

Welcome to Peterborough!

Newcomer Guidebook



NEW
CANADIANS
CENTRE
PETERBOROUGH

**This Guidebook is produced by the
New Canadians Centre Peterborough**

This edition was last updated in November 2021

*Thank you to Alvea Hurlington and Matilda DeBues who worked
on producing this Guidebook in Winter and Summer 2021*

Land Acknowledgement

We respectfully acknowledge that we are located on the Treaty 20 Michi Saagiig territory and in the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations, which include: Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations.

We respectfully acknowledge that the Williams Treaties First Nations are the stewards and caretakers of these lands and waters in perpetuity and that they continue to maintain this responsibility to ensure their health and integrity for generations to come.

We are all Treaty people.

Welcome to Peterborough!

Peterborough is a beautiful city to live in and explore. There are many paths and parks where nature can be enjoyed. There are lots of schools, grocery stores, and places of worship in the city. And you can also explore the restaurants, cafes, museums, shops, and more.



This guidebook can be used on a phone, computer or printed to carry around while exploring the city.

This guide can help create an adventure of a lifetime or maybe turn this community into a home.

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Where is Peterborough?



Peterborough is located in Central Ontario, almost half way between Toronto and Ottawa.

Peterborough sits along the Otonabee River and is known as the “gateway” to the Kawarthas.

The Kawarthas are a hilly area with lots of lakes, rivers and forests.

Map of Peterborough

This is a map of the City of Peterborough.

Some important locations & landmarks include:

Trent University and Riverview Park & Zoo in the North End.

The Liftlock, Beavermead Park, and Roger's Cove in East City.

Galaxy Cinema, Simcoe Street Bus Terminal, and Peterborough Public Library in the Downtown.

Memorial Centre, Canadian Canoe Museum, and Lansdowne Place in the South End.

Jackson Creek, Peterborough Regional Health Centre, and Fleming College in the West End.

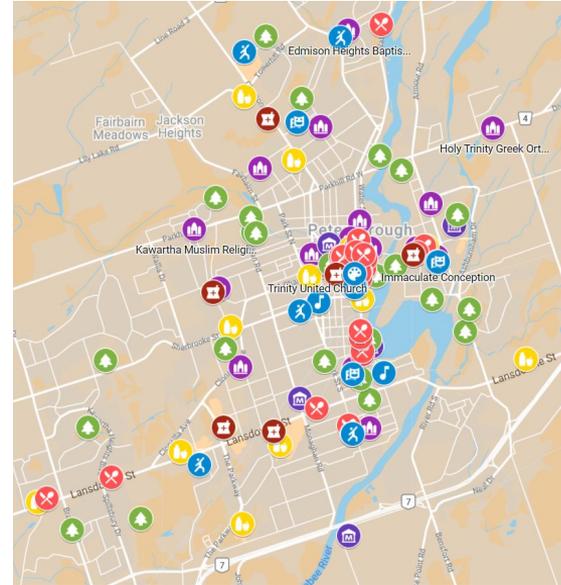


Newcomer Guide Map

The **Newcomer Guide Map** provides a selection of important locations in Peterborough to know about. This map is intended to help newcomers orient and familiarize themselves with their surroundings.

The Guide Map provides locations for:

- Places of worship
- Museums
- Grocery stores
- Restaurants
- Parks, fields and courts
- Pharmacies and drug stores
- Arts and recreation



**Scan or click for
the Newcomer
Guide Map**

Public Transit

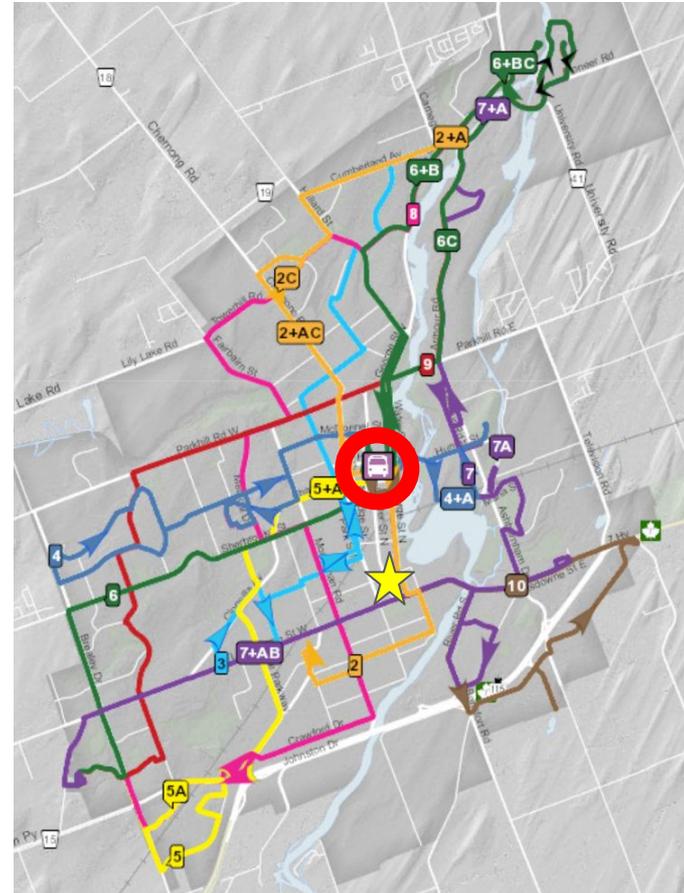
Many Peterborough residents rely on the bus system to get to and from work, school, run errands, and socialize.

There are paper copies of Peterborough's transit routes and schedules. It is also easy to use the public transit mode in Google Maps.

The next pages provide step-by-step instructions on how to take the bus from the Simcoe Street Bus Terminal (red circle) to the New Canadians Centre (yellow star).



**Scan or click for
Peterborough Transit
website (including
routes & schedules)**



Let's Take the Bus to NCC

Step 1: Getting to the Terminal

The Peterborough Bus Terminal is located at 190 Simcoe St.
The terminal is a central place where most buses start and end their trips.



