



LaCloche Foothills

ACTIVITY GUIDE & BUSINESS DIRECTORY

**WALFORD • MASSEY • WEBBWOOD
SAGAMOK ANISHNAWBEK FIRST NATION
ESPANOLA • NAIRN CENTRE**

Things To Do At A Glance

Art & History



Discover a glimpse of the way of life from ages past at the new Massey and Area Museum, and be sure to check out the Gift Shop, where you will find unique items by local artisans. Art Show held annually in August. Join your friends and sign up for the next Crafter's Club session, a new or traditional crafting skill. For more

information on events, hours of operation, etc, visit www.masseyareamuseum.com

Bird Watching

The Spanish River valley, the Spanish Marshes and the North Channel of Lake Huron, offer some of the most varied and spectacular wildlife habitat and scenery in Ontario. It is a nesting area for a great variety of species, while also providing a variety of staging areas during migratory seasons. Bird watchers will enjoy observing a Great Blue Heron, the Osprey and the Bald Eagle fishing for a meal on the Spanish River and in its delta.

With patience, one might even observe the Northern Harrier or Peregrine Falcon surveying the cliffs and open marshes for a meal.



Boating & Sailing

The north shore of Georgian Bay has earned the reputation of being one of the best sailing locations in the world. The LaCloche Foothills Region offers many clean and clear inland lakes, as well as access to the North Channel of Lake Huron. With the Spanish and Aux Sables River's nearby, this area offers many opportunities for all enthusiasts to get out kayaking, canoeing and sailing.



Camping

Camping is an activity very popular in northern Ontario, and it's not hard to figure out why! There are plenty of lodges, camps, resorts, and campgrounds to have a fun-filled camping adventure.

Camping on Crown Land is also generally free for Canadian residents for up to 21 days. Non-Canadian residents will have to purchase a permit to camp on crown lands which can be purchased at the local MNR office. For information regarding Ontario's fishing and hunting regulations, visit: www.mnr.gov.on.ca

X Country Skiing & Snowshoeing

Cross Country Skiing and snowshoeing are a great aerobic workout for all ages that can be done in a group or as an individual. The Twin Bridges Trail inside Chutes Provincial Park is a great place to partake in these winter activities.



Fishing and Hunting



Anglers and hunters from across North America venture into the surrounding forests and water bodies throughout the year. Hunters' common pursuits of game include waterfowl, partridge, black bear, deer, and Moose. Anglers in the area typically catch smallmouth bass, northern pike, lake trout, walleye, perch, crappie, muskellunge, salmon, and steelhead.

Flower and Craft Shows

Find that special gift for a loved one at various craft shows held throughout the year. Be sure to stop and see the various flower and garden shows held by the local horticultural societies.



Golfing

A challenging round of golf awaits you at the Sauble River Golf and Country Club and the Espanola Golf and Country Club. Don't let winter stop you from keeping your golf skills sharp. The Massey and District Arena and Community Centre now offers you an opportunity to golf year round with their Indoor Golf Simulator.



Hiking

If a quiet stroll in the woods to reconnect with nature is what you seek, then you will enjoy the Twin Bridges Trail located inside Chutes Provincial Park. It offers spectacular views of the River aux Sables and the Seven Sister Rapids. This trail can be walked in sections or in its entirety.



Horseback Riding

Rock Island Horses is located at 977 Hwy 17 (West of Massey). Contact Mike or Leigh (705) 865-2036 for more information.

Things To Do At A Glance



Kayaking & Canoeing

Kayaking and Canoeing are ever becoming a popular sport. An exciting new initiative to the Township of Sables Spanish Rivers is the "Water Trails" Development program. This program is still currently in development. In the meantime, ample opportunities to kayak and canoe in and around the surrounding waterways are enjoyed by many.

Mountain Biking

Discover diverse landscape and scenic views along hundreds of kilometres of back country roads. Are you up for the challenge?

Skating

Local arenas and outdoor skating rinks are located throughout this region. Contact the local municipality for more information.

Snowmobiles and ATVs

Venture off road into the wilderness and explore an endless amount of trails.

In the winter, the local Snowmobile Clubs offers hundreds of kilometres of well maintained and groomed snowmobile trails.

In the summer and fall, take a ride and discover adventurous routes that lead to crystal clear lakes, lodges, resorts, and many other destinations waiting to be explored. Be sure to travel with a guide who knows the area or pick up a detailed map available from the local MNR office.

(Note: Some portions of the forest restrict access for forest-fire prevention)



Eat Local Farmers Market

Located at the Queensway Pentecostal Church parking lot in Espanola, The Espanola Eat Local Farmers Market opens July 1st (11 am - 3 pm). From July until mid September, you can shop on Thursdays from 4 - 8 pm, and Saturdays from 8 am - noon.

Drop in on a Mennonite Farm

Traveling along the Trans Canada highway, don't be surprised if you encounter black horse drawn carriages.

You may also see signs advertising eggs, corn or vegetables, handmade quilts and fresh-baked goods for sale. In recent years, a thriving Mennonite community has established itself in the area. They offer fresh farm produce, hand crafted furniture, and many other products and services to travelers and residents alike. The local Mennonites use electricity and motorized farm equipment, but still dress in traditional garb and travel by horse and buggy.



Pow Wows

Be part of a cultural, ritual, social, and spiritual gathering of the First Nations People.

• **Sagamok Anishnawbek First Nation Annual Pow Wow** is held in the 2nd weekend in July. Contact Info: Linda Toulouse (705)865-2171

• **Serpent River First Nation Annual Pow Wow** is held on the 2nd weekend in August in Cutler. Contact info: Cindy Pelletier (705) 844-1751

Friendly Massey Marathon

www.masseymarathon.com

Experience the Friendly Massey Marathon (A Boston and New York Marathon Qualifier) the third weekend in July. Whether you are out for a fun run or to go the distance, the Friendly Massey Marathon has several options to choose from. For more information, visit www.masseymarathon.com, email info@masseymarathon.com or contact Dave Stanley/Race Director (705) 582.2061



Emiry's Berry Patch

Located on Emiry Road, Massey (Late June – early July) U-Pick and Ready Picked strawberries available. Please call (705) 865-2184 for picking conditions, directions or if you are reserving a large amount of ready-picked berries.

