfront. So if you wish to park in the downtown region come in and see us and enquire about our courtesy parking passes!

Summer Paradise for Kayakers

**Article by
Whitney VanBellegem**

For those of us who are residence of Kenora we are lucky enough to live in a community with access to many wonderful bodies of water, for those who are visitors you're in for a real treat; a scenic and once in a life time opportunity to experience life on the lake. There are many different ways to spend an afternoon, week, month, year or even a life time on the water, and what better way to experience the lake then up

close and personal on a kayak.

Kayaking offers not only the perfect opportunity to view some of the beautiful scenery in the Kenora area, but also the chance to escape from the hustle and bustle of daily life, and get fit all at once. Don't have a kayak? Don't even know how to use a kayak? No problem! Kenora has several businesses which offer both rentals and lessons designed to cater to all skill levels including those of

you who are seasoned experts!

The Hardware Company is conveniently located down on the Harbourfront at 160 Main Street South. Whether you only have a few hours or a week to spend on the lake the Hardware Company can provide you with kayak (or canoe) rentals suited to your needs. Rentals include paddles, spray skirts, life vests and a safety kit. They also offer a beginners course right of the Har-

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Explore Lake of the Woods by kayak, canoe or boat!

Want to catch a Fish? Don't Know Where to Go?

**Article by
Lindsay Mulash**

Lake of the Woods is very popular and well known for its beauty, and for the incredible fishing! Lake of the Woods has been renowned as a fisherman's paradise, and has provided some of the best fishing grounds in the world!

On your next trip to

Lake of the Woods, make sure to check out the fishing guide services available! Guide services are a great way to spend the day on the lake. You and your family can enjoy a day in the sun on the lake while an experienced guide will take you to the best places to catch fish!

There are a variety of guide services available in

the Lake of the Woods area.

Shawn Sas, owner and operator of Hook'n Bullet will help you and your party get out on the lake, and ensure you have a wonderful and safe trip. Hook'n Bullet provides guided houseboat trips, guide services, walleye shore lunches, lake tours and ex

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Copperfin amalgamation creates summer events for everyone to enjoy!



Copperfin Credit Union Celebrates

**Article by Meadow
Nenadov**

Copperfin amalgamation celebration is travelling throughout our Northern region. Starting at Balmerston and moving south to Sioux Narrows and Nestor Falls with charity barbeques, speeches

and prize giveaways. Friday June 26th rounds out the commemoration week bringing the Grand Opening to Kenora's Four Copperfin Credit Unions.

The 2nd Street location will hold the ribbon cutting ceremony with cake and refreshments. Park St will be hosting a charity BBQ for Community Association Art Partners as will the Keewatin site, both

with cake and refreshments available. In addition, children's games and activities are planned for the duration of the Park Street celebration.

Prizes and Giveaways are present at all the above locations. Celebrations begin at 11:00 am and last until 2:00 pm. Everyone is welcome to come and participate in the festivities.

Recreation Centre Programs Abound During the Summer

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wheelchair accessible.

KMTS Skatepark is 14,000 square foot concrete facility, designed by Jim Barnum of Spectrum Skatepark Ltd. to allow Kenora locals and visitors access to a world-class skatepark to better themselves and their skills.

Shots for Tots-Indoor Soccer enables kids to practice their skills and improve movement in a safe and fun setting. For children 5 and under the program starts June 14th 10am

to 12pm. In 10, 25 and 90 passes as well as Annual passes the program is free.

Awesome Day Adventures Day Camp is running the week of July 6th till the 10th. Children ages 7-12 are welcome to resister. Kids will enjoy a variety of activities including swimming, baseball, volleyball, and floor hockey.

Youth 4-On-4 Hockey game times vary but will follow 9am-11am, 11am-1pm, 1pm-3pm scheduling. Each team is guaranteed five games. Boys and

girls are welcome to resister for age groups Atom (9-10), PeeWee (11-12), and Bantam (13-14).

Performing Arts Camp will be running July 28th till August 1st 8:30am to 5:00pm. Activities include Urban Funk- hip hop and jazz dance routines, Musical Theatre- learn to be a true triple threat; sing & dance & act, Puppet Power-allows one to craft their own puppet how, and Movie Madness- design and create your own digital project. All the skills learned will be

demonstrated at a Showcase on August 1st from 4pm to 5pm.

For further information contact the Kenora Wellness Centre at 807-467-2087 or go to www.kenora.ca.

“Our job is to provide them with an accurate and positive impression of the City of Kenora”

Summer Tourism Services - Where/When?

