

# EXPLORE

## Pembroke

|    |   |
|----|---|
| 02 | Where to eat                                |
| 06 | Nightlife and entertainment                 |
| 07 | Things to do                                |
| 09 | Adventures in the area                      |
| 10 | Parks                                       |
| 11 | Playgrounds, splash pads, and sports fields |
| 12 | Golf, skiing, and snowboarding              |
| 13 | Alcohol and cannabis                        |
| 14 | Shopping                                    |
| 15 | Fitness, recreation, and relaxation         |
| 16 | Faith                                       |
| 17 | Medical providers                           |
| 19 | Parking and charging                        |
| 20 | Emergency information and contacts          |

### Questions?

Pembroke Tourism Officer  
613-735-6821 ext. 1515  
Email us

## 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.

## Welcome to Pembroke!

I sincerely hope you enjoy your time in Pembroke. Let this guide help you to make the most of your visit. We hope to see you back soon in the Heart of the Ottawa Valley.

–Mayor Ron Gervais

# 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*



## @Zaffran



Indian • \$\$\$-\$\$\$\$  
185 Prince St. • 613-631-1080



## Burger King

Fast food • \$-\$\$  
930 Pembroke St. E. • 613-735-0004



## A&W

Fast food • \$-\$\$  
1100 Pembroke St. E. • 613-735-0909

## Cheerful Harlies (seasonal)

Chip truck • \$  
Pembroke Waterfront Park



## Anthony's Italian Grill



Italian • \$\$\$  
133 Pembroke St. E. • 613-735-1958

## Cheeseburger Charlie's

Chip truck • \$-\$\$  
436 Isabella St.