Parks and Recreation

The Township of Sables-Spanish Rivers Parks & Recreation Department provides leisure opportunities to the community through parks facilities and programming. From sports to weddings, our facilities can handle your needs at competitive prices. There are many individual programs for all ages. Check us out on Facebook under Township of Sables-Spanish Rivers Parks and Recreation to keep updated. From November 1 to April 30, try out our indoor golf centre located at the Massey Arena. The golf simulator has 22 real life PGA golf courses that will challenge your skills. Try the driving range to learn the distances of each of your clubs and get an analysis of your swing with every stroke. Bring your own balls and clubs.

Sagamok Anishnawbek First Nations offers recreational programs. For more information contact Laura McMeekin-Clarke, physicalwellnessworker@sagamok.ca

The Espanola Regional Recreation Complex boasts one of the few public salt water pools in Northern Ontario which serves as a regional draw for swim lessons and aquatic programs. This multi-use facility is home to the Espanola Express NOJHL Junior A Hockey Team, pond hockey, figure skating, Minor Hockey and adult leagues. Both the pool and ice surface are available for private rentals. Our full-service gym and expansive auditorium features diverse opportunities for independent fitness regimes and group classes. The facility also features two squash courts with the option of equipment rentals. The Recreation Complex is adjacent to the Public Library which offers access to public computers with internet service and plenty of reading opportunities for those who want to sit back in comfy chairs and have a cup of tea or coffee. Visit the Espanola Regional Recreation Complex at 175 Avery Drive to find just the right fitness fit for you & your family.

Community Events

Sagamok Anishnawbek First Nation

Sagamok Annual Pow Wow — Held the second weekend in July. For more information, contact Leroy Bennet at (705) 865-2192 or email at bennett_leroy@sagamok.ca

Annual Fall Walleye Classic — Held last weekend in September. For more information, contact Jackie Toulouse, 865-2421, email executive_assistant@sagamok.ca

Township of Sables-Spanish Rivers

(Massey, Webbwood & Walford)

Massey Winter Carnival — Held in February at the Massey Arena. There are many fun, family activities both indoors and out. For more info, call Brady Ropp @ 865-2519. To volunteer for this fun family weekend, contact Jayson Stewart @ 869-8221

Canada Day — Hosted by Massey Legion (Branch #432) Flag raising ceremony, followed by a bbq (hot dogs, pop and cake) at the Sables Mouth Park.

The Friendly Massey Marathon — the Friendly Massey Marathon is one of three marathons held in Northern Ontario, and one of a few marathons in all of Ontario. This is a qualifying event for the Boston and New York Marathon, and takes place in July. Fun Runs are held on the Saturday and are geared to family members and amateur runners interested in this popular sport. Visit www.masseymarathon.com for more information, or contact Dave Stanley, Race Director @ (705) 582-2061.

Massey-Walford Horticultural Flower Show — Held in August, desserts and tea available. The Flower Show takes place at the Legion (Branch # 432), 320 Imperial St, Massey. For more info on this event, contact Klara @ 865-1725.



The Massey Area Museum — is always bringing new events and activities for you to enjoy. Check out their website www.masseyareamuseum.com to get up-to-date information on events.

Jessie Burnside Memorial Annual Art Show — Held in August, features both local and out of town artists. For more information, contact the Massey Area Museum @ 865-2266 or visit their website.

Massey Minor Hockey Bingo — Held the 1st Monday of every month @7:00 pm, Sadowski Room, Massey & District Community Centre and Arena.

Massey Area Museum Craft Show — Held the first Saturday in November at the Massey & District Community Centre and Arena.

Massey Area Museum Fish Fry — visit their website for more info on this event

Massey Fall Fair — Held the last full weekend in August. For more info contact 865-2070, or visit their website www.masseyfair.ca

Horse Shows — Local Fun Shows held in May, June, July and September. For more info on this and other upcoming events, visit www.masseyfair.ca or call the Fair Office @ 865-2070.



Chute's Provincial Park — opens May long weekend. Enjoy the spectacular view along the walking trails, and don't miss the viewing platforms along the way. For more information call 865-2021 or visit www.ontarioparks.com.



Chute's Provincial Park

Town of Espanola

Eat Local Farmers Market — Opens July 1st 11 am — 3 pm. Regular hours of operation are Thursdays (4 pm — 7:00 pm) from July through mid-September and Saturdays (9 am — 12 pm) from July through October 17th.

(Queensway Pentecostal Church parking lot, Hwy 6)

Pumpkin & Fibre Arts Festival — Held the third weekend in October. For more information visit www.espanola.ca



Mixed Slo-Pitch Tournament — Held the second weekend in August. For more information contact the Espanola Regional Recreation Complex at (705) 869-1961.

Giant Outdoor Movie — Held the third Thursday in August. For more information on this and other events and programs taking place in Espanola, contact the Espanola Recreation Complex at (705) 869-1961 or visit www.espanola.ca

Annual Santa Claus Parade — Held on the last Saturday in November.

Township of Nairn & Hyman

(Nairn Centre)

New Year's Eve Dance — December 31st

February Frolics — 3rd weekend in February

Watch for our Spring Town Yard Sale

Canada Day Celebrations on Canada Day Weekend

Joe's Memorial Quad Run — 4th weekend in June

Annual Family Ball Tournament — 3rd weekend in July

Redneck Rendezvous — 2nd weekend in August

Halloween Dance

Township Christmas Dinner — 1st Saturday in December



The Sagamok Indian Head, located on the main roadway into the community, Sagamok Road.



