



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

Thunder Bay, Ontario

The city of Thunder Bay is named after the bay it sits on, at the western edge of the Canadian portion of the Great Lakes. It was originally founded in 1683 as Fort Caministigoyan, a fur trading fort. In 1803 it became Fort William under the British.

But it wasn't until 1850, when Canada became serious about western expansion, that the area became important. Fort William was joined by Port Arthur, and the two towns competed until 1970, when they joined to become the City of Thunder Bay. The city is a natural crossroads between shipping goods on the water to the east and shipping goods on the railroad to the west.

The symbol of the city is the Sleeping Giant, a formation of rocky mesas near the city that resembles a giant sleeping on its back. The city is also known for its amethyst mines, where the public can dig for crystals.

Notable Thunder Bay residents include the famous Staal hockey family. Of the four brothers — Eric, Marc, Jordan, and Jared — three have made the NHL and the fourth is currently playing in the minor leagues after being drafted.



Population: 121,596