

VISIT  
**PEMBROKE**



*visitpembroke.ca*

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## The City of Pembroke

Pembroke is a city of 14,000 known as the Heart of the Ottawa Valley. Pembroke today sits on the unceded, traditional territory of the Algonquin Anishinaabe peoples. We thank the generations of people who have cared for and nurtured this land since time immemorial. It is with this statement that we honour and respect the Algonquins on whose land we reside.

# Where to eat

Pembroke has over 60 restaurants, with a wide range of cuisines and options for you to enjoy, no matter what your budget is or what your preferences are.



vegan-friendly  
options



breakfast  
options



gluten-free  
options



open late



patio open  
seasonally



licensed to  
serve alcohol



## Anthony's Italian Grill

Italian • \$\$\$

133 Pembroke St. E. • 613-735-1958

## Cheeseburger Charlie's

Chip truck • \$-\$\$

436 Isabella St. • 613-629-3743



## Ashes Family Restaurant

Pub fare • \$\$

185 Pembroke St. E. • 613-631-0820

## Coffee Xpress

Cafe • \$-\$\$

446 Pembroke St. W. • 613-732-1303

## Asian Wok

Chinese • \$-\$\$

1100 Pembroke St. E. • 613-732-0900



## Country Style

Cafe • \$

294 Mackay St. • 613-822-7400



## BarBurrito

Tex-Mex • \$-\$\$

1200 Pembroke St. W. • 613-631-1030



## The Courtyard Bistro

Bistro • \$\$-\$\$\$

66 Pembroke St. W. • 613-732-7388



## The Bonanza Restaurant

Diner • \$-\$\$

119 Pembroke St. W. • 613-732-4412



## Dairy Queen

Fast food • \$-\$\$

401 Pembroke St. E. • 613-732-4820

## Burger King



Fast food • \$-\$\$

930 Pembroke St. E. • 613-735-0004



## Dino's Pizza

Pizza • \$-\$\$

1100 Pembroke St. E. • 613-732-8471



## Chuck's Roadhouse

Pub fare • \$-\$\$

1229 Pembroke St. W. • 613-735-8606



## Domino's Pizza

Pizza • \$-\$\$

938 Pembroke St. E. • 613-732-2400

# Where to eat



## East Side Mario's

Italian • \$\$\$-\$\$\$\$

100 Pembroke St. E. • 613-732-9955



## Little Caesars Pizza

Pizza • \$-\$\$

779 Pembroke St. E. • 613-732-2500



## F N Good Food

Canadian • \$-\$\$

53 Pembroke St. W. • 613-882-2041



## Little Things Eatery

Canadian • \$-\$\$

100 Pembroke St. W. • 613-631-0938



## Finnigan's Road House

Pub fare • \$-\$\$\$

955 Pembroke St. E. • 613-735-2333



## Loaf Artisan Bakery

Bakery • \$

201 Pembroke St. E. • 613-735-8844



## Fitzy's Sports Bar

Pub fare • \$\$

150 Peter St. • 613-631-0809



## Loggers Cookhouse (seasonal)

Food truck • \$

Riverside Park



## Fresco's Tap and Grill

Pub fare • \$\$-\$\$\$

660 Pembroke St. E. • 613-732-9725



## Mandy's Pizzeria & Subs

Pizza • \$\$-\$\$\$

595 Pembroke St. E. • 613-735-8486



## Harvey's/Swiss Chalet

Fast food • \$-\$\$

1290 Pembroke St. W. • 613-735-3279



## Marigold Unique Flavours

Indian/Thai/Indo-Chinese • \$\$-\$\$\$

640 Nelson St. • 613-631-1003



## Irving Big Stop

Diner • \$\$-\$\$\$

1751 Paul Martin Dr. • 613-735-1066



## McDonald's

Fast food • \$-\$\$

805 Pembroke St. E. • 613-735-5635



## Joes Family Pizzeria

Pizza • \$-\$\$

284 Pembroke St. W. • 613-732-9900



## McGuire's Doughnuts

Donuts • \$

178 Albert St. • 613-732-0022



## KFC

Fast food • \$-\$\$

415 Pembroke St. E. • 613-732-9892

## Mr. Fry Guy

Fast food • \$-\$\$

1100 Pembroke St. E. • 613-559-0426



## The Kitchen Eatery

Canadian • \$-\$\$

8-100 Crandall St. • 613-629-3287



## New Star Restaurant

Chinese • \$\$-\$\$\$

601 Pembroke St. E. • 613-732-2888



## Law & Orders Burgers and Fries

Burgers • \$-\$\$

244 Pembroke St. W. • 613-298-4262



## Nick's Chicken House & Pizzeria

Pizza/Chicken • \$\$-\$\$\$