Sagamok Anishnawbek is a First Nation community situated at the mouth of the North Channel on Lake Huron. Located approximately halfway between the cities of Sudbury and Sault Ste. Marie on the highway 17 corridor. Sagamok is home to 2800 members and approximately 1800 permanent residents on the reserve. Sagamok profiles itself as "a beautiful community whose name means 'two points joining'". Sagamok's culture and language is Anishnawbek and is made up of the Ojibway, Odawa and Pottawatomi tribes. Sagamok is community that is known for its diversity, prosperity and growth."



Sagamok Anishnawbek Events

- Sagamok Annual Pow Wow
- Sagamok Annual Fall Walleye Classic



Community Resources

- | | |
|--|--------------|
| 1. Sagamok Anishnawbek Administration Building | 705-865-2421 |
| 2. Sagamok Community Wellness Department | 705-856-2171 |
| 3. Sagamok Dental Clinic | 705-865-1511 |
| 4. Z'gamok Enterprises Inc. | 705-865-1134 |
| 5. Sagamok Development Corporation | 705-865-1134 |
| 6. Beedaban Elementary School | 705-865-2387 |
| 7. Sagamok Anishnawbek Police | 705-865-2868 |
| 8. Sagamok Elders Eagle Lodge | 705-865-2926 |
| 9. Sagamok Bingo | 705-865-1259 |
| 10. Sagamok Fitness Centre | 705-865-1967 |
| 11. Saswin Mental Health & Addictions | 705-865-2192 |

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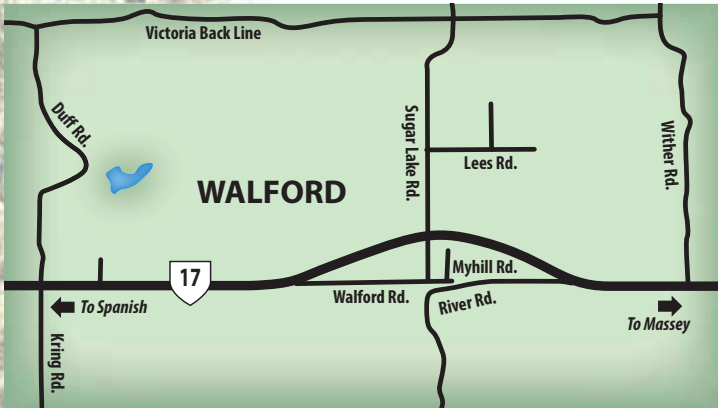
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Are you longing to reconnect with nature? Come visit us in the **Township of Sables-Spanish Rivers** and discover the beautiful northern shores of Georgian Bay, numerous lakes and rivers, and an abundance of land and water trails to explore. Four season activities include hunting, fishing, camping, golfing, snowmobiling, horseback riding, paddling, and much more. We are located 1 hour west of Sudbury and 2.5 hours east of Sault Ste. Marie, and are the natural choice when planning a family trip to the great outdoors. We offer a variety of accommodations including campgrounds, lodges, motels and B&B's. Chute's Provincial Park offers 6 km of walking trails, and scenic viewing platforms of the Chutes Falls. All campsites provide a fire pit, picnic table, water, and many have access to electricity as well.

Fascinating Factoids

- In 1919 a train pulled into **Walford Station** and a young man got off to stretch his legs. A local girl gave him directions to Sugar Lake Road, along with a cold glass of water. When he returned from his walk he asked the young girl to accompany him back to the train station, where a crowd had gathered. The mysterious stranger presented her with a bouquet of roses and thanked her for her kindness. The thirsty stranger was The Prince of Wales (who later became King Edward VIII).
- Canada's first female mayor was **Webbwood's** very own Barbara Hanley. Elected in 1936, she served eight consecutive terms, making her Webbwood's longest serving mayor. Producers of the CBC mini-series, *The National Dream* chose to film some scenes at the CPR station in Webbwood in 1974, using local talent as extras.
- **Massey** is the Home of Broomball. When a group of young men got together to play a game of soccer, they noticed a child swatting a ball with a toy broom. They quickly rounded up some brooms, set up a few ground rules, and played a hectic game of "broomball". By the 1980's, organized broomball had caught on worldwide.
- A native of Massey, actor/pilot John Sadowski had a recurring role on the television series *Adventures in Rainbow Country* as Officer John Nixon. Several scenes from this television show were filmed on the Sauble River, just north of the Town of Massey.

Stop in at the Massey Area museum and you will discover even more interesting facts about the history of this area. Exhibits include artifacts from the area's earliest native settlement, a one room schoolhouse, a general store, horse drawn fire carriage and much more.

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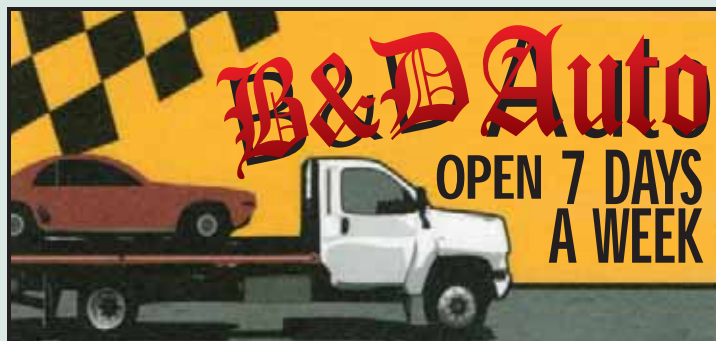


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Quick Facts

Held on the Third Weekend in July, The Friendly Massey Marathon is one of three marathons held in Northern Ontario and one of a few marathons in all of Ontario. The race also includes a Half Marathon and a 10K.

Runners come from around the world. The Friendly Massey Marathon is an accredited race: Class A+. Many of the runners use their times here to qualify for the Boston Marathon. 2015 saw 12 Boston qualifiers.

