

 2021 Travel Manitoba **TRAVEL IDEAS GUIDE**

Manitoba



Manitoba
CANADA'S HEART  BEATS

travelmanitoba.com

Travel Safe in Manitoba

Keep yourself and others safe as you explore Manitoba. Remember to:

- **Wash or sanitize your hands frequently**
- **Wear a mask**
- **Practice physical distancing**
- **Stay home when you're sick**
- **Follow all local travel restrictions**

Attractions, accommodations and destinations around the province are also working to keep you safe. Their websites have information on procedures, protocols and other safety measures. Get the latest updates before you visit.

Travel Manitoba cannot guarantee that the attractions and businesses listed in this guide will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.

↑ **Steep Rock**
PHOTO: VISUAL SOUL STUDIOS

Festival Memories

Manitoba is known for its incredible festivals and events. Festivals large and small can't wait to welcome you back to dance to the music, eat tasty treats and immerse yourself into local culture. We have not included any festivals or events in this guide, but check with your favourites to find out how to you can celebrate with them this year. For the most up-to-date information on festivals and events happening in Manitoba, go to travelmanitoba.com/events.



↑ **Falcon Lake**
PHOTO: MAY CONTAIN STUDIOS



Parks & Outdoor Activities



Museums & Cultural Experiences



City & Rural Explorations



Churchill Adventures

Manitoba
CANADA'S HEART  BEATS

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3. do not provide a recommendation for any businesses or services referred to in this publication or their suitability for a particular purpose.



↑ Spirit Sands



Parks & Outdoor Activities



↑ **Birds Hill Provincial Park**
PHOTO: BROOKE MOS. PHOTOGRAPHY

Camping

Is it even summer until you've gone camping? In Manitoba, camping is a favourite summer tradition. Set up a tent or park your RV at a municipal or privately-run campground that offers amenities like swimming pools and mini golf. Settle into a glamping structure – like a comfortable yurt in a provincial park or a cozy oTENTik in Riding Mountain National Park. Both provincial parks and Riding Mountain National Park offer fully serviced and basic campsites that are easy to book online. Some parks even offer secluded backcountry sites where campers must hike in with all the supplies needed for a truly remote camping experience.

DID YOU KNOW?

Five oTENTiks in Riding Mountain National Park are winterized, with insulation and electric heaters to keep you warm and toasty. Book an unforgettable winter camping experience!

FIND A CAMPSITE

- Manitoba Parks Reservations: prspub.gov.mb.ca
- Riding Mountain National Park Reservations: pc.gc.ca/en/voyage-travel/reserve
- Manitoba Association of Campgrounds and Parks: macap.ca
- Campgrounds & RV Parks on travelmanitoba.com/stay/campgrounds-rv-parks



↑ **Falcon Trails Resort**
PHOTO: MAX MUENCH

Lodges & Resorts

Camping isn't for everyone – and that's okay. Manitoba has plenty of places where you can stay close to nature, without having to sleep under the stars. Resorts and lodges in or next to parks provide lots of accommodation options. Choose from resort hotels, private chalets and lakefront cabins in some of Manitoba's most popular parks, including Whiteshell and Hecla Provincial Parks or Riding Mountain National Park. You don't have to be an expert angler to enjoy the hospitality and scenery offered by Manitoba's fishing lodges. Fishing guides will take you out on the water and help you land a trophy catch. Or, simply enjoy relaxing in nature.



↑ **Elkhorn Resort**

DID YOU KNOW?

Manitoba's Northern region is home to many lodges and resorts offering incredible access to fishing, snowmobiling and more!

FIND A LODGE OR RESORT

- Manitoba Lodges and Outfitters Association: mloa.com
- Cabins & Cottages on travelmanitoba.com/stay/cabins-cottages
- Find a Lodge on huntfishmanitoba.ca/lodges-outfitters

Parks & Outdoor Activities

Trails – Summer

The trails that crisscross Manitoba's parks and open spaces highlight the diverse landscapes of the province. Granite rock faces in the Canadian Shield. Sandy dunes of a former glacial lake delta. Limestone cliffs along massive lakes. Open vistas through prairie fields. Dense trees of the boreal forest. Many trails also connect community landmarks and some provide interpretive information about the plants, animals and people who are important to the area.



Some Manitoba trails are best for experienced hikers – like the 22-km return trip between Pisev Falls and Kwasitchevan Falls (Manitoba's second highest and highest waterfalls!). Others are perfect for families. Short loops, meandering boardwalks or trails with lookout towers keep things interesting for little hikers. Climb to the top of the tower on Mount Baldy in Duck Mountain Provincial Park – the province's highest peak!

