



WELCOME TO

Photo by City of Cold Lake

Cold Lake & Area

Your local attraction and retention committee is:

HEARTS FOR HEALTHCARE

CONTACT: KARI LEIPER | COORDINATOR@HEARTSFORHEALTHCARE.CA

RECREATION & ACTIVITIES

- 4 Wing Viewing Area
- Casino Dene
- Col J.J. Parr Sports & Aquatic Centre
- Cold Lake Bike Park & Trails plus additional parks (Cold Lake MD Campground, English Bay, & French Bay)
- Cold Lake Clubs: 4-H Canada, Art & Theatre, Bowling, Cycling, Golf, Horseback Riding, Rowing, Running, Sailing, Skiing, Snowmobiling, & Social Dance
- Cold Lake Energy Centre
- Cold Lake Golf and Winter Club
- Cold Lake Marina & Boat Launch
- Cold Lake Motocross - Mason Watt Memorial Raceway
- Cold Lake Museums
- Cold Lake Provincial Park (boat launch, day use, hiking, playground, & swimming)
- Community Trails: Iron Horse, Millennium, & Trestle Bridge
- Grand Centre Golf & Country Club
- Imperial Park Fields
- Janvier Gallery
- Kinosoo Beach
- Kinosoo Ridge Resort & Adventure Park
- Local Sports Teams/Activities: Baseball, Boxing, Cheerleading, Curling, Dance, Figure Skating, Football, Gymnastics, Hockey, Jiu Jitsu, Kickboxing, Lacrosse, Mixed Martial Arts, Pickleball, Rugby, Soccer, Softball, Swimming, Taekwondo, & more
- Mach 1 Skate Park
- Medley Disc Golf
- Thomas Varughese Memorial Field



Photo by Kari Leiper



Photo by City of Cold Lake



RESTAURANTS & GROCERY STORES

- Beantrees Café
- Bridges Café
- Canex Supermarket
- Casual Canoe
- Clark's General Store & Eatery
- Cold Lake Brewing & Distilling Co.
- Hamel Meats Ltd.
- Hà Nôi Pho Restaurant
- Jonny Waffles
- M & M Food Market
- Mamacitas Mexican Restaurant
- Mr. Pesen's Turkish Cuisine
- Northern Lights Chinese Cuisine
- Pourhouse Bar & Grill/ Pourhouse on the Beach
- Soleilki Asian Buffet
- Taps Sports Bar and Grill
- Wilmies You! Bar and Grill

This information is provided courtesy of the Rural Health Professions Action Plan. For more information visit rhppap.ca.





Did You Know? Every two years, CFB Cold Lake - 4 Wing plays host to an International Airshow featuring military and civilian displays of aviation. The event brings tens of thousands of people to Cold Lake, showcasing the community, 4 Wing, and the RCAF.

PLACES OF WORSHIP

Over 14 different places of worship of various faiths & denominations

SCHOOLS & RESOURCES FOR PARENTS

- CLFNS Daycare Centre
- First Flights Child Care
- First Smiles Child Care
- Happy House Daycare
- Kids' Time Out Play Program
- Lakeland Catholic School Division
- Northern Lights School Division
- Private Day Homes

POST-SECONDARY

- Portage College

ADDITIONAL SERVICES & RESOURCES

- Catholic Support Services
- Cold Lake Community Learning Centre
- Cold Lake FCSS (Family and Community Support Services)
- Cold Lake Public Library
- Cold Lake Regional Chamber of Commerce
- Cold Lake Victim Services
- Lakeland Centre for FASD
- Stepping Stones Crisis Society

VOLUNTEER & SERVICE CLUBS

- 4 Wing MFRCS
- Age Friendly Cold Lake
- Alberta Works
- Cold Lake Agricultural Society
- Cold Lake Food Bank Society
- Cold Lake Native Friendship Centre
- Grand Centre Lions Club
- Hearts for Healthcare
- John Howard Society
- Lakeland Friends of RMHC Alberta
- Men's Shed Cold Lake

FOR MORE INFORMATION ABOUT OUR COMMUNITY, VISIT:

- www.coldlake.com



Hidden Gem! Beaver River Trestle: A favorite place to walk, bike or ATV, this hidden gem in our community has amazing views of the Beaver River Valley! Built in 1931, we almost lost this treasured piece of history to fire TWICE! Park off the "Y" road for a short walk or take a great hike (or ride) from the Iron Horse Trail Staging area behind Assumption School.

HEALTHCARE SERVICES

Hospitals & Clinics

- 4 Wing Healthcare Centre (health services available to military members)
- Ageless Living Cold Lake
- CL Medical Clinic
- Cold Lake Healthcare Centre
- Lakeland Medical Clinic
- Merit Medical Clinic

Public Health Facilities

- Cold Lake Community Health Services
- Cold Lake First Nations Health Centre
- Cold Lake Primary Care Network

Private/Blended Practice

Our community offers a variety of medical practitioners such as:

- Acupuncture
- Chiropractic
- Dental
- Hearing Services
- Massage Therapy
- Medical Imaging
- Midwifery
- Occupational Therapy
- Optometry
- Physiotherapy
- Pharmacies
- Psychological and Counselling Services
- Social Work
- Sports Therapy
- Wellness Centers



We are supported by **Emergency Medical Services**



We are connected to the **Cold Lake Primary Care Network**

In the spirit of respect and reciprocity, we acknowledge that the City of Cold Lake is located on lands and by water in Treaty 6 Territory and the homeland of the Métis Nation that has been, and continues to be, a sacred place for many. We pay respect to the Indigenous peoples of this place past and present: the Cree, Denesuline, and Métis peoples. We acknowledge that this place is impacted by the ongoing process of colonialism. We strive to understand and reframe our responsibilities to land and community as we journey towards reconciliation.