- Visit the Service Desk inside to purchase a bus pass or ask questions
- Each trip costs \$2.75. Coins can be used to pay on the bus or purchase a bus pass at the Service Desk



- To get to NCC, take Bus 2 Southbound to Lansdowne
- There are benches to wait on if the bus has not arrived at the terminal

Step 2: Getting on the bus

When the bus pulls in, line up at the **orange rectangle** on the ground in front of the door. The driver will open the doors and let passengers on.



Use the machine to pay the bus fare.

Using a Bus Pass: follow the arrow on the pass and insert it into the machine. Pick up the pass and take a seat.

Paying with coins: insert coins into the slot to pay the bus fare of \$2.75.

If you are taking the bus a second time within 90 minutes, ask the driver for a transfer pass so you do not have to pay again.



Step 3: Where to sit

All seats on the bus are open to anyone, but there are some special seats that should remain open to certain groups of people.



Blue Priority is for anyone with a physical disability including people in wheelchairs or with guide dogs.

Black Courtesy is for the elderly, pregnant women or anyone with children.

If no one is sitting in the priority or courtesy seats, anyone can sit there, but they should be given to those who need them.



Step 4: How to get off the bus



The trip from the terminal to NCC is 8 stops and approximately 5 minutes long.

Get off at **George at Romaine**. The red rectangle shows where the names of each stop are displayed.

The driver is there to help if you are lost or confused.

Push the red **STOP** button or pull the **yellow cords** hanging around the bus to request a stop and get off the bus.



Step 5: Bus stop to NCC



Push the red button or pull the yellow cord when near the stop.

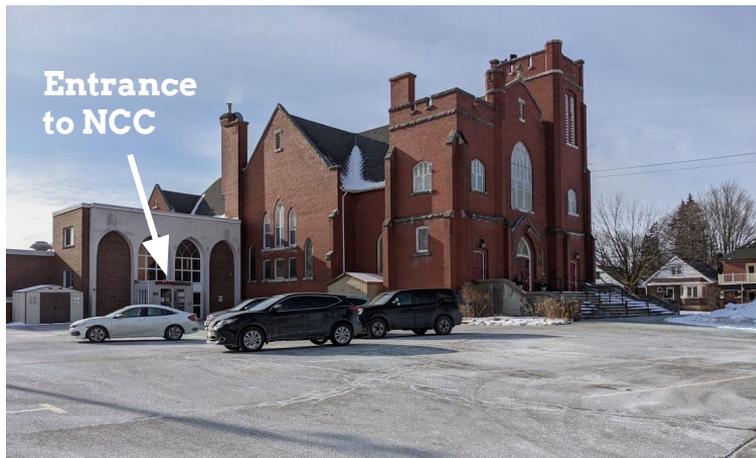
Turn right at the Romaine and George intersection.

NCC is one block from there.

There is a school on the right side of the street.
NCC is on the left. It will take 1-2 minutes walking.

Step 6: Arriving at NCC

The New Canadians Centre shares space inside St. James United Church. NCC's offices are on the top floor of the building. The door to enter the building is marked on the picture below.



Grocery Stores

Grocery shopping for the first time in Peterborough can be a very different experience when new to the city. In many countries, fresh fruits and vegetables, meat, spices and dairy products are purchased directly from farmers. Here in Peterborough, it is more common to purchase all consumable goods from one grocery store. It is good practice to bring your own bags/boxes when possible because grocery stores charge a small fee for plastic bags.

Peterborough has many large grocery stores, and a few locally owned and operated stores too.

Remember to check out the [Newcomer Guide Map](#) to see where local grocery stores are located.



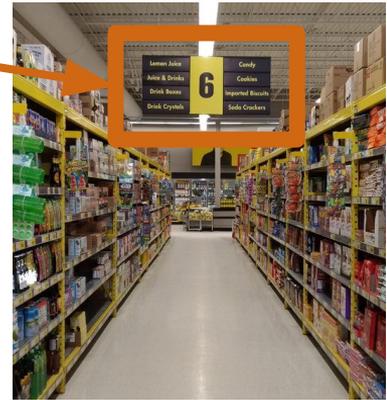
Grocery Store Layout

Large grocery stores tend to have similar layouts. Produce is usually at the entrance of the store and essentials such as eggs, milk, bread and meat are spread out around the perimeter.