All participants who enter this event receive a t-shirt, merchandise prizes and a pancake breakfast.

Runners come to our race for the scenic course and the friendly faces in the area.

In 2016 the race will be celebrating its 40th anniversary with the following special events:

- A 1K and 2K Fun Run to be held on Saturday.
- A new 5K run will be added to Sunday's races.

For further information email info@masseymarathon.com visit the web site at www.masseymarathon.com

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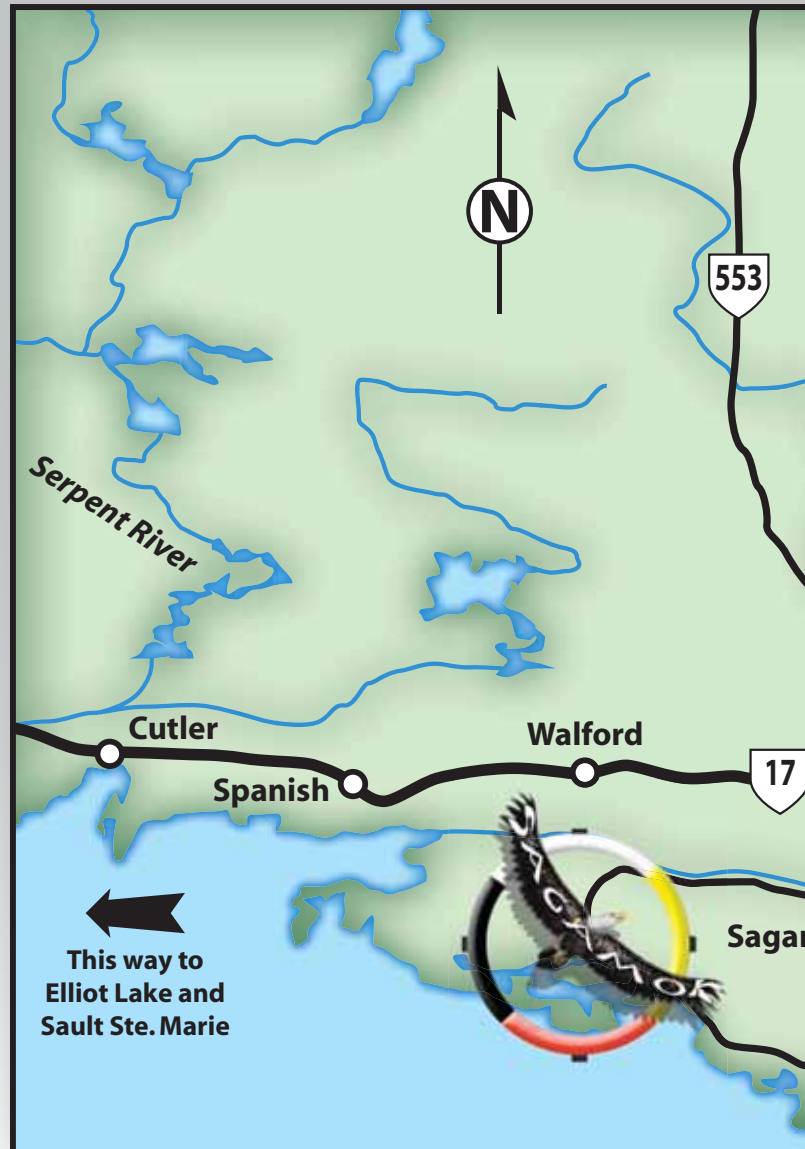
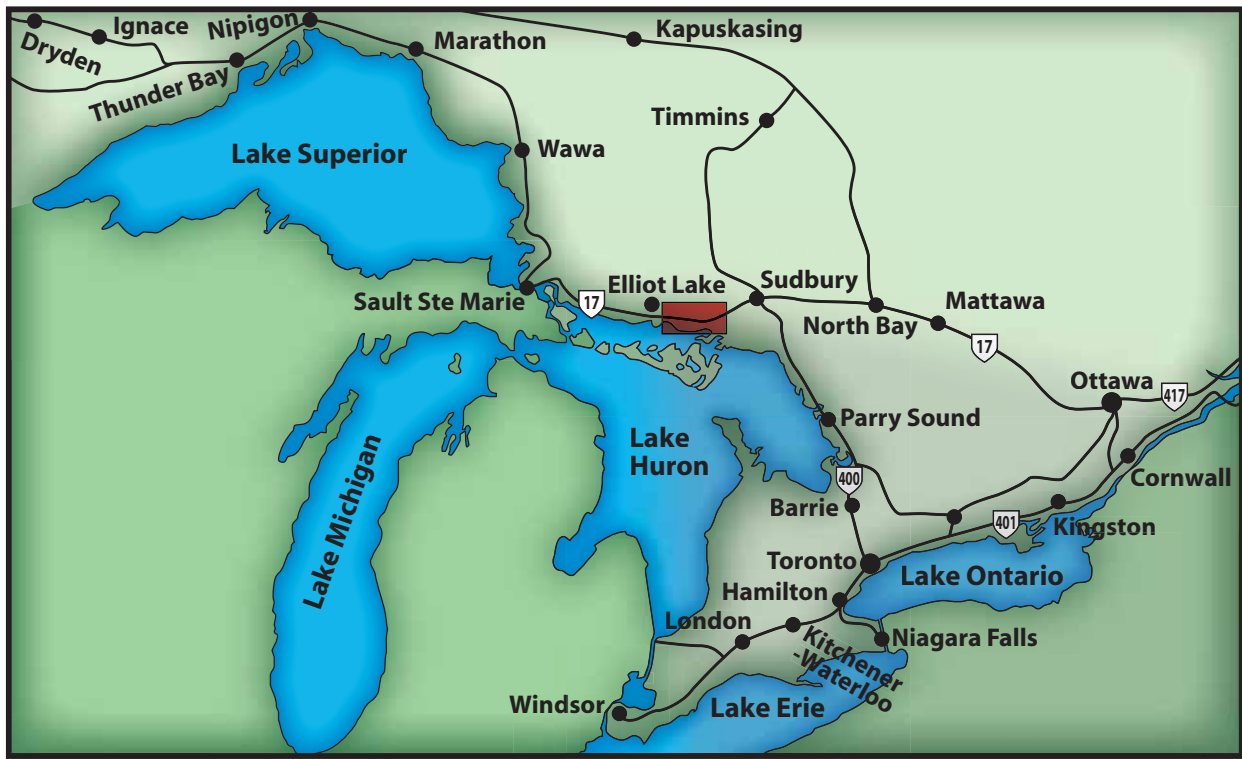
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Experience the comfort, convenience and affordability of our friendly spirited community. **Espanola** is the regional service hub for Manitoulin, LaCloche and the North Shore, offering full service benefits in a caring and safe community setting.