450 Pembroke St. E. • 613-735-5332



# Where to eat



## Nomada Tacos

Mexican • \$\$  
205 Church St. • 613-663-1932



## Subway

Subs • \$-\$\$  
296 Pembroke St. W. • 613-732-0008



## Osmow's Shawarma

International • \$- \$\$  
1036 Pembroke St. E. • 613-631-0414



## Subway

Subs • \$-\$\$  
1100 Pembroke St. E. • 613-732-0126



## Pizza Hut

Pizza • \$-\$\$  
1200 Pembroke St. W. • 613-735-9330



## Subway

Subs • \$-\$\$  
1200 Pembroke St. W. • 613-735-3838



## Pizza Pizza

Pizza • \$-\$\$  
32 Pembroke St. W. • 613-735-1111



## Thai Gardens

Thai • \$-\$\$\$  
88B Pembroke St. W. • 613-735-6611



## Popeyes Louisiana Kitchen

Fast food • \$-\$\$  
1036 Pembroke St. E. • 647-708-0423



## The Butcher's Wife

European • \$\$\$-\$\$\$\$  
218 Pembroke St. W. • 613-732-8877

## Prince Street Books & Coffee

Cafe • \$  
175 Prince St. • 613-635-7800



## The Nook Creperie

French • \$\$-\$\$\$  
26 Pembroke St. W. • 613-735-4800



## Quesada Burritos & Tacos

Mexican • \$-\$\$  
640 Pembroke St. E. • 613-732-9494

## The Pita Shack

Greek • \$-\$\$  
239 Pembroke St. E. • 613-735-1818

## River Run Treats (seasonal)

Ice-cream • \$  
185 Lake St. • 705-345-9698



## Tim Hortons

Cafe • \$  
100 Pembroke St. E. • 613-732-8700

## Schmecken Bakery

Bakery • \$-\$\$  
361 Isabella St. • 613-732-2421



## Tim Hortons

Cafe • \$  
1230 Pembroke St. W. • 613-735-4503



## Shanloon Chinese Buffet

Chinese • \$\$\$-\$\$\$\$  
869 Pembroke St. W. • 613-735-8888



## TM Smoothie Bar

Smoothies/Contemporary • \$-\$\$  
1100 Pembroke St. E. • 613-629-2929



## Sip Stirs

Bubble tea/smoothie bowls • \$-\$\$  
73 Pembroke St. W. • 613-732-0005



## Ullrich's

German • \$\$-\$\$\$  
214 Pembroke St. W. • 613-735-6025



## Stacked Pancake House

Breakfast/brunch • \$-\$\$  
1100 Pembroke St. E. • 613-631-1553



## Valley Buns Bakery & Deli

Bakery • \$-\$\$  
130 Howard St. • 613-732-9425

# Where to eat



## Wendy's



Fast food • \$-\$\$

1230 Pembroke St. W. • 613-801-1228



## Zaytouna



Mediterranean • \$-\$\$\$

183 Pembroke St. W. • 613-631-1099



## Westwinds Restaurant



Pub fare • \$\$-\$\$\$

1 International Dr. • 613-735-7195



## 7th Heaven Sweets

Bakery • \$-\$\$

74 Pembroke St. W. • 613-735-7272

# Groceries

Staying longer and looking to cook?  
We've got you covered with these  
grocery stores.

### Food Basics

1100 Pembroke St. E. (inside Pembroke Mall)

### Giant Tiger

171 Alexander St.

### Metro Pembroke

425 Pembroke St. E.

### M&M Food Market

771 Pembroke St. E.

### Shoppers Drug Mart

881 Pembroke St. E.

### Steven & Julie's No Frills

1200 Pembroke St. W. (inside West End Mall)

### Wholesale Club

727 Front St.



## Delivery

Most Pembroke restaurants are available for delivery via Valley Eats, DoorDash, Skip, or Uber Eats. Use the app to have your meal brought right to you.

# Nightlife and entertainment

Looking to get out for some late-night fun while in Pembroke?

Several bars and restaurants in Pembroke regularly host events, including live music, karaoke, dancing, jam nights, and more. Visit the website or Facebook page of each establishment to learn about what events they are hosting this week.

Ashes Family Restaurant (185 Pembroke St. W.)  
 Fitzzy's Sports Bar (150 Peter St.)  
 Fresco's Tap & Grill (660 Pembroke St. E.)  
 Legends at Finnigan's (955 Pembroke St. E.)  
 Pembroke Legion Br. 72 (202 Pembroke St. E.)

## Delta Bingo and Gaming

Delta Bingo and Gaming Pembroke offers a lively night out with bingo sessions and electronic gaming all in a welcoming, local setting.