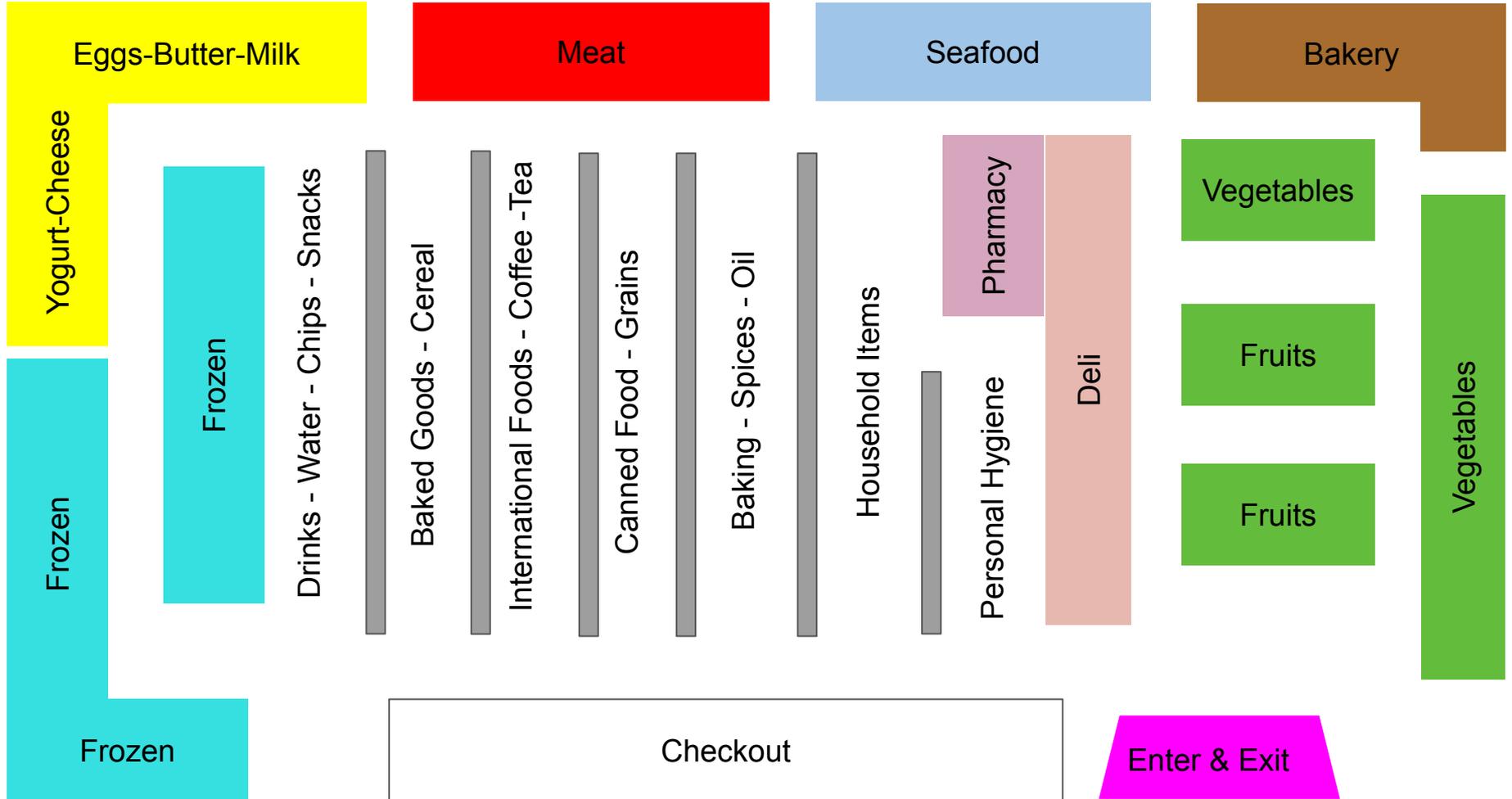
When first arriving at the grocery store, pick up a basket or a cart to carry groceries throughout the store.

There are hanging signs above every aisle that indicate what is in that aisle. It doesn't list every product, but provides a general category of products.

If you can't find something, you can always ask one of the employees for help finding the product. They are there to help.



Example of a Grocery Store Layout



Produce: Fruit and Vegetables



Larger grocery stores have a greater selection of fruit, but all stores will have basic fruit like apples.



Dried fruit can be found in the produce section as well as some nuts and seeds.



Leafy greens such as kale, spinach, chard and lettuce are usually available in bunches.



Fruit or vegetables that are loose like apples, green beans, or others can be placed in plastic or paper bags available at the store.

Bread and Meat



Some grocery stores have a bakery, but there will always be premade bread.



There are pitas, naans, tortillas and other flatbreads in the bread section.



Some stores sell fresh fish, but most have frozen fish and meat.



Some larger grocery stores have Halal meat. It may be hard to find so ask an employee for help.

Dairy Products



In the natural food fridge section, there will be nutrient enhanced yogurts and kefir.



Yogurt products and eggs are found in the dairy section.



There are many different varieties of butter and margarine.



Milk comes in plastic bags as well as cartons. Non-dairy milk is also available in the dairy or natural food sections.

Oils, Spices and Sauces



Various oils for cooking and frying are sold at every grocery store.



Pre-ground spices and spice mixes can be found in plastic bags or glass bottles.



There are also pastes and sauces for many different dishes.

Grains, Pasta and Beans



White Rice, Brown Rice, Basmati, Instant Rice and more can be found in both large bags and small bags.



Beans can be purchased in both canned and dried varieties.



Pasta, noodles, and other dry grains can be found in abundance at all grocery stores.

Baking



Flour and cornmeal are regularly available at many grocery stores. Baking powder, baking soda, yeast, and shortening are found in the baking section along with white and brown sugar. There are also box mixes that are a cheap short cut some people use when baking items like cakes, brownies or muffins.

Frozen Food



The frozen goods section is filled with many different products. Frozen fruits and vegetables are often inexpensive when compared to fresh produce.

While frozen dinners (pizza, lasagna, etc.) may be very convenient, they are not always be the most nutritious choice.

Other Items



Juice can be found in the fridge section and in the drinks aisle.



Many varieties of coffee and tea can also be found in the drinks aisle.



Sometimes in the soft drink section, there will be a small selection of juices and sodas from around the world.



Coconut milk, evaporated milk, and condensed milk can often be found in or near the baking aisle.



Hummus and other dips and spreads can be found near the deli.



Packaged nuts and seeds are readily available.

Household and Hygiene Products



Most stores sell soap, body wash, deodorant and some hair products.



Toothbrushes and toothpaste can be purchased at grocery stores.



Most grocery stores will have a supply of menstrual products including pads, tampons and menstrual cups.



Toilet paper, tissues, diapers and other household products can be bought.

Pharmacy



Some large grocery stores in Peterborough have a pharmacy section. At the pharmacy, people can drop off and pick up prescriptions from a doctor or the hospital. The pharmacy also sells medication for children and adults such as Advil (ibuprofen) and Tylenol (acetaminophen).

It is very important to ask the pharmacist if there are any questions about a medication.

Check out the [Newcomer Guide Map](#) to see where other pharmacies and drug stores are.



Checking Out and Paying for Items

When ready to check out, there are two different options: **self-checkout** and **assisted checkout**.