The town boasts a challenging 9 hole golf course, ski hill, walking trail, curling rink, baseball fields, numerous parks, and a full service Recreational complex with salt water pool, squash courts, gym, arena and library. Clear Lake, on the south side of the Town on Highway 6 holds a picturesque public beach, where visitors can enjoy a picnic, swim or a leisurely game of beach volleyball.

Plan to visit Espanola for the Annual Pumpkin & Fibre Arts Festival the 3rd weekend in October. This juried festival offers exhibitions, free demonstrations, workshops, a makers market and community art projects. There's gourds of pumpkin & fibre fun in Espanola the 3rd weekend in October.



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TOWNSHIP OF NAIRN AND HYMAN

The Township of Nairn and Hyman is situated on the east end of the LaCloche Foothills area along the Highway 17 corridor abutting the City of Greater Sudbury. Nairn Centre is the only urban settlement area of an otherwise rural township area. The Township is strategically located approximately 40 minutes west from the urban area of the City of Greater Sudbury. The Highway acts as the "main street" for the Township and generates significant trade for a variety of highway commercial uses along its length. The scenic Spanish River winds through the town, making for great fishing and outdoor recreation at your doorstep. To live and play in Nairn is very satisfying as it is full of events, opportunities and services. This small rural area is bursting with playful activities for the recreation enthusiasts. The town boasts a one-of-a-kind outdoor skating rink, the Nairn-Hyman Allsports Centre. This facility is the township's jewel, complete with a roof to cover you from the elements, a concrete base to enjoy year-round activities and a canteen along with flush toilets. The annual celebration of winter, "The February Frolics", is hosted outdoors at this multi-faceted facility.

The community also has a restaurant, gas station, truck stop, Bed & Breakfasts, campgrounds, picnic area, playground, post office, and boat launches. The Township is also proud of the ball park with ball field, canteen and bleacher seats where the Annual Family Blooper Ball Tournament is held.

Enjoy the many picturesque trails in the area by hiking, snowmobile, dog sled, horseback or ATV. Your destination could be one of the many beaches in the district along the Spanish River, Lake Agnew or Wabagishik Lake.

"Please reduce, reuse and recycle"

Stop by the Township of Nairn and Hyman and stay for awhile. We are open for business, visitors and new residents. The people are friendly, the fishing is great and the feeling is peaceful!

For more information, please call us at 705-869-4232 or visit our website at www.nairncentre.ca



Business Directory

705 Area Code

ACCOMMODATIONS

Lodges/Resorts

Agnew Lake Lodge - Webbwood www.agnewlakelodge.com	869-2239
Anishinabe Spiritual Centre - Espanola	869-4994
Black Bear Camp - Webbwood	869-6060
www.blackbearcamp.com	888-440-2887
Blue Heron Resort - Walford	844-2596
www.blueheronresort.on.ca	888-406-1111
Cutler Lake Lodge - Massey www.cutlerlakeresort.com	865-2990
East Bull Lake Wilderness Resort	866-7030
Foxy's On the Lake — McBean Harbour	865-3011
Lake Apsey Resort - Espanola www.lakeapsey.com	869-1718
Moosewa Outpost - Hwy 810 (north of Hwy 553) www.moosewa.ca	783-6066
Ritchie Falls Resort - Hwy 553 (Massey Tote Rd) www.ritchiefalls.com	965-2490 (after the tone, dial 036)
Sand Bay Camp - on Lake Agnew	869-5899
Waterfalls Lodge - Waterfalls Road - Walford	844-2169
www.waterfallsllodge.com	800-666-2812
Whiskey Lake Retreat - Hwy 553 whiskeylake@wightman.ca	863-1945

Campgrounds

Almenara en el Rio - Marina and Campground - Spanish	844-2442
Blue Heron Resort - Kring Rd, Walford	844-2596
Chutes Provincial Park - Massey www.ontarioparks.com	865-2021
Lake Apsey Resort - Espanola www.lakeapseyresort.com	869-1718
Riverside Campground - on Spanish River	869-2049
Silver Maple Campground - Wabagishik Lk	866-0505

Motels

Clear Lake Inn - Espanola www.clearlakeinn.ca	869-1748
Marcel's Family Restaurant & Motel - Walford	844-1842
Massey Motel - Massey	865-2500
Mohawk Motel - Massey	865-2722
www.mohawkmotel.ca	866-865-2722
Pinewood Motor Inn - Espanola	869-3460
Quiet Waters - Nairn	869-2766
Queensway Motel - Espanola	869-1065
Spanish River Inn - Spanish spanishriverinn@gmail.com	844-2000
Webbly Motel - Webbwood	869-5401

AUTOMOTIVE

Algoma Rainbow Country Chrysler Hwy 17, McKerrow	869-3000
McQuarrie Motor Products - Espanola	869-1351
Nick's Sales & Services - Espanola	869-1110
Northern Ford Sales - Espanola	869-1402