## Festival Hall @ L'Équinoxe

Festival Hall @ L'Équinoxe is Pembroke's performing arts centre and regularly hosts concerts, plays, comedy nights, and more. The 500+ seat theatre was recently renovated. Find a full listing of events and buy tickets at [festivalhall.ca](http://festivalhall.ca).

## Movie Night in the Park

Each Tuesday night in July and August at the Riverwalk Amphitheatre at Pembroke Waterfront Park, you can see new hit movies and classic favourites for free at 9 p.m.

## Skylight Drive-In

Get taken back in time at one of the few remaining drive-in theatres in Ontario, in nearby Laurentian Valley at 199 Forest Lea Rd. Open from May–October, enjoy a double feature at dusk Thursday–Sunday.



## Waterfront Live

Take advantage of beautiful summer nights under the stars at the Riverwalk Amphitheatre located at Pembroke Waterfront Park. Every Wednesday–Monday from late June–August, enjoy free live music in the park at 7 p.m.



# Things to do

Check out these options for some added fun around the area during your time in Pembroke. Visit [calendar.pembroke.ca](http://calendar.pembroke.ca) for an updated event calendar.

## Airborne Petawawa

Looking for excitement? This skydiving centre operated out of the Pembroke and Area Airport offers world-class tandem skydiving, accelerated freefall, solo certifications, and more.

## Algonquin Park

Nature, wildlife, camping, and canoeing soothe the soul and calm the spirit of anyone who visits Algonquin Park. Enjoy a day trip to Barron Canyon or to High Falls, both roughly a one hour trip from Pembroke.

## Bonnechere Caves

This stunning geological site in Eganville is one of the best examples in the world of solution caves, which means they have been dissolved out of the solid rock by acidic waters. Spot ancient sea creatures in the walls of the caves while enjoying an educational and entertaining tour.

## Chutes Coulonge

Chutes Coulonge has both a historical park and an adventure park just a short drive from Pembroke in nearby Mansfield-et-Pontefract. At Chutes Coulonge, you can experience ziplining, a via ferrata, obstacle courses, and breathtaking views of canyons and waterfalls.

## Griff Slaughter Experience

Enjoy guided boat tours from Pembroke around the region on the water. A variety of water sports are available, including tubing, waterskiing, wakeboarding, and surfing. Looking for a way to uniquely celebrate a family tour, birthday, or bachelor(ette) party in the Ottawa Valley? Take advantage of a fun and safe day on the water with up to 16 people able to be accommodated.

## Hugli's Blueberry Ranch

For excitement throughout the summer and fall, head to Hugli's Blueberry Ranch at 2139 Greenwood Rd. Here, you can pick blueberries and pumpkins, explore the corn maze, see friendly farm animals, watch pig and duck races, enjoy wagon rides, have a picnic, snap your perfect pictures for social media, and tire out the kids with endless fun.





# Things to do

## Laurentian Valley Four Seasons Trail

Enjoy a surfaced trail through a forest with a natural ice surface to skate through in the winter. Plus, explore snowshoe trails and hiking trails throughout the year.

## Mini golf

Enjoy 18 holes of affordable fun for all ages! Civitan Mini Golf is located at Riverside Park and open seasonally from May–October during daylight hours. Plus – on Fridays, rates for children are discounted.

## O'Kenny's River Tubing

Open seasonally, O'Kenny's River Tubing offers a mix of a calm lazy river and exciting rapids on the Muskrat River for a self-guided tour through the river from O'Kenny's Craft Spirits at 2 International Dr. to the Pembroke Waterfront.

## Pembroke Curling Centre

Pembroke has a rich curling history with the Pembroke Curling Centre founded in 1872. The centre is open seasonally at 428 Herbert St., where visitors are welcomed to drop-in and watch, grab a drink at the bar, or play as a spare. Visit the PCC's website at [pembrokecurlingcentre.ca](http://pembrokecurlingcentre.ca) to see the full calendar.

## Pembroke Heritage Murals

Pembroke has 35+ murals throughout the downtown region colourfully portraying a bygone era for the enjoyment of today's generation. Learn more about each mural, find a map and audio tour all at [pembroke.ca/murals](http://pembroke.ca/murals).



## Pembroke Lumber Kings

Pembroke is known as Hockey Town Canada and hockey is firmly ingrained in the local culture. Several Hockey Hall of Famers hail from Pembroke, including the NHL's first Hart Trophy winner, Frank Nighbor. Today, the Pembroke Lumber Kings play Junior A hockey each Sunday night at 7 p.m. at the Pembroke Memorial Centre from September–March. Make sure to enjoy a night at the rink and see the historical displays and plaques commemorating the 2011 National Championship winning team, coached and managed by future Maple Leafs and Devils coach Sheldon Keefe.