Self-checkout:

- Scan items independently
- Pay by debit or credit card
- Can be faster, but easy to go wrong



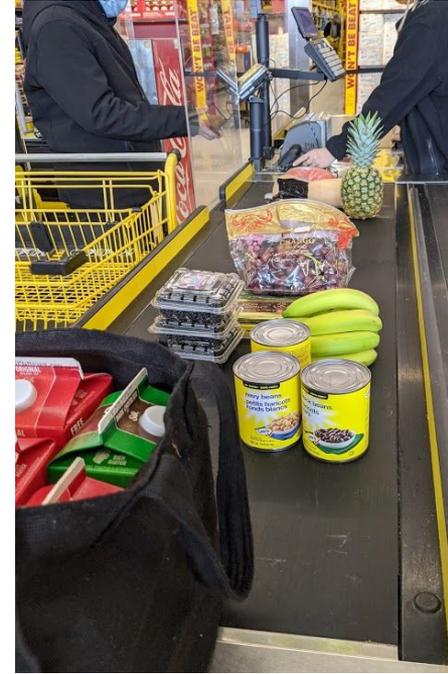
Assisted checkout:

- Good for buying lots of stuff or when English is not a customer's first language
- Pay by cash, debit or credit card
- Can be slower, but is an easier choice

Checking Out



1. Put items on the conveyor belt.
2. The cashier will scan each item to add up the cost.
3. The cashier will tell the total - it can also be seen on the screen.
4. The cashier will ask if plastic bags are needed - bags cost a few extra cents.
5. After paying, pack all groceries into the bags.



Peterborough Farmers' Markets

Peterborough also has many Farmers' Markets where local vendors and farmers sell fresh produce, cooked food, baked goods, and even art and other hand made crafts.

Common items sold at Peterborough Farmers' Markets include:

- Fresh and locally grown fruit and vegetables
- Locally raised meat
- Animal products including milk and eggs
- Baked goods and food from local restaurants
- Honey, maple syrup, jellies and jams
- Masks, candles, soaps



**Scan or click for
information on local
farmers' markets**



Convenience Stores

Convenience or corner stores are quick one-stop-shops that carry basic products.

Convenience stores often have red signs or are attached to gas stations.



Convenience stores often sell:

- Snack foods
- Soft drinks/soda/pop
- Basic personal health items
- Magazines and newspapers



Dollar and Bargain Stores

Dollar stores are another type of 'convenience store' where a large variety of products for very low prices can be purchased. These stores are convenient, but they sell low quality products.

At these stores, you will find products like art supplies, containers, cards, games, toys, pet supplies, basic food, kitchen supplies and more.



Lansdowne Place Mall



Lansdowne Place is Peterborough's biggest mall. There are more than 50 stores including a grocery store and a food court.

Most of the stores at the mall are clothing or shoe stores, but there are many stores that sell all kinds of things like phones and electronics, video games, beauty supplies, toys and gifts and much more.



**Scan or click for the
Mall's website and
store directory**

Restaurants

Peterborough has a large variety of delicious food, with food representing over 20 different countries. There are many affordable locations as well as restaurants that sell halal, vegetarian, and even vegan food.

Take a look at the [Newcomer Guide Map](#) to see where some restaurants and food stores are located.



**Scan or click for local
downtown restaurant
options**



**Vegetarian/Vegan
Options**



Halal Options



**Affordable \$12.00 or
less for a meal**



**Grocery Items
Available**



**La Mesita Mexican
Restaurant**



**La Hacienda
Mexican Restaurant**



**Night Kitchen
Pizzeria**



**Ariyana Middle
Eastern Restaurant**



**Island Cream
Caribbean Cuisine**



Real Thai Cuisine



Simply Thai



Hanoi House Vietnamese Cuisine



Jasmine Thai Cuisine



Indian Peacock INC.



The Food Shop



Minh's Chinese Grocery



Goodies on George International Foods

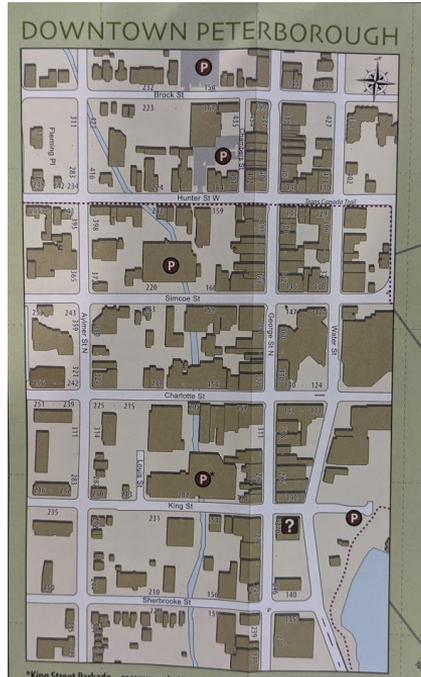


Africa Mission-Growth Market and Foods



The UK Shoppe

Downtown Peterborough



Downtown Peterborough is the centre of the city. Many services and amenities can be found downtown. Downtown refers to the rectangle of city between *Water Street, Aylmer Street, Brock Street and Sherbrooke Street*.



Shopping Downtown

At the intersection of Simcoe and George is **Peterborough Square**, a small mall. Inside the Square, there is a small food court, a few clothing stores and gift shops.

Stores downtown sell a wide variety of things from clothing and footwear to books, toys and games.

Scan or click for a
list of downtown
businesses



Things To Do & Places to Visit In Peterborough

Year round, there are many fun family-friendly things to do and places to visit in Peterborough.

You can visit museums and art galleries, borrow books from the library, play sports or go for a picnic in one of the many parks, or attend popular events in the city.

On the next few pages, we'll highlight some of these exciting places and things you can do!

See the [Newcomer Guide Map](#) for the locations of the local galleries and museums.

Peterborough Public Library

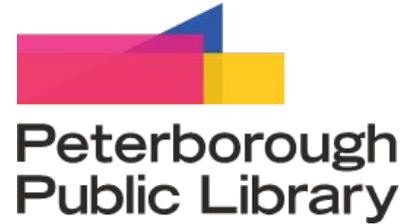
The Peterborough Public Library is a very important part of the city. At the library, anyone can:

- borrow books
- use computers and print
- access resources for children and adults including events and activities

There are two branches of the library: the downtown branch and the DelaFosse branch. The downtown location is only a 2 minute walk from the bus terminal.



Scan or click for the
**Peterborough Public
Library website**



Inside the Library



Anyone can rent the study rooms for free and people can sign up and use the computers. There are lots of places to sit around the library.