## Asian Wok

Chinese • \$-\$\$  
1100 Pembroke St. E. • 613-732-0900

## Coffee Xpress

Cafe • \$-\$\$  
446 Pembroke St. W. • 613-732-1303



## BarBurrito



Tex-Mex • \$-\$\$  
1200 Pembroke St. W. • 613-631-1030

## Country Style

Cafe • \$  
1294 Mackay St. • 613-822-7400



## Bistro 900

Canadian • \$\$-\$\$\$  
900 Pembroke St. E. • 613-735-6868 ext. 130



## 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

# Where to eat



## Dino's Pizza

Pizza • \$-\$\$  
1100 Pembroke St. E. • 613-732-8471



## Domino's Pizza

Pizza • \$-\$\$  
938 Pembroke St. E. • 613-732-2400



## East Side Mario's

Italian • \$\$-\$\$\$  
100 Pembroke St. E. • 613-732-9955



## Finnigan's Road House

Pub fare • \$\$-\$\$\$  
955 Pembroke St. E. • 613-735-2333



## Fitzy's 86 Sports Bar

Pub fare • \$\$  
150 Peter St. • 613-631-0809



## Fresco's Tap and Grill

Pub fare • \$\$-\$\$\$  
660 Pembroke St. E. • 613-732-9725



## Harvey's/Swiss Chalet

Fast food • \$-\$\$  
1290 Pembroke St. W. • 613-735-3279



## Irving Big Stop

Diner • \$\$  
1751 Paul Martin Dr. • 613-735-1066



## J&E's Bored N' Saucy Res. & Sp. Bar

Pub fare • \$-\$\$  
185 Pembroke St. E. • 613-629-0185



## Janna & Kerry's Over Easy Bar & Grill

Pub fare/Mexican • \$\$  
27 Pembroke St. W. • 613-631-0911



## Joes Family Pizzeria

Pizza • \$-\$\$  
284 Pembroke St. W. • 613-732-9900



## KFC

Fast food • \$-\$\$  
415 Pembroke St. E. • 613-732-9892



## Kingburger Restaurant

Fast food/Diner • \$-\$\$  
1294 Pembroke St. W. • 613-732-2395

## The Kitchen Eatery

Canadian • \$-\$\$  
8-100 Crandall St. • 613-629-3287



## Law & Orders Burgers and Fries

Burgers • \$-\$\$  
868 Pembroke St. W. • 613-298-4262

## Little Caesars Pizza

Pizza • \$-\$\$  
779 Pembroke St. E. • 613-732-2500



## Little Things Canning Company

Canadian • \$-\$\$  
100 Pembroke St. W. • 613-631-0938



## Loaf Artisan Bakery

Bakery • \$  
201 Pembroke St. E. • 613-735-8844



## Loggers Cookhouse (seasonal)

Food truck • \$  
Riverside Park



## Madameek

Lebanese • \$-\$\$  
244 Pembroke St. W. • 613-732-1000



## Madawaska Coffee Co.

Cafe • \$  
20 Pembroke St. W. • 613-775-0102



## Mandy's Pizzeria & Subs

Pizza • \$\$-\$\$\$  
595 Pembroke St. E. • 613-735-8486

# Where to eat



## Marigold Unique Flavours

Indian/Thai/Indo-Chinese • \$\$-\$\$\$  
640 Nelson St. • 613-631-1003



## McDonald's

Fast food • \$-\$\$  
805 Pembroke St. E. • 613-735-5635

## McGuire's Doughnuts

Donuts • \$  
178 Albert St. • 613-732-0022

## Mr. Fry Guy

Fast food • \$-\$\$  
1100 Pembroke St. E. • 613-732-2622



## The Nelson Street Pub

Pub fare • \$\$-\$\$\$  
207 Nelson St. • 613-631-0255



## New Star Restaurant

Chinese • \$\$-\$\$\$  
601 Pembroke St. E. • 613-732-2888

## Nick's Chicken House & Pizzeria

Pizza/Chicken • \$\$-\$\$\$  
450 Pembroke St. E. • 613-735-5332



## Nomada Tacos

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



## The Nook Creperie

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



## NorKi's Snack Shack (seasonal)

Food truck • \$-\$\$  
2 International Dr. • 343-369-6896



## The Oak Door Steak and Seafood

Steakhouse/Seafood • \$\$\$  
353 MacKay St. • 613-631-1393



## The Pantry Eatery

British • \$-\$\$  
353 MacKay St. • 613-635-7011

## The Pita Shack

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



## Pizza Hut

Pizza • \$-\$\$  
1229 Pembroke St. W. • 613-735-9330



## Pizza Pizza

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

## Prince Street Books & Coffee

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



## Quesada Burritos & Tacos

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

## Schmecken Bakery

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



## Shanloon Chinese Buffet

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



## Sip Stirz

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



## Subway

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



## Subway

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



## Subway

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



## Thai Gardens

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

# Where to eat



## Tim Hortons

Cafe • \$



100 Pembroke St. E. • 613-732-8700



## Wendy's

Fast food • \$-\$\$



1230 Pembroke St. W. • 613-801-1228



## Tim Hortons

Cafe • \$



1230 Pembroke St. W. • 613-735-4503



## Westwinds Restaurant

Pub fare • \$\$-\$\$\$



1 International Dr. • 613-735-7195

## TM Smoothie Bar

Smoothies/Contemporary • \$-\$\$

1100 Pembroke St. E. • 613-629-2929

## What's That Scoop (seasonal)

Ice cream • \$

Pembroke Waterfront Park



## Ullrich's

German • \$\$-\$\$\$



214 Pembroke St. W. • 613-735-6025



## Zaytouna

Mediterranean • \$\$-\$\$\$



183 Pembroke St. W. • 613-631-1099



## Valley Buns Bakery & Deli

Bakery • \$-\$\$



130 Howard St. • 613-732-9425



## 7th Heaven Sweets

Bakery • \$-\$\$

74 Pembroke St. W. • 613-735-7272

# Delivery

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

# 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.

## Steven & Julie's No Frills

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

## Wholesale Club

727 Front St.

# 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.

Fitzy's 86 Sports Bar (150 Peter St.)

Fresco's Tap & Grill (660 Pembroke St. E.)

J&E's Bored N' Saucy (185 Pembroke St. E.)

Janna and Kerry's (27 Pembroke St. W.)

Lasso Live (163 Pembroke St. W.)

Legends at Finnigan's (955 Pembroke St. E.)

The Nelson Street Pub (207 Nelson St.)

Pembroke Legion Br. 72 (202 Pembroke St. E.)

## Algonquin Cinemas

Looking to catch the latest movies? Enjoy them in the four screen theatre located inside the Pembroke Mall. The theatre is open Monday-Saturday with evening shows, plus Saturday matinees. Call 613-735-8318 to find out what's playing tonight.

## Festival Hall

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 on the Festival Hall website.

## 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 city during your time in Pembroke. Find an updated event calendar on our website.

## 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.

## 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 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 online at our website.

## Pembroke Curling Centre

Pembroke has a rich curling history with the Pembroke Curling Centre founded in 1872. Today, 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 to see the full calendar.



# Things to do

## 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 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.

## 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.

## 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.



# Adventures in the area

Looking for great experiences? Just a short drive from Pembroke, find world-class outdoor adventures scattered throughout the Ottawa Valley. All experiences listed are open seasonally. Find more info on our website.