Article by Whitney Van Belleghem

As tourist information centers both locations, (Highway 17 East and the Pavillion located on the Harbour-front) provide valuable information to anyone who comes in with an inquiry. We are often the first place visitors stop, making it our job to provide them with an accurate and positive impression of the City of Kenora. Summer students take

turns working at both locations and as such can direct you to the location best suited for your needs.

The Pavillion, open July & August) sports a convenient location, with easy access in the downtown region. While the Pavillion does not have quite as many informational brochures as available at the Highway 17 East location, it contains all of the most frequently requested information such as information

on local hotels/motels, local businesses, campgrounds, how to get to and from different locations and around town, trails information, and much, much more. If we do not have the information you require at this site we can contact our second site to get the information for you.

The Pavillion focuses almost solely on local information while the location on the high-

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Many Different Way to Enjoy Area Lakes & Rivers

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-bourfront! These lessons have a two person minimum and show participants proper turning and safety maneuvers, as well as the kayak layout, proper stroke technique, and how to enter/exit the water. The Hardwear Company is very excited as they have just ordered several new kayaks and are anxiously awaiting their arrival!

In pursuit of the perfect summer time adventure, another avenue you may wish to pursue is Green Adventures. If you just want to explore the lake on your own, they can provide you with the perfect kayak for your specific needs for varying lengths of time, but they also provide lessons and guided tours ranging in difficulty levels from beginner to expert.

Scott Green of Green Adventures and all other guides employed by Green Adventures have CPR training, and keep up to date with wilderness first aid training. The four different guided trips provided include a day trip to Coney Island, a 1-night all inclusive kayak trip to Silver Lake, a 2-night all inclusive kayak trip to Minaki and a 4-night all inclusive kayak trip to

the English River.

For more information, such as rental and lesson costs please contact:

The Hardwear Company at (807)-468-1226

Green Adventures at (807)-467-8535 or www.greenadventures.ca



TOURISM KENORA

1500 Highway 17 East
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 Ontario
 P9N 1M3
 Toll-free: 800-535-4549
 Local Phone: 807-467-4637
 Fax: 807-467-4644
 E-mail: tourism@kenora.ca

A Natural Attraction

Guide Service Available on LOW

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-cursions, and much more.

Scott Green, owner and operator of Green Adventures offers fishing and kayaking services, as well as other outdoor excursions. Green Adventures teamed up with Ryan from Lake of the Woods Experience, to provide guided fishing and kayaking trips.

Big Joe's Guide Service can also provide you with an excellent trip on Lake of the Woods! Big Joe has over 28 years of experience, and can teach you how to catch fish, and where the best places are to catch them!

There are also other guide services available; Smith Camps on Big Stone Bay also provides fishing services, and a variety of ways to enjoy the lake. Also Brent Kruger, The Fishin' Magician will provide you with fishing services.

If you are interested in guide services and would like to contact them, please call Tourism Kenora at (807) 467-4637 for contact information.



Check out Kenora & LOW..... from the Skies!

Article by Lindsay Mulash

Kenora is well known for its natural beauty. There are lots of ways to explore Kenora's beauty, including exploring the area via hiking trails, or boating and kayaking on the lake. Why not look into taking an airplane tour of Kenora? Float plane tours are an excellent way to truly see the beauty of Northwestern Ontario.

Up in the air, you can truly see the lake and the many islands on Lake of the Woods like no other way. Many people enjoy taking a float plane tour because they get to experience what it's like flying in a small plane – whilst enjoying the incredible view!

Kenora has two air-

plane services that offer float plane tours. River Air Charter Service and Kenora



Air Service Ltd. can take you and your family on a wonderful tour in the air! Both airplane services provide a variety of tours and flying trips, and will take any size party from 1 – 6 people.

Many people enjoy going on tours of Lake of the Woods to see the cottages on the lake. The pilots can take you wherever you want to go – whether you

want to see your own cottage on the lake, your favourite fishing spot, or the million dollar cottages that celebrities own on Lake of the Woods!

Float plane tours are the best way to truly experience the natural beauty of

Kenora and Northwestern Ontario.

If you would like more information on float plane tours, please contact River Air Charter Service at (807) 468-7104, Kenora Air Service Ltd. at (807) 468-9818, or Tourism Kenora at (807) 467-4637.

Visitor Services in Kenora

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-way also contains some information on surrounding areas such as Sioux Narrows and Dryden as well as some other provincial information. At the highway location we also make up specialty information packages on request to cater to specific events in the community. You can request these packages for your event by

contacting the center at 467-4637. If we are unable to immediately answer your question at either location we will do our very best to provide you with an answer using all of the resources available to us. At both locations we not only provide inquiring minds with valuable information, but also promote our community as a whole and all it has to offer.