The downstairs of the library has a section dedicated to children. There are computers equipped with age appropriate activities, and organized crafts and classes for all ages. There are movies and CD's for children and adults.



Art Gallery of Peterborough

The Art Gallery of Peterborough is a full of artwork on display for the public to enjoy. The Art Gallery also has classes where children and adults can grow their knowledge of visual arts.

Gallery admission is free, but they do accept donations.

Scan or click for the gallery's website.



Peterborough Museum and Archives



The Peterborough Museum and Archives is a museum every newcomer should visit!

This museum explains the history of the Indigenous residents to the land called Nogojiwanong (Peterborough). It also has exhibits that show the first Irish newcomers and everything newcomers have done to form Peterborough into the city it now is.



Scan or click for
the museum's
website



Canadian Canoe Museum



The Canadian Canoe Museum is a national Historic site. They have more than 100 Canoes and Kayaks on display and lots of information about what makes the canoe so special to Canadians. This museum is excellent for children and families to visit.

Admission:

- Adult - \$12
- Students & Seniors - \$9.50
- Family - \$30
- Members & Children under 5 - free

**Please check the website as prices may change.*



**Scan or click for
the Canadian
Canoe Museum
website**

Hutchison House Living Museum

Hutchison House is a living history museum. The house was built in 1837 and is one of the oldest limestone houses in Peterborough. The house has been preserved to give a view into life during the 1800's.

During the summer months, they serve Scottish Tea which includes scones, preserves, whipped cream, oatcakes, and tea, lemonade, or iced tea.

Museum Admission is \$5 for adults and \$2 for students (6-18). Admission is free for children 5 and under.

**Please check the website as prices may change.*



Scan or click
for Hutchison
House website.

Riverview Park & Zoo

Peterborough Riverview Park and Zoo is a great place to visit especially in the summer and is **FREE**. There are more than 150 animals and over 40 species from snakes and crocodiles to otters and spider monkeys.

The Zoo also has a 2 km long miniature train ride that costs \$2 per person. It is a fun and unique experience that is great for families.

Bus #2, #3, #6 and #8 all go by the Zoo.



**Scan or click for
the Zoo's website.**

Other Activities in Peterborough

Other than exploring the paths, parks and lakes or having fun at home, there are a few places in Peterborough to do fun activities like rock climbing or mini golf.

Due to the pandemic some of these attractions have limited or restricted access.



Zap Attack Laser Tag offers a game where players fire infrared lasers or participate in an obstacle course of light beams.



Milltown Mini Golf Family Fun Centre has a fun 18-hole mini golf course, a rock wall, batting cages and more.



Canada's Dinosaur Park has a unique drive-thru dinosaur experience as well as 400 reptiles from around the world and 100 crocodiles, alligators, and caimans.



Rock and Rope Climbing Centre is an indoor rock climbing gym. They have a range of difficulty levels for all abilities.

Peterborough Musicfest

One extra special activity unique to Peterborough is Musicfest. Throughout the summer on every Wednesday and Friday night, Musicfest hosts a **FREE** outdoor concert at Del Crary Park. No tickets are needed to attend. Just show up at the park with a chair or a blanket and enjoy the music.

If you are unsure about joining the big crowd, there are plenty of quiet spots around Little Lake to lay down a blanket or set up a chair.

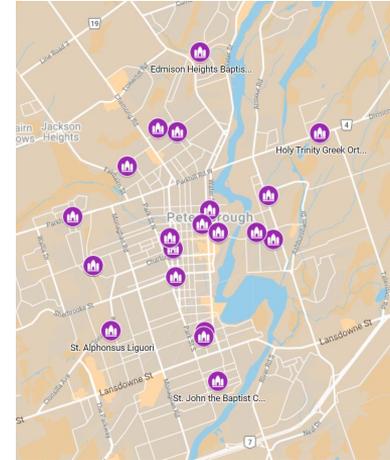
Peterborough Musicfest



Places of Worship

Peterborough has many places to worship under many denominations. There is a large Christian population in Peterborough meaning there are more options when it comes to Christian churches, but there is also a Mosque, Synagogue, and other places.

Check out where some local places of worship are on the [Newcomer Guide Map](#).



Healthcare

All residents or citizens of Canada who have a health card are entitled to free healthcare support in Canada. NCC staff can provide information on obtaining a health card and help connect newcomers to a family doctor or nurse practitioner.

However, family doctors aren't the only option of medical care available. Other options available in Peterborough include:

Lansdowne Place Walk-In Clinic

- 769 Borden Avenue, Bus #2

The Peterborough Clinic

- 26 Hospital Dr., Bus #4

Good Doctors Peterborough

- 1625 Sherbrooke St., Bus #6



Peterborough Regional Health Centre - The Hospital

If going to the hospital for a routine appointment or to visit someone, enter through the main entrance. **Bus #4 & #8** go directly to the front door of the hospital.



The Hospital also has an Emergency Department, where anyone can get emergency services. There is a separate entrance to the Hospital's Emergency Department. It is clearly marked with big red signs.



Fleming College

Fleming College is a post secondary institution that trains students in all sorts of jobs and life skills.

Fleming College has a beautiful campus. Anyone can book a tour to 'be a student for one day'.



Scan or click for
the College's
website.



Outdoor Areas at Fleming College

Fleming College has a beautiful forested area for hiking and exploring. Fleming has over 5 km of trails going all around the campus that are open to public use.

Multiple buses go up to and around the Fleming Campus, making it an accessible location to explore.



Trent University

Trent University is a post Secondary institution that educates students on many topics.

Trent University has a beautiful campus right on the river. The pool, gym, library & other facilities are open to public use.



Outdoor Areas at Trent University

Trent's campus has 11 different Nature Areas. There is a mix of easy and hard paths to hike.

All of Trent's natural areas, are easy to get to on public transit: **bus 2, bus 3, bus 6, bus 7, bus 8 and bus 9** all connect with the campus.



Scan or click for
map of Trent
Nature Areas.