## Pembroke Public Library

Explore a wide variety of physical materials, including books, graphic novels, movies, music and more at the Pembroke Public Library, located at 237 Victoria St. Plus, stay connected through free computer usage and enjoy regular children's programming.

# Things to do

## The Rapids Skate Park

Grab your board and head to the skate park located on the corner of Lake Street and Albert Street to join fellow skaters for the day. Have your bike and looking for excitement? Head to the Construction Yard Bike Park in Petawawa. Both parks are open seasonally.

## Splash Valley Resort & Waterpark

For families looking for a fun vacation spot, check out Splash Valley Resort & Waterpark. The waterpark features several giant water slides, a splash pad, water trampolines, paddleboats, and mini golf. Plus, there is laser tag, trail hiking, and a golf course adjacent to the park.

## Upper Ottawa Valley Heritage Centre

Interested in local history? Check out the Upper Ottawa Valley Heritage Centre at 1032 Pembroke St. E. and discover the story of the timber industry while exploring Pembroke at the turn of the 20th century. Enjoy guided tours through Pembroke's Lowertown schoolhouse, the Micksburg United Church, the centre's restored pioneer home, and special exhibits. The centre is open regularly from June–September and is open by appointment from October–May. Call 613-735-0517 to book a tour.

## Whitewater Brewing Co.

With a pair of brewpubs located a short drive from Pembroke, enjoy locally-made craft beer and food. Find them seasonally at 503 Rafting Rd. or year-round at 78 Pembroke St. in Whitewater Region.



## Wineries

For a relaxing, picturesque day on the shores of the Ottawa River, head to the Whitewater O'Brien Winery at 214 Synton St. in Westmeath to enjoy tastings and a collection of wines produced at the vineyard.

Plus, check out wine tastings at Wilderness Tours in Whitewater Region.

## Whitewater Rafting

The Ottawa Valley is known as the Whitewater Capital of Canada and has fantastic rivers for kayaking, canoeing, or rafting for people of all skill levels. Several outfitters across the region, including Madawaska Kanu Centre, OWL Rafting, and Wilderness Tours are ready to help you on your whitewater adventure.

## 50+ Active Living Centre

For older visitors looking to connect while in Pembroke, the 50+ Active Living Centre is the place to be. Whether you're looking to play games, get active, or simply chat over a coffee, stop by the centre at 42 Renfrew St. Call 613-735-1226 to learn more about guest policies.

# Parks and trails

Hoping to get outside and enjoy nature while in Pembroke? The city has abundant green space and parks in which you can exercise, relax, picnic, and more.

## Algonquin Trail

Accessible via Pembroke Waterfront Park  
The Algonquin Trail is a year-round multi-use trail for cycling, snowmobiling, ATVing, walking, or just getting out in nature. It runs through Pembroke from the east end at Rankin Street to the west end at Forced Road with stops available in downtown Pembroke to shop and eat, the Pembroke Waterfront Park, as well as several hotels along the trail. The trail connects Pembroke to the surrounding region from Smiths Falls to Mattawa.

## Kinsmen Park

424 Herbert St.

Located outside of Pembroke's public pool, this park features ample green space, a playground, and a multi-sport court.

## Pansy Patch Park

Accessible via Dickson Street

Pembroke's hidden gem, this 10-acre park is the perfect place to relax and enjoy nature, right in the heart of Pembroke. Enjoy a quiet day in the park with the flower beds, trees, and the Muskrat River.

Netherlands' Queen Juliana and her children, including future Queen Beatrix, played in the park while visiting during World War II.



## Pembroke Waterfront Park

Accessible via Albert or Alexander Street  
Pembroke's biggest natural attraction, Waterfront Park features a boardwalk, vast green space, a marina, an amphitheatre, a playground, the scenic Portage Sundial, and walking trails connecting it both to Riverside Park (Kiwanis Way), and to the surrounding region (Algonquin Trail).

## Riverside Park

961 Pembroke St. W.

At Riverside Park, you will find Pembroke's beach, public fire pits, campground, sports equipment (including paddleboards, kayaks, and bikes) that can be borrowed free of charge, a variety of sports fields, walking trails, playgrounds, mini golf, and a splash pad.

## Rotary Park

James Street/Mary Street

Rotary Park is a small, centrally-located park with green space, a playground, tennis court, and splash pad. During the summer, free drop-in activities are available for children.



# Playgrounds and more

Looking to keep the kids or pets active? Enjoy the variety of options Pembroke has for you. Please note, all are open seasonally.

## Playgrounds

Cecil Street Park  
Cecil Street

Golfview Park  
Moss Drive

Hillcrest Park  
Almira Street

Kinsmen Park  
424 Herbert St.