Repair and Service

B & D Auto — Webbwood	869-0674
Benson Auto Parts - Espanola	869-4500
Canadian Tire - Espanola	869-3807
CJ's Auto and Variety — Massey	865-2979
Dan's Towing & Recovery/Wash & Wax	869-1826
Drew's Auto Service - Espanola	869-0103
Guy's Auto Sevice & Glass - Espanola	869-3478
John's Auto Repair - Massey	865-2713
Mico's Repairs - Espanola	869-6334
Motive Power (auto &marine) - Spanish	844-2552
Napa Auto Parts - Espanola	869-2852
Nick's Sales & Service - Espanola	869-1110
Richard's Auto Service - Espanola	869-4677
T Bell Transport — Nairn Centre	869-5959
Walford Truck and Trailer — Walford	844-2881

Gas Stations

Burk's Shell Massey Ltd — Massey	865-2858
Highway Variety Plus - Spanish	844-2577
Jeremy's Truck Stop - Nairn Centre	869-4100
Mac's Convenience & Gas Bar - Espanola	869-1712
Papertown Petro - Espanola	869-0643
Toulouse Grocery & Gas Bar - Sagamok	865-3066

Auto-Salvage Yards

Agnew Lake Auto Salvage - Webbwood	869-1706
Massey Salvage - Walford	844-2992

CONTRACTORS / INDUSTRY / REPAIR

C. Meier Construction - Massey	865-3297
Caldwell's Plumbing & Heating - Massey	865-2507
Carlyle Construction Ltd. - Espanola	869-1400
Crick's Trucking - Nairn Centre	869-5245
Darrell Your Furnace Man - Walford	844-2295
Dan's Electric Espanola Ltd. - Espanola	869-3858
DL Welding Mechanical Limited - Espanola	583-2220
Don's Concrete Cutting & Snow Removal Service - Espanola	583-2251
EACOM Timber - Nairn Centre	869-4020
Energy Logic Electrical Services (and Renewable Energy) - Espanola	662-8959
Espanola Roof Maintenance and Repair - Espanola	869-5973
Future Wood Products Ltd - Nairn Centre	869-8438
Handy Den - Espanola	583-2210
Hansen Cabinet Making - Massey infinitywoodcraftcreations.ca	865-2758
HWH Contractor - Espanola	561-5244
J&S Schmitz Overhauling & Manufacturing	844-2598
Kinkora Construction - Espanola	869-4019
L&M Heating Service - Espanola	869-2944
Lacombe Roofing - Massey	865-3453
Lapierre Contracting - Espanola	869-0235

Les Woodward - Licensed Flat Roofer - Espanola	869-4952
Linden Heating and Gas Energy Service - Espanola	863-0000
Lowery Forest Products - Nairn Centre	869-0480
M. Yusko Construction Ltd. - Espanola	869-0992
Mailloux Construction - Walford	865-2509
Massey Carpentry - Massey	865-2800
Morris Sanftenberg Construction - Walford	844-2159
Nauss Plumbing and Heating - Espanola	869-1683
New North Fuels - Massey	865-2733
Northshore Fabrication - Espanola	869-5405
OCL Trucking - Nairn Centre	869-1022
Paquette Plumbing - Espanola	698-3818
Quantum Builders - Espanola	869-9935
Raindrop Irrigation - Espanola	869-0380
Residential Remodeling - Espanola	869-4952
Robert Kennedy Construction - Webbwood	869-2173
Rodney Soares Construction - Massey	865-2880
Roger Pichette Construction - Massey	865-1128
RWR St. Michel Ltd - Webbwood	869-2658
Sonny Toulouse Trucking - Sagamok	865-2972
Southridge Construction	844-2673
Steve's Plumbing & Heating - steve.donnelly15@gmail.com - Espanola	863-2877
T Bell Transport - Nairn Centre	869-5959
Tartan Roofing & Repairs - Espanola	862-4468
Toulouse Plumbing and Repairs - Sagamok	865-2421
Trottier Construction - Espanola	936-7178
Vermeersch & Sons Construction - Webbwood	869-2814
Victor Francis Construction - Sagamok	865-2782
W.H. Enterprises Electrical Inc. - Espanola	869-4034
Walford Truck & Tractor - Walford	844-2881

COURIER / DELIVERY SERVICES

Purolator Courier Ltd.....	1-888-744-7123
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SCHOOLS AND LIBRARIES

Public Libraries

Espanola Public Library	869-6463
Massey Public Library	865-2641
Sagamok Public Library	865-2970
Webbwood Public Library	869-4147

Schools

AB Ellis - Espanola	869-1651
Beedaban School - Sagamok	865-2387
Cambrian College - Espanola	869-4113
Contact North - Espanola	869-3507
Contact North - Massey	865-9920
Ecole Secondaire Franco-Ouest - Espanola	862-7437
Ecole St. Joseph - Espanola	869-3530
Enjikendaasang Learning Centre - Sagamok	865-2144
Espanola High School - Espanola	869-1590
LaCloche Mountain Institute - Webbwood	805-0605

S.Geiger Public School - Massey	865-2052
Sacred Heart School - Espanola	869-4070
Sagamok Adult Education Center - Sagamok	865-1475
St. Mary's Catholic School - Massey	865-2772
The Training Zone - Webbwood	805-0605
TSSR Training / Resource Centre - Massey	865-9920
Webbwood Public School	869-3751

DAY CARE CENTRES

O Centre de la Petite Enfance - Espanola	869-4800
One Tot Stop Day Care Centre — (3 Locations)	
A B Ellis Public School - Espanola	869-3282
S. Geiger Public School — Massey	865-3281
St. Mary's Catholic School - Massey	865-3280
Our Children, Our Future - Espanola	869-3171
Shki Waase-Aaban Binoojinh Gamik Day Care — Sagamok	865-1180