Winter

36 Hours						
Snow Outlook: 1-3 cm 2:00pm Mon to 1:00am Wed						
Mon Afternoon	Mon Evening	Mon Overnight	Tue Morning	Tue Afternoon	Tue Evening	
A mix of sun and clouds	Partly cloudy	Scattered flurries	Scattered flurries	A few flurries	Partly cloudy	
						
-7°	-10°	-13°	-12°	-4°	-8°	
Feels like	-11	-16	-20	-17	-9	-13
POP	20 %	30 %	40 %	40 %	40 %	30 %
Snow	-	-	~1 cm	~1 cm	~1 cm	-
Wind (km/h)	9 SW	10 SW	10 NE	9 NE	13 W	11 W
Wind gust (km/h)	21	17	18	17	23	23
Humidity	67 %	72 %	78 %	85 %	73 %	85 %



In Canada, the winter season starts in November and ends in March.

In Peterborough, temperatures fluctuate between 0 and -30 degrees Celsius.

Winter weather can be dangerous to both physical and mental health, but there are many ways to make the winter season bearable and even fun.

What to Wear During Winter

The key to enjoying winter is staying warm. Warm waterproof and windproof outerwear is incredibly important as well as layers of warm clothes underneath. The next page provides examples of what you should wear.

The main risks of Canadian winters are:

- Wind chill
- Ice and black ice
- Frostbite
- Heavy snowfall and blizzards
- Freezing rain and ice storms



Scan or click for more information on these weather conditions



Hats, toques and beanies

- Hats are the most important part of the winter wardrobe. They will stop heat from escaping from the head and protect ears from frostbite. Hats are a better option than a hood.

Scarves, buffs or other neck coverings

- Scarves and other neck coverings protect the neck from the wind and cold.

Gloves and mittens

- Gloves and mittens are important to protect the hands and fingers from frostbite and cold.

Windproof and waterproof coat

- Fall and spring jackets are not warm enough for -20°C windchill - most coats will have a tag that indicate what temperatures they are appropriate for.

Long sleeve shirts and pants or thermal/long underwear

- Long underwear can keep arms and legs protected from the cold. Adults who choose not to wear snow pants may consider wearing these when spending extensive time outdoors.

Snow pants

- An essential when participating in any outdoor activities. Strongly recommended for kids.

Winter boots

- Winter boots keep feet warm and dry against the cold as well as providing grip on ice - there are ice cleats or grips that can be bought separately and attached to boots for extra grip on ice. Consider wearing warm or thick socks for protecting toes and feet from frostbite.



Outdoor Winter Activities

The cold temperatures of winter bring along the ice and snow which present new opportunities of fun for all ages. Going outside to have fun in the snow is excellent for physical, emotional and mental health.



Spending time outdoors in the winter can be fun as there are lots of activities to take part in like:

- Skiing and snowboarding
- Snowshoeing
- Skating and hockey
- Snowball fight
- Build a snow fort or snowman

Ice Skating

Ice skating is a very popular and fun activity for people of all ages in Canada. In Peterborough, there are free outdoor ice rinks all over the city as well as indoor skating rinks that require a small fee (usually around \$2 per person).

The canal by the lift lock is flooded and maintained in the winter by the city for public use. When the ice is safe to use, they hang a **green flag**, but if it is not safe, they hang a **red flag**.

Buying skates brand new can be very expensive. You can buy second hand skates in Peterborough through:

- [Chumleighs](#)
- [Rebound skates and golf](#)
- [Fontaine Source For Sports](#)
- [Ontario Buy and Sell](#)



Scan or click for list of rinks in Peterborough and the Kawarthas.

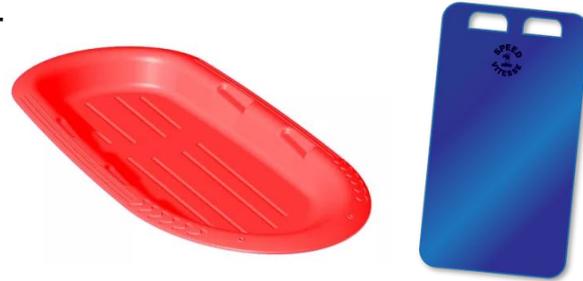


Sledding/Tobogganing

Tobogganing is one of the most popular winter activities in Canada. It involves sliding down a snowy hill on a sled or toboggan. Peterborough has some really great locations for tobogganing.

It is important to be safe while tobogganing because it can be fast and dangerous sometimes.

- Find a hill that has a long flat area at the bottom so there is a place to glide to a stop
- Avoid hills that end near a street or parking lot
- Avoid hills that end near ponds, trees, fences, or other obstacles
- Always keep arms and legs within the sled
- Roll off the sled if it is not stopping
- Walk up the side of the hill and leave the middle open for other sledders



Indoor Activities

Sometimes when there is very cold temperatures, a blizzard or even an ice storm, the smart choice is to stay inside and stay warm.

On days where the temperature is colder than -20 or there is lots of wind, indoor activities are the perfect way to still have some fun throughout the winter. Here are some ideas of indoor winter activities you could try.

- Board games
- Arts and crafts
- Knitting, sewing, or quilting
- Watching movies or TV shows
- Cooking and baking



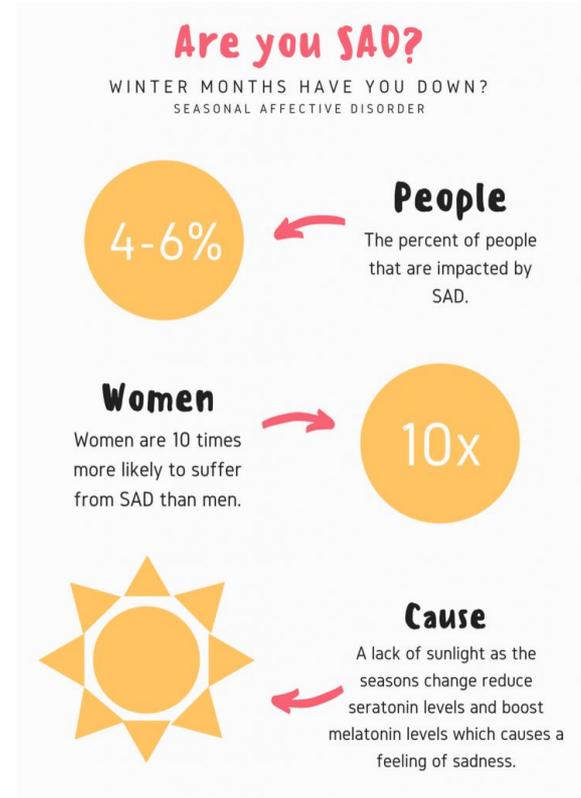
Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is also known as winter blues, seasonal depression and summer depression. SAD is typically caused by the change in sunlight and the length of days. Winters tend to be dark and this simple lack of sunlight can negatively affect anyone's mood.