Pembroke Waterfront Park  
Accessible via Albert or Alexander Street

Riverside Park  
961 Pembroke St. W.

Rotary Park  
James Street/Mary Street

## Sports courts and fields

Cecil Street Park (basketball)  
Cecil Street

Hillcrest Park (basketball)  
Almira Street

Kinsmen Park (ball hockey, baseball, basketball, outdoor rink, pickleball)  
424 Herbert St.

Riverside Park (basketball, baseball, horseshoes, soccer)  
961 Pembroke St. W.

Rotary Park (outdoor rink, tennis)  
James Street/Mary Street



## Beach

Riverside Park  
961 Pembroke St. W.

## Skate park

The Rapids Skate Park  
Lake Street/Albert Street

## Splash pads

Riverside Park  
961 Pembroke St. W.

Rotary Park  
James Street/Mary Street

# Golf

Want to hit the links in Pembroke? Explore these local clubs and courses, all open seasonally. Plus, enjoy pro shops, club and cart rentals, and licensed clubhouses to spend your day going from green to green in the Ottawa Valley.

Airport Golf Academy and Driving Range  
422 Airport Rd.

Island Brae Golf Club  
7388 Hwy 148, Chapeau

Pembroke Curling Centre: Fore and Roar Simulator  
428 Herbert St. (own clubs required)

Pembroke Golf Club  
253 Golf Course Rd.

Roanoke Golf Club  
610 Biesenthal Rd., Petawawa

Shots Golf Club  
1356 Pembroke St. W.



## Skiing and snowboarding

Algonquin Trail (only cross-country)  
Accessible via Pembroke Waterfront

Calabogie Peaks Resort  
30 Barrett Chute Rd., Calabogie

Dacre Heights (wilderness park)  
851 Flat Rd., Greater Madawaska

Forest Lea Trails (only cross-country)  
1864 Forest Lea Rd., Laurentian Valley

Mont Chilly  
220 Chem. du Lac de la Truite, Pontiac

Mount Martin Ski Club  
82 Double Dip Rd., Deep River

Hoping to hit the slopes or trails? Check out these local spots to send it this winter.

Mount Pakenham  
577 Ski Hill Rd., Pakenham

Opeongo Hills (only cross-country)  
109 Nordic Lane, Brudenell

Shaw Woods (only cross-country)  
2065 Bulger Rd., Eganville

Silver Spoon & Cranberry Lake (only cross-country)  
Accessible via Balmer Rd., Deep River

# Alcohol

Alcohol is available at several locations throughout Pembroke and the region.

The Beer Store  
311 Nelson St.

LCBO  
1050 Pembroke St. E.

O'Kenny's Craft Spirits  
2 International Dr.

Local craft breweries in the region include Whitewater Brewing Co. and Dog House Brewing Company. Ask for them in store or at dinner!

Plus, alcohol is now available for purchase in a wide variety of convenience and grocery stores across Pembroke.



# Cannabis

Various retailers exist across the city to provide you with recreational cannabis products.

Canna Cabana  
1036 Pembroke St. E.

Kushys  
100 Pembroke St. E.

Paradise Cannabis  
1200 Pembroke St. W. (inside West End Plaza)

Valley Cannabis  
820 Pembroke St. E.



# Shopping

Looking to explore boutiques or shop until you drop while in Pembroke? Enjoy these options.

## Downtown Pembroke

Located in the heart of the city, Downtown Pembroke features over 150 businesses, from picturesque shops to restaurants and cafes to take a break. Find a listing of downtown businesses at [downtownpembroke.ca](http://downtownpembroke.ca).

## Pembroke Mall

Found at 1100 Pembroke St. E., this mall features a combination of familiar chains and small businesses, in addition to a food court.

## West End Plaza

Located at 1200 Pembroke St. W., this smaller shopping centre offers big box stores, small businesses, and more.

## Other options

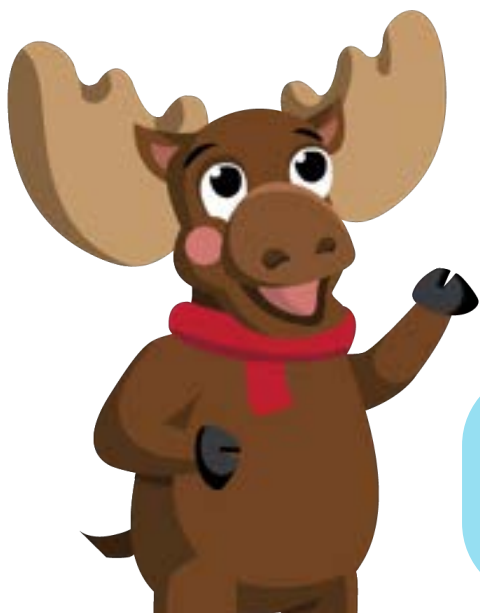
Pembroke proudly features over 400 businesses throughout the city. To see a listing of our businesses to plan your shopping trip, visit [directory.pembroke.ca](http://directory.pembroke.ca).



