

The Polar Bear Express

From June 22 to early September, the Polar Bear Express leaves Cochrane destined to James Bay by rail through the forest and across the mighty rivers of the Abitibi, Moose and the Onakawana to the gateway to the Arctic, Moose Factory and Moosonee.

Moose Factory is a historical place dating back more than 300 years. Both, Moose Factory and Moosonee, are located at the mouth of the Moose River which empties into the cold Arctic waters of James Bay.

The trip north takes about four hours in comfortable air conditioned coaches. Food and Beverage cars are part of the train and congenial hostesses will make the trip more enjoyable by pointing out some of the fascinating points of interest and tell you a little of the area's history on the way north.

When the Polar Bear rolls to a stop in Moosonee, it is literally the end of the line and the farthest in Ontario.

It is also the only place in Ontario where the ocean tides can be seen. Fast tidal waters from James Bay change the entire appearance of the Moose River as the water level is raised or lowered by about six feet twice daily.

After disembarking from the train, follow the crowd to the waterfront, where dozens upon dozens of huge freighter canoes, commonly called water taxis, equipped with outboard motors are waiting to take visitors to Moose Factory or other islands.

Since the water travel is the way of life in the area, the skilled operators know the river and never take unnecessary risks. Larger vessels also travel the waterways on scheduled or best way to really get a feel for

charter sightseeing tours. The place is to spend a day or two. Accommodation is limited, so reservations is a must. Plan well ahead!

In the four and one-half hours the Express is in Moosonee, many of the area's points of interest and museums providing a glimpse into its fascinating history may be visited.

Many of the local natives make crafts and are available in Moosonee and on Moose Factory Island. The locations of the shops and information on the museum's tours and other points of interest can be obtained at the Tourist Information Centre which is located on the road to the waterfront.

Whether it's the one-day excursion, or an overnight trip, the Polar Bear Express is a unique experience and one you will never forget. Don't be disappointed, reserve ahead.

Plan trip well

The wise canoeist planning a James Bay Frontier vacation plans the day's travel in advance. Watch carefully while canoeing for portages which may not be well marked.

Never alter established portages markers. Most portages were made by experienced canoeists who knew of the dangers that lay around the bend.

The Ministry of Natural Resources does not recommend running any rapids. Where there is no obvious portage, play it safe and line your canoe down with your track rope.

Do not tire yourself out needlessly on long portages. Move your equipment in stages to provide rest breaks on your return trip.

While on the northern waterways, if possible, select an established campsite at either end of the portage, on islands, or on the point of a peninsula.

Choose an open site, with proper drainage. The welcome breeze will discourage mosquitoes and black flies. Don't dig drainage ditches as they promote erosion and ultimately destroy the site. Use the existing fireplaces.

Dead and dry wood produces the best fire. Do not cut live trees or boughs.

Charcoal deteriorates slowly with age and the resulting debris is most unpleasant for those who follow.

Never leave a campfire unattended and make sure it is completely extinguished before continuing the trip.

Leave the campsite clean with a small supply of firewood for the next camper. "Bed from boughs" are discouraged because of the unsightly remains and increased fire hazard.

When leaving the campsite dispose of all litter. Garbage which can be burned should be incinerated at the campfire. Remove cans from your fireplace, remove ends, flatten and carry them out to a proper disposal area. Do not throw any debris into the water or bush. Fish entrails should be burned or left on the shores for gulls.

Always dig a latrine at each campsite and cover it before you leave. Locate the latrine a sufficient distance from the campsite and shore to avoid pollution.

Welcome to Cochrane and the
POLAR BEAR EXPRESS

Suzuki

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1985 TOUR INFORMATION

Guided tours operate daily, except Sunday, from July 1 to August 31, 1985. Rates below are for all tours which include lunch in the mill cafeteria. Tour buses depart at 9:00 a.m. from Iroquois Falls Sports Complex.

Adults: \$25.00
Seniors: \$22.50 (65 yrs. & over)
Children: \$10.00 (16 yrs. & over)
Family: \$60.00 (2 adults and 3 children)
(Group Rates Available)

RESERVATIONS

Iroquois Falls Chamber of Commerce
Iroquois Falls "A", Ont. P0K 1G0
(705) 232-4656
Office hours 9:00 a.m. to 12 noon;
1:00 p.m. to 5:00 p.m. Mon. to Fri.
Sat. Tours on Reservation Basis only.

Because of safety regulations open-toed shoes must not be worn and children under eight are restricted on the mill tour.

The Pulp and Paper Path is presented by Abitibi-Price Inc. in co-operation with the Iroquois Falls Chamber of Commerce as a public service.

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