Newcomers may experience SAD during the first few winters in Canada. NCC can help connect newcomers to local resources that can help through issues like this.



Scan or click for local, provincial and national mental health supports



Summer

In Ontario, summer goes from June to September.

In Peterborough, it's not unusual to experience temperatures that fluctuate between 14 degrees and 30 degrees Celsius, but with humidity it can feel even hotter between 28 degrees and 35 degrees Celsius.

Make the most of summer when it's here because winters can be long and dark in Canada.



Summer Safety

While Ontario doesn't have the hottest summers in the world, the heat, UV rays, and air quality can still be dangerous. It is important to wear sunscreen (wear sunscreen in winter too) even if there is cloud cover.

Throughout the summer, especially when participating in outdoor activities, remember it is important to:

- Drink lots of water
- Do not leave children or pets in the car alone on very hot days
- Take breaks when working in the heat outside



Insects and Animals

Ontario doesn't have a large amount of dangerous creatures, but there are a few to be aware of:

Ticks

- Ticks carry Lyme disease which is hard to diagnose and cure.



Mosquitos

- West Nile Virus is rare in Ontario, but can still be contracted from mosquito bites.

Coyotes, raccoons other wild animals

- Wild animals can carry and spread rabies to humans by biting or human contact with infected animal saliva.



Wasps and other stinging insects

- Wasp stings are an inconvenience and are fairly common.



**Scan or click for
more information on
outdoor health.**

Ticks and Lyme Disease

Ticks are becoming more of an issue throughout Peterborough and the Kawarthas. It is important to be aware of what they are and what to do if you discover a bite from one.

Black legged ticks are small insects that live in tall grass areas, so it is important to wear long pants if going for a hike or walk in those areas.

Ticks can give humans Lyme disease which is hard to diagnose and difficult to treat in Canada.



Scan or click for more information on ticks and Lyme disease.

Summer Activities

Ontario's summer days are long, leaving lots of time to have fun outside. There are many outdoor sports, games and activities to enjoy in the summer months including enjoying Peterborough parks and splash pads, having picnics, gardening and so much more.

Try new activities like tie dying, water balloons, or even berry picking (there are several local farms where people are able to pick berries).



Indoor Swimming

There are three indoor pools in Peterborough each one of them has a special family discount for larger groups as well as affordable day passes and swimming classes for kids and adults.



Scan or click for the
**Trent Aquatics
Program website.**



Scan or click for
the **YMCA website.**



Scan or click for
the **Peterborough
Wellness Centre.**



Water Safety

Unfortunately in Canada, newcomers are at a higher risk of drowning. Become a competent and good swimmer before planning on spending lots of time in, on or around water. There are several places in Peterborough that offer swimming lessons to both kids and adults.

water safety tips



Swim in lifeguard-supervised beaches and pools.



Put up barriers around the pool or hot tub.



Always swim with a buddy. Even experienced swimmers can tire or get muscle cramps.



Keep an eye out on children around water. Stay within reach.



Learn proper swimming and safety skills.



Wear a life jacket while boating.



LiveRightNow.ca

Beaches & Outdoor Swimming

Cooling off in the water or having a fun day playing on the beach are both great ways to beat the heat during summer. Peterborough is not close to any oceans, but there are some lovely lakes and rivers to enjoy.

Beavermead Park and Rogers Cove are both small beaches in Peterborough on the shores of Little Lake.

There are many places to access rivers and lakes throughout the Kawarthas. There are several nice swimming spots along both the Otonabee and Indian River.

Lakefield Beach on Katchewanooka Lake is a 20 minute drive from Peterborough. Sandy Lake, near Buckhorn, is a lovely beach around 40 minutes away from Peterborough.

Cobourg Beach is a 50 minute drive way. It is on Lake Ontario and it is a beautiful sandy beach.



Splash Pads and Wading Pools



Throughout the summer, Peterborough has five splash pads and four supervised wading pools for children to play.

Splash pads are small water playgrounds made up of sprinklers and fountains. Children of all ages enjoy playing in the water to cool down on a hot day.



←
**Scan or click
for the list of
all city splash
pads and
wading pools.**



←
**Scan or click for
list of beaches in
the Kawarthas.**

Bike Paths

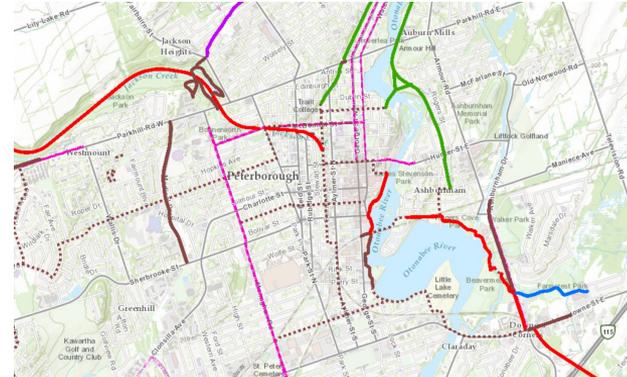
Peterborough has an extensive network of trails that go through Jackson Park, the downtown area and even all the way along the Otonabee River to Lakefield.

The trails are a convenient way to commute to work or school without having to deal with vehicle traffic. They are also nice for recreational activities like running or taking a stroll.

There are three pamphlets about cycling in Peterborough in the NCC welcome package.