## Pembroke Farmers' Market

Open from May–October each year, the Pembroke Farmers' Market is the place to buy food and other products directly from local producers who are eager to provide the freshness and quality you expect. You'll find all sorts of locally-produced fruits and vegetables, baked goods, honey, preserves and maple syrup, as well as hand-crafted products, from artisans selling soaps, skin care products, candles, artwork, and more.

Find the market at the corner of Victoria and Lake Street on Wednesday and Saturday mornings.



## Pembi's Fun Fact

The 2018 Hallmark Christmas film "Pride, Prejudice and Mistletoe" starring Lacey Chabert was shot in Pembroke, with Pembroke transformed into Pemberley. Many scenes were filmed at Grey Gables Inn and at dot., a downtown clothing boutique.

# Fitness and recreation

Looking to stay active while in Pembroke? We have a variety of options within the city.

Kinsmen Pool (public swimming)

424 Herbert St.

More: [pembroke.ca/swimming](http://pembroke.ca/swimming)

Pembroke Boxing Club

21 Pembroke St. W.

Pembroke Fitness Centre

1 International Dr. (located inside Best Western)

Pembroke Memorial Centre (seasonal public skating)

393 Pembroke St. W.

More: [pembroke.ca/skating](http://pembroke.ca/skating)

Planet Fitness

1100 Pembroke St. E. (located inside Pembroke Mall)

Pltfrm Lagree

121 Pembroke St. W.

The Rapids Skate Park

Albert Street/Lake Street

Rise Above Studios

143 Pembroke St. W.

Valley Apex Training Grounds

150 Quarry Rd.

White Pine Yoga

72 Pembroke St. W.



## Relaxation

Need to take it easy? See our options to relax and unwind.

Evernew Rehab (float therapy)

1021 Pembroke St. W.

HeLa Beauty and Medical

The Pembroke Mews Plaza

Mindful Massage

159 Pembroke St. W.

Urban Oasis Day Spa

847 Pembroke St. E.



# Faith

Seeking to practise your faith? Below are the places of worship located in Pembroke. The nearest place of worship for most other major religions not listed is in Ottawa.

Calvary Baptist Church

567 Melton St.

Sunday: 9 a.m., 11 a.m.

Calvin United Church

276 Church St.

Sunday: 10 a.m.

First Baptist Church

210 Mary St.

Sunday: 10:30 a.m.

First Presbyterian Church

257 Pembroke St. W.

Sunday: 10 a.m.

Holy Trinity Anglican Church

68 Renfrew St.

Wednesday: 10 a.m., Sunday: 8 a.m., 10 a.m.

Most Holy Name of Jesus Parish

284 Trafalgar Rd.

Saturday: 4:15 p.m., Sunday: 9 a.m.

Our Lady of Lourdes Parish

280 Lourdesville Dr.

Mon.-Fri.: 8 a.m., Sat.: 4:30 p.m., Sun.: 9 a.m.

Paroisse St-Jean-Baptiste (French)

500 Isabella St.

Saturday: 4 p.m. Sunday: 10:30 a.m.

Pembroke Islamic Centre

360a Pembroke St. W.

Daily prayer: 9 a.m.



Resurrection Lutheran Church

250 Quarry Rd.

Sunday: 10:30 a.m.

St. Columbkille's Cathedral Parish

188 Renfrew St.

Sat.: 7:15 p.m., Sun.: 10:30 a.m., 5:15 p.m.

St. John's Lutheran Church

357 Miller St.

Sunday: 10 a.m.

St. Timothy's Lutheran Church

503 Alfred St.

Sunday: 9:30 a.m.

Wesley Community Church

210 Renfrew St.

Sunday: 9:30 a.m.

Wesley United Church

275 Pembroke St. E.

Sunday: 10 a.m.

Zion Evangelical Lutheran Church

454 Miller St.

Sunday: 10 a.m.

Zion Evangelical United Church

368 Miller St.

Sunday: 10:30 a.m.



# Medical providers

Need medical assistance while in  
Pembroke? See these providers  
throughout the city.