ENTERTAINMENT / RECREATION

Aush Bik Koong Bible Camp - Walford www.campabk.com	844-2448
Boogie Mountain/Ski Club - Espanola	869-1740
Come Play In The Snow Inc. - Massey	865-3176
Espanola Golf & Country Club - Espanola	869-3510
Leading Edge Kayaks - Massey	865-2346
Massey & District Arena - Massey	865-2519
Massey Area Museum & Tourist Information	865-2266
www.masseyareamuseum.com	
Nairn-Hyman Allsports Centre - Nairn Centre	869-4232
Opeongo Heritage Trail - Nairn Centre	869-2926
Paint with Mary Dillen - Massey	865-2412
Rainbow Country Snowmobile Association www.rcsasnow.com	869-0164
River House Guided Adventures 1641 River Road, Massey	865-9910
Rock Island Horses - Massey rockislandhorses@gmail.com	865-2036
Royal Canadian Legion - Espanola	869-1711
Royal Canadian Legion - Massey	865-2522
Sagamok Bingo	865-1259
Sagamok Fitness Centre	865-1967
Sauble River Golf & Country Club 36 Birch Lake Rd, Massey	865-2383
Venture Lanes - Espanola	869-2450
Walford Community Centre — Walford	844-2100

CONVENIENCE AND GROCERY STORES

Burk's Shell Massey Ltd. - Massey	865-2858
Chute's Confectionery - Massey	865-2586
Highway Variety Plus - Spanish	844-2577
Jeremy's Rainbow Truck Stop — Nairn Centre	869-4100
Jones General Store — Sagamok	865-3447
Martin's Country Market - Massey	865-2657
Poirier's Confectionery & Pizza - Massey	865-2740
Riverview Variety - Sagamok	865-3030
Rocky Ridge Country Store	844-2297
Sauders Produce & Meats - 75 River Rd W	844-2210
Stewart's General Store - Webbwood	869-3720
Toulouse Grocery and Gas Bar - Sagamok	865-3066

PET SERVICES

Critter Sitter - Pleasant Valley Rd, Massey	869-3263
Cutie Paws Dog Grooming - Espanola	869-5200
Espanola Animal Hospital - Espanola	869-0090
Kindly Kennels - 530 Lee Valley Rd.....	865-1886
The Grooming Shop - Espanola.....	869-7671

RESTAURANTS / TAKE-OUT

Back Home Bistro — Massey	582-3003
Cortina Restaurant - Espanola	869-2104
Dixie Lee Restaurant - Spanish	844-2150
Dynamyc Family Restaurant - Espanola	869-4990
Golden Dragon Restaurant - Espanola	869-4477
Grab N Go Pizza & Wings — Sagamok.....	865-1115
Hong Kong Restaurant - Espanola	869-2326
Inspired Creations - Massey	863-3559
J" n "B's Fish & Chips - Webbwood.....	869-0913
Jeremy's Rainbow Truck Stop — Nairn	869-4100
KFC - Espanola	869-3321
LaCloche Pizza and Variety - Sagamok	865-1979
Lucky Snack Bar - Spanish www.luckysnackbar.ca	844-2573
Maranatha Bake Shop & Café - Espanola	869-2058
Marcel's Family Restaurant & Motel - Walford	844-1842
Marshall's Bar/Grill & Motel - Espanola.....	869-1441
McDonald's Restaurant - Espanola	862-7770
Native Touch Snack Bar - Massey	865-2412
Pinewood Motor Inn - Espanola	869-3460
Pizza 17	844-2017
Poirier's Confectionery & Pizza - Massey	865-2740
Red Dog Grill - Whitefish Falls	285-7474
Roger Rabbit's Family Restaurant - Espanola	869-3418
Rustie's JFB Café - Espanola Mall	869-2121
Spanish River Inn - Spanish spanishriverinn@gmail.com	844-2000
Subway Sandwiches - Espanola.....	869-0011
The Dragonfly Restaurant - Massey	865-3456
Tim Horton's - Espanola	869-0549
Tim Horton's - Hwy 17, McKerrow.....	862-7328
Tin Cup - Espanola Mall.....	862-0164
Zhaawanindin Meedjim Native Cuisine	865-3444

FINANCIAL SERVICES

Caisse Populaire Vermillion	869-2317
Espanola & District Credit Union	869-3001
Royal Bank of Canada - Espanola	869-3241
Royal Bank of Canada - Massey	865-2400

GOVERNMENT / MUNICIPAL SERVICES

Carol Hughes - MP	848-8080
Espanola Post Office.....	869-3004
Massey Post Office - Massey.....	865-2114
Mike Mantha - MPP	461-9710
Ministry of Transportation — Massey	865-2092
(Private Driver and Vehicle License Issuing Office)	
Ontario Environmental Services	869-4113
Public Works (Sables-Spanish)	865-2358
Public Works Shop (Espanola)	869-1751
Sagamok Anishnawbek Band Office	865-2421
Sagamok Anishnawbek Police.....	865-2868
Sagamok Community Wellness Department	865-2171
Sagamok Development Corporation	865-1134
Sagamok Elders Eagle Lodge.....	865-2926
Town of Espanola.....	869-1540
Twp of Nairn-Hyman - Nairn Centre www.nairncentre.ca	869-4232
Twp of Sables-Spanish Rivers - www.sables-spanish.ca	865-2646
Walford Post Office - Walford.....	844-2887
Webbwood Postal Outlet - Webbwood.....	869-3720
Z'gamok Enterprises Inc.....	865-1134

CLINICS

Dr. J. Alexiuk, Dentist	869-2687
Espanola Chiropractic Office	869-2737
Espanola Family Medicine Centre	862-7991
Massey Medical Clinic.....	865-2300
Sagamok Dental Clinic.....	865-1511
Saswin Mental Health & Addictions	865-2192