## 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 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.

## 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.

## Logos Land Waterpark

For families looking for a fun vacation spot, Logos Land Resort & Waterpark is a great spot to check out. The waterpark features several giant water slides, a splash pad, water trampolines, paddleboats, and mini golf. Plus, there is ziplining and trail hiking available onsite, as well as a golf course adjacent to the park.

## 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, RiverRun Rafting, and Wilderness Tours are ready to help you on your whitewater adventure.

# 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 St. to the west end at Forced Rd. 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 Julianna 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, 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.

## 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.

## Island Brae Golf Club

7388 Hwy 148, Chapeau

## Pembroke Golf Club

253 Golf Course Rd.

## Petawawa Golf Club

3 Festubert Blvd., Petawawa

## Roanoke Golf Club

610 Biesenthal Rd., Petawawa

## Airport Golf Academy and Driving Range

422 Airport St.

## Pembroke Curling Centre: Fore and Roar Simulator

428 Herbert St. (own clubs required)

# 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.

Walmart Pembroke Supercentre  
1108 Pembroke St. E.

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

# Cannabis

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

Collective Growers  
79 Pembroke St. W.

Kushys  
100 Pembroke St. E.

Pop's Cannabis Co.  
1100 Pembroke St. E. (inside Pembroke Mall)

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 on the Downtown Pembroke website.

## 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 and The Circle of Turtle Lodge's Indigenous Hub (which features cultural connection and gathering opportunities for Indigenous people).

## West End Mall

Located at 1200 Pembroke St. W., this smaller mall 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 our website.

## 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.

Find more info and schedules online

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.

Find more info and schedules online

Planet Fitness

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

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.

Mindful Massage

21 Pembroke St. W.

Urban Oasis Day Spa

847 Pembroke St. E.



# Faith

Seeking to practice 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: 5:30 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: 10:30 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

Mulvihill Drug Mart  
315 Pembroke St. E.  
613-735-6559

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.  
613-732-2336

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

Wellspring Dental  
811 Pembroke St. E.  
613-735-5333

# Medical providers

## Chiropractors, Physiotherapists, and Massage Therapists

### Active Chiropractic

1169 Pembroke St. E.

613-732-9215 • [Book online](#)

### Algonquin Chiropractic & Massage Therapy

278 Christie St.

613-732-8091 • [Book online](#)

### Engage Physio and Massage Therapy

545 Pembroke St. W.

226-821-4131 • [Book online](#)

### Family Chiropractic Centre

932 Pembroke St. E.

613-732-7722 • [Book online](#)

### Integrated Health Centre

570 Nelson St.

613-732-3333 • [Book online](#)

### Laura-Lee Clark, RMT

105 Pembroke St. W.

613-281-5818

### Lavallee Health Centre

1348 Pembroke St. W.

613-635-7206 • [Book online](#)

### Paige Afelskie, RMT

72 Pembroke St. W.

613-602-2961 • [Book online](#)

### Physio in the Valley

1191 Pembroke St. E.

613-635-4777 • [Book online](#)

### Riverview Chiropractic

171 Maple Ave.

613-732-8512 • [Book online](#)

### Valley Chiropractic Clinic

680 Pembroke St. E.

613-735-4622 • [Book online](#)

# Parking

Driving around Pembroke and wondering what your options are for parking?

## Street parking

Most streets throughout Pembroke have free parking available. Please note, 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. For maps and a guide to find free spots, visit the Downtown Pembroke website.

## 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, look for signage in the lot when you park.

## Accessible permit holders

Pembroke has ample parking space to accommodate those requiring accessible parking spaces. Please note, while in Pembroke with an accessible permit, you will need to follow all existing signage and pay meter fees.

# Charging

In Pembroke with your electric vehicle and looking for a suitable charging location?

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.), level 2 chargers at City Hall, the Pembroke Memorial Centre, the Pembroke and Area Community Centre (Pem Ice II), and Pembroke Waterfront Park.

# Emergency information

## Emergencies

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

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

Find resources online

Crisis: 613-732-3131

Mental Health Service Renfrew County

Crisis: 1-866-996-0991

Ontario Poison Centre

1-800-268-9017

Women's Sexual Assault Centre of Renfrew County

Find resources online

Crisis: 1-800-663-3060

## Meetings

Alcoholics Anonymous

Find a local meeting online

Narcotics Anonymous

Find a local meeting online

## Post office

Canada Post

162 Pembroke St. E.

Canada Post (inside Runge Stationers)

243 Pembroke St. W.

Canada Post (inside Metro)

425 Pembroke St. E.

### Pembi's Fun Fact

Pembroke is the smallest city by area in Ontario at roughly 14km<sup>2</sup>.