## Hospital

Pembroke Regional Hospital  
705 Mackay St.  
613-732-2811

## Pharmacies

Mulvihill Drug Mart  
1231 Pembroke St. W.  
613-735-1079

Pharmasave Rowan's  
115 Pembroke St. W.  
613-732-2522

Rexall  
215 Pembroke St. E.  
613-732-3112

Rexall  
1100 Pembroke St. E. (inside Pembroke Mall)  
613-732-7611

Shoppers Drug Mart  
811 Pembroke St. E.  
613-735-8682

## Veterinarians

Christie St. Animal Hospital  
160 Christie St.  
613-735-0032

Pembroke Animal Hospital  
905 Pembroke St. E.  
613-732-3461

## Dentists

Dr. Bruce Harle  
925 Pembroke St. E.  
613-635-4848

Dr. Christy Natsis & Associates  
925 Pembroke St. E.  
613-732-8522

Delta Dental Centre  
610 Pembroke St. W.  
613-732-4361

H.J. Laska & Associates Dentistry  
99 Renfrew St.  
613-732-9919

Dr. James Gallant Dentistry  
186 Pembroke St. W.  
613-732-2566

Parkview Dental  
15 Pembroke St. W.  
613-735-2336

Dr. Terrance Olsheski Family Dentistry  
408 Isabella St.  
613-735-0844

Wellspring Dental  
351 Pembroke St. W.  
613-735-5333



# Medical providers

## Chiropractors, Physiotherapists, and Massage Therapists

Active Chiropractic (chiro, physio, massage therapy)

1169 Pembroke St. E.

613-732-9215 • [active-chiropractic.org](http://active-chiropractic.org)

Algonquin Chiropractic & Massage Therapy (chiro, massage therapy)

278 Christie St.

613-732-8091 • [algonquinchiropractic.ca](http://algonquinchiropractic.ca)

Engage Physio and Massage Therapy (physio, massage therapy)

545 Pembroke St. W.

226-821-4131 • [engagephysio.net](http://engagephysio.net)

Family Chiropractic Centre (chiro)

932 Pembroke St. E.

613-732-7722 • [pembrokefamilychiro.com](http://pembrokefamilychiro.com)

Integrated Health Centre (chiro, physio, massage therapy)

570 Nelson St.

343-947-3460 • [integratedhealthcentre.ca](http://integratedhealthcentre.ca)

Laura-Lee Clark, RMT (massage therapy)

105 Pembroke St. W.

613-281-5818 • [activecaremassagetherapy.clinicsense.com](http://activecaremassagetherapy.clinicsense.com)

Lavallee Health Centre (chiro, physio, massage therapy)

1348 Pembroke St. W.

613-635-7206 • [lavalleecentre.com](http://lavalleecentre.com)

Paige Afelskie, RMT (massage therapy)

72 Pembroke St. W.

613-602-2961 • [paigeafelskiermt.com](http://paigeafelskiermt.com)

Physio in the Valley (chiro, physio, massage therapy)

1191 Pembroke St. E.

613-635-4777 • [physiointhevalley.ca](http://physiointhevalley.ca)

Riverview Chiropractic (chiro)

171 Maple Ave.

613-732-8512 • [riverviewchiropractic.org](http://riverviewchiropractic.org)

Valley Chiropractic Clinic (chiro)

680 Pembroke St. E.

613-735-4622 • [valleychiroclinic.ca](http://valleychiroclinic.ca)



# Transit

Ottawa River Transit is an on-demand public transit service operating without a fixed route or schedule. Request a trip and a transit vehicle is dispatched to serve you and take you anywhere in Pembroke for \$5. You can book a trip three different ways:

- Using the Blaise app; download for free on the App Store or Google Play.
- On the web at [ride.blaisetransit.com](https://ride.blaisetransit.com).
- By calling customer service at 613-631-1766.

# Parking

## Street parking

Most streets throughout Pembroke have free parking available. There is a three-hour max on parking on municipal streets.

## Metered spots

Shopping or eating in our downtown? There are many metered spots (\$0.25/half hour) available. These can be paid with change or digitally on the Honk Mobile app. Check [downtownpembroke.ca](https://downtownpembroke.ca) for maps and a guide to find free spots.

## Parking lots

Visiting one of our parks, exploring the Waterfront, or checking out a hockey game or concert? Our parks and facilities (including the pool and rinks) have free parking for those visiting the park or using the facility. Many of these lots are two-hour or three-hour max.

## Accessible permit holders

Pembroke has ample parking space to accommodate those requiring accessible parking spaces. All existing signage and meter fees do apply.

# Charging

Pembroke has several options for those with electric vehicles to plug in and charge. There is a level 3 charger at Scotiabank (81 Pembroke St. W.) and at the Pembroke Regional Hospital, as well as level 2 chargers at City Hall, the Pembroke Memorial Centre, the Pembroke and Area Community Centre (Pem Ice II), Pembroke Waterfront Park and Pembroke Regional Hospital.