HEALTH AND BEAUTY

All About You Massage Therapy - Espanola.....	869-3460
Dittrich's Hair Design - Espanola	869-2915
Donna's Hair Studio - Espanola.....	869-0248
Escape to Serenity - Espanola	869-0505
Espanola Remedy's Rx.....	869-1860
Esthetics by Jane - Espanola	869-0113
Evelyn's Hairstyling - Espanola	869-5516
Family Hair Centre-Massey	865-2161
Hair Dynamics - Espanola	869-4880
Hair Plus - Espanola.....	869-2807
Massey Pharmachoice	865-2600
Meloche's Barber - Espanola	869-3612
No Excuses — aerobics - Massey.....	865-3419

Northern Lights Hair Studio - Espanola.....	869-0505
Ontario Employment Services - Espanola	869-4113
Open Hands Massage - Espanola.....	869-5630
Robinson's Pharmasave - Espanola	869-1561
Shear Transformations - Massey	582-2083
Steph's Place - Massey	822-1211
To Your Health Massage Therapy - Espanola	862-7171
Tommy Nails - Espanola	869-5203
Trendy Hair - Massey	208-0409
YIG DRUGstore Pharmacy - Espanola.....	869-0331

INSURANCE

Algom Insurance - Espanola	869-2471
Godin Insurance Brokers - Massey	865-2063
Local Insurance - Espanola.....	869-4040
McCullough Insurance - Espanola.....	869-4333

LIQUOR / SPIRITS / BEER / WINE

LCBO - Espanola	869-1950
LCBO - Massey	865-2033
LCBO - Webbwood	869-3720
The Beer Store - Espanola	869-3150

REAL ESTATE

Royal LePage Anderson — Espanola	869-4230
U-View Realty Inc - Espanola.....	918-2456

RETAIL / SHOPPING

Espanola Home Hardware	869-2130
Espanola Mall.....	869-4443
Espanola Upholstery & Custom Blinds.....	869-4713
General Outdoor Store - Spanish (Marine/RV Parts).....	846-2442
Inspired Creations - Massey	863-3559
Jean Country Clothing & Footwear - Espanola	869-0347
Massey Home Hardware - Massey	865-2135
Martin Family Fresh Foods - Massey	865-1788
Martin's Greenhouse - Massey	865-1489
Martin's Home Baking - Massey	865-1897
Martin's Kennels - Massey.....	865-1886
North Ridge Kennel - Massey	865-9996
Paperworks Ink - Espanola	869-2860
Rocky Ridge Bicycles - Walford	844-2673
Sauders Produce & Meats - 75 River Rd W	844-2210
Sears Canada Catalogue Outlet - Massey.....	865-2092
Sonnenburg's Rona Hardware - Massey.....	582-2612

OPTOMETRISTS

Bell, Booth & Sirkka - Espanola	869-2030
Dr. Josee Labrecque - Espanola.....	869-6200

OTHER

Amsey Martin Woodworking Architectural/Millwork - Massey	865-1480
Around & About - Espanola.....	869-6883
Baumann's Greenhouse - Massey	865-9996
Birch Lake Abattoir - Massey.....	(Shop) 865-1366 (Hm) 865-3395
Bourcier's Funeral Home - Espanola	869-0550
BVS Sewing - Massey.....	865-1563
Car Wash & Self Storage — Espanola.....	869-1826
Coyote Woodworking & Signs - Massey	865-1414
Emiry 's Berry Patch - Emiry Rd, Massey	865-2184
Espanola Self Storage - Espanola.....	869-8405
Flymart.ca - Massey	888-811-1163
Greyhound Bus Lines Espanola	869-2242
Massey.....	865-2092
Toll Free.....	1-800-661-TRIP
HDVS Landscaping/Custom Design - Massey	865-1506
Joseph Martin, Custom Meat Processing/.....	865-1886
Ferrier - 530 Lee Valley Rd.....	865-9996
Lee Valley Feeds — Massey	865-9996
Massey Wholesale	865-2051
McLeod Litigation & Advocacy - Massey	865-1482
Mr. Chainsaw - Massey.....	865-2615
North Channel Music - Elliot Lake	848-0986
O.J. Graphix Inc. - Espanola www.ojgraphix.com	869-0199
Railroad Steele & Fundraising.....	862-1201
Stuart Martin Woodworking - Massey	865-1897
Sure Catch Bait - Walford	844-2803
Tat's Computer Shop - Espanola	803-4379
Twin Oaks Photography - Massey	862-2266
Wash 'N Suds Laundromat - Sagamok	865-1134

IN CASE OF EMERGENCY

**In the event of an Emergency
DIAL 9-1-1**

For assistance; please contact one of the following:

Espanola Police Services: 705-869-3251

OPP: 1-888-310-1122

Hospital: 705-848-7181 Elliot Lake

705-869-1420 Espanola

705-356-2265 Blind River

Please have a safe and enjoyable stay.

Welcome to our Backyard . . . Your Playground in the North .

On behalf of the residents of the LaCloche Foothills (Walford, Massey, Webbwood, Sagamok Anishnawbek First Nation, Espanola and Nairn Centre), we warmly welcome you and your family to Our backyard.... your playground in the North.

The information in this booklet will guide you through our communities historic past, provide you with maps to highlight area businesses and attractions, inform you of annual events and provide a local business directory at your fingertips. We're sure you will find this a valuable tool when looking for a delicious meal from our restaurants or a cozy fire to warm up to at the many lodges, resorts, camps, bed & breakfasts and motels in our area.

This region of Ontario has a rich and proud history dating as far back as the early 1800's. You will find history in our natural northern surroundings such as our area forests, lakes and rivers and also in the many stories our residents love to share.

Within this area, you are sure to find some of the most spectacular scenery and the perfect place to have a safe, clean and friendly family outing.

We encourage all visitors to explore all that we have to offer first-hand. We are sure you will agree that we are your Natural Vacation Destination that offers four seasons of family fun!