**Scan or click for
map of local bike
trials.**



Public Parks

Peterborough has a multitude of public parks for everyone to enjoy. There are many parks all across the city with different facilities or attractions. Some parks have washrooms, parking, play structures, splash pads, courts, fields and more.

On the next few pages, we'll introduce you to some of the more popular parks in Peterborough.



**Scan or click for
public park
information.**

You can also see the [**Newcomer Guide Map**](#) for the the locations of all parks in Peterborough.

Beavermead Park

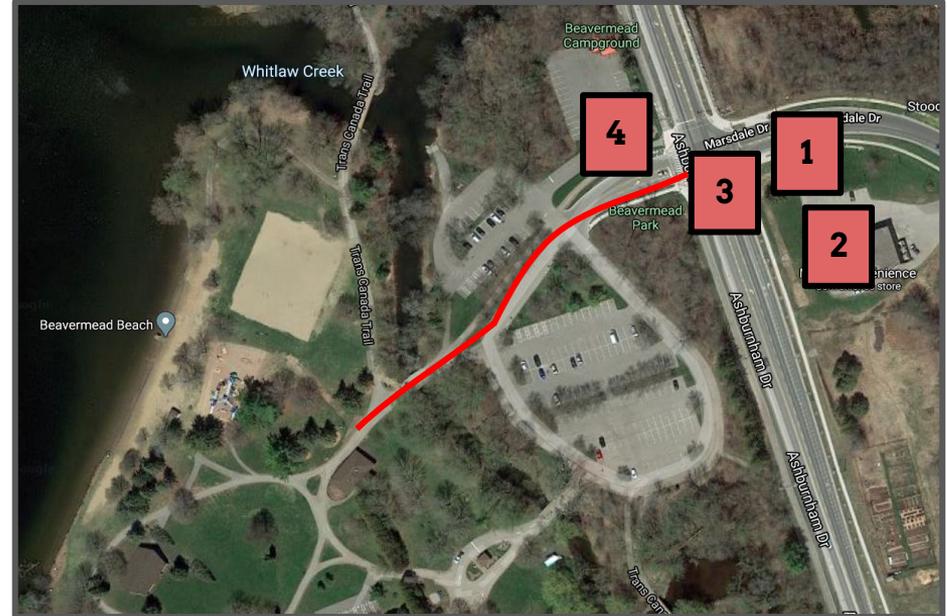
Beavermead Park is a large regional park that has plenty of space for many activities. It connects to the bike trail and is a popular place to relax and play during the spring, summer and fall.

- Playground with accessible features
- Beach
- Soccer fields
- Beach volleyball courts
- Pavilion
- Outdoor gymnasium
- Trans Canada Trail access



Getting to Beavermead Park

1. Take **bus 7** to the **Marsdale at Ashburnham Bus Stop**.
2. Across the parking lot, there is a Mister Convenience store.
3. Walk west to the intersection and follow the signs to cross the street.
4. There is a sign for Beavermead Park. Follow the walking paths into the park.

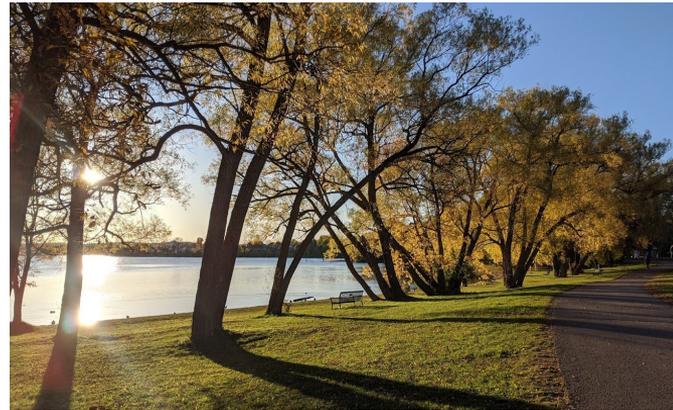


Roger's Cove

Roger's Cove is a quieter alternative to Beavermead Park. It is a short walk down a trail from Beavermead, but is a smaller park. It is a nice park along Little Lake with benches and some picnic tables.



- Beach - monitored by lifeguards during the summer months
- Playground with swings
- Splashpad
- Public bathrooms
- Free parking



Nicholls Oval



Nicholls Oval is a large park home to the Peterborough Pagans Rugby Club. The park has lots of open space to enjoy making it a prime spot to pass around a ball, play frisbee or have a picnic. There aren't many benches or tables, but there is tree covering at the perimeter of the park for sunny days in addition to:

- A playground with swing sets
- Splashpad
- Full size rugby pitch
- Pavillion
- Public washrooms
- Free parking
- Outside performance stage

Jackson Park



If you are looking for a slightly longer walking activity, walk the Trans Canada trail from the downtown bus terminal to Jackson Park. This takes about 25 minutes.

Jackson Park is the biggest park in Peterborough. It has over 4 km of trails in the valley beside the Jackson creek. To get to the park by bus, take **bus 8** to the **Fairbairn at Parkhill** stop where the entrance to the park is.



Sports

There are many different sports in Peterborough for people of all ages and skills. There are many competitive and recreational teams available.

Due to the pandemic, some local sports organizations have paused.



Scan or click for a list and information on sports organizations in Peterborough.

Sports Fields

There are many sports fields and courts that are open to the public. Some public parks will also have a basketball court or goal posts. These fields are open for anyone to use, most fields do not need to be rented or reserved.

Check the [Newcomer Guide Map](#) to see where some fields and courts are located.



**Scan or click for
a list of fields
and courts.**



Arts Organizations

Peterborough has a thriving arts community with many options and opportunities to get involved. There are multiple choirs/singing groups as well as theatre troops and dance studios.

Due to the pandemic, some local arts organizations have paused.

Check out the [Newcomer Guide Map](#) to see where arts organizations are located in Peterborough. Some organizations do not have a set location.



Welcome To Peterborough

The New Canadians Centre hopes this Guidebook will help you as you settle here in Peterborough.

Feedback is always appreciated so if there is anything that could be added, changed or updated, please let us know.

Contact us at info@nccpeterborough.ca



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PETERBOROUGH