# Emergency information

## Emergencies

In case of emergency, call 9-1-1.

Bernadette McCann House (emergency shelter for women and children who have experienced abuse)

wsssbmh.org

Crisis: 613-732-3131

Mental Health Service Renfrew County

Crisis: 1-866-996-0991

Ontario Poison Centre

1-844-764-7669

Women's Sexual Assault Centre of Renfrew County

wsac.ca

Crisis: 1-800-663-3060

## Meetings

Alcoholics Anonymous

pembrokeaa.org

Narcotics Anonymous

orscna.org/meetings

## Post office

Canada Post

162 Pembroke St. E.

Canada Post (inside Giant Tiger)

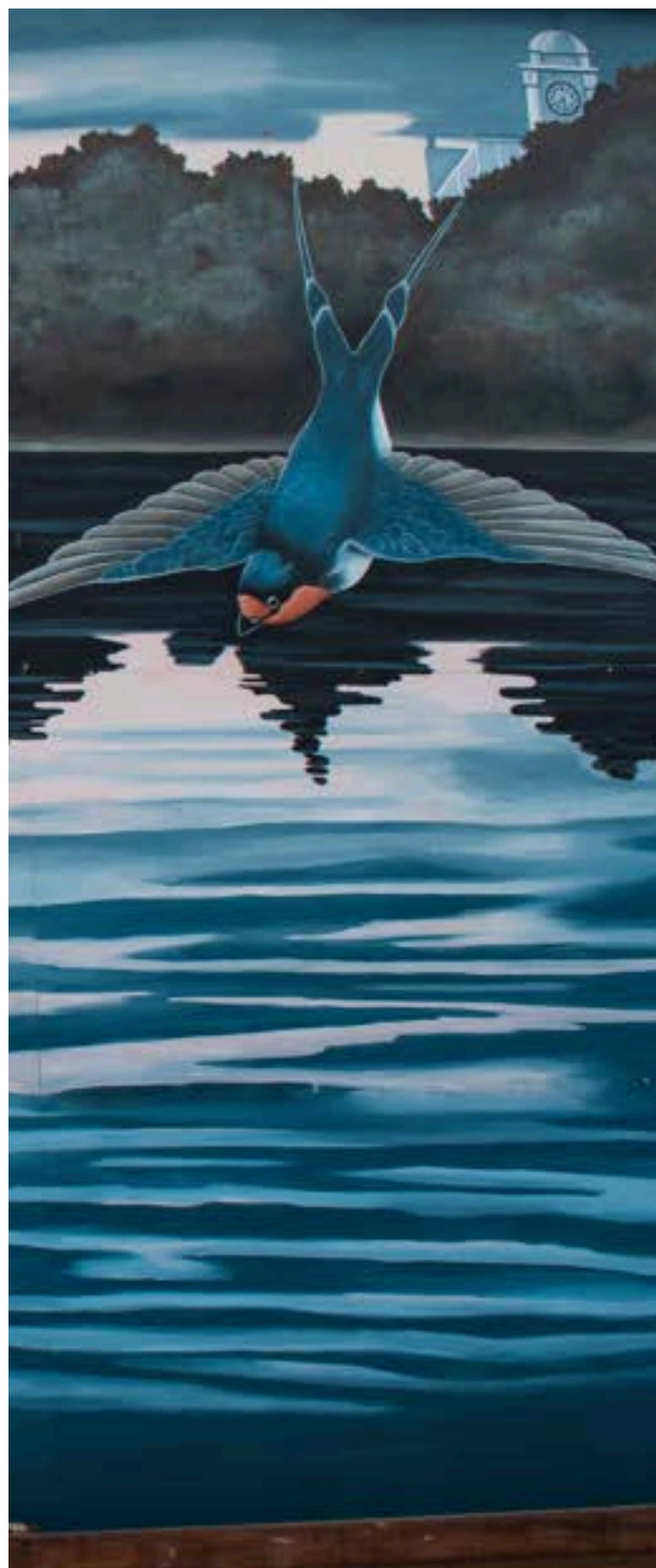
171 Alexander St.

Canada Post (inside Metro)

425 Pembroke St. E.

Canada Post (inside Runge Stationers)

243 Pembroke St. W.



## Pembi's Fun Fact

Pembroke is the smallest city by area in Ontario at roughly 14km².

<sup>VISIT</sup>  
**PEMBROKE**



*visitpembroke.ca*

Enjoy your time in the Heart of the Ottawa Valley as you  
#VisitPembroke!

More information

City of Pembroke Tourism Officer  
613-735-6821 ext. 1515  
tourism@pembroke.ca

Pembroke Visitor Information Centre  
130 Pembroke St. W.