Mountain biking is having a moment in Manitoba. Trails in destinations like Whiteshell Provincial Park, Riding Mountain National Park and the Brandon Hills have been attracting mountain bikers for years. New options for those who prefer two wheels include the HyLife Back 40 Park in Neepawa and Dauphin's NorthGate Trails.

DID YOU KNOW?

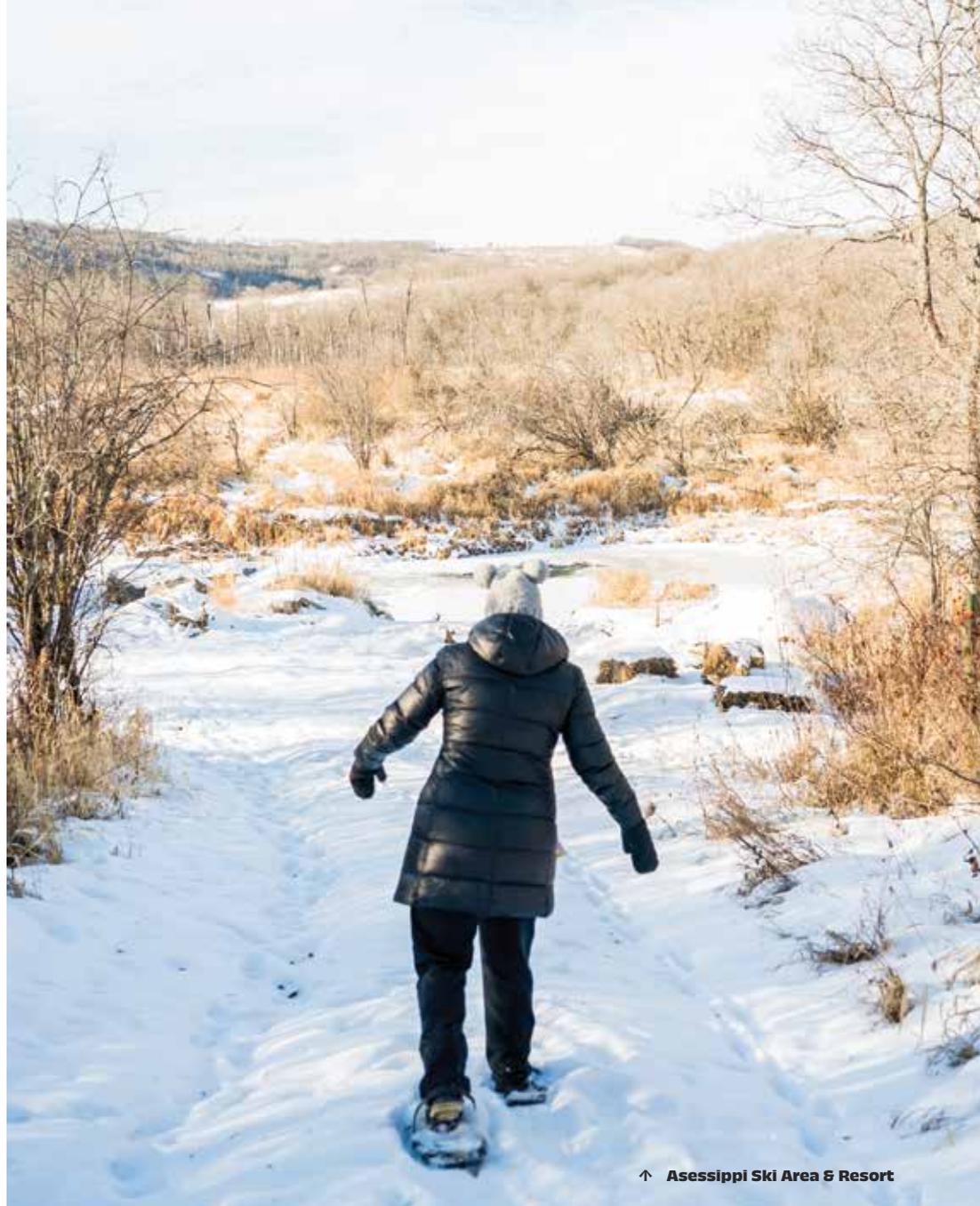
Manitoba has 19 sections of Canada's Great Trail, which spans from coast to coast to coast. Among these are the Crow Wing Trail, following the Red River oxcart trails taken by Métis traders in the mid-1800s.

Trails – Winter

Winter is a special time in Manitoba. The thick blanket of snow that covers the ground is the perfect base for cross-country skiing, snowshoeing and snowmobiling!

The province is home to more than 50 different snowmobile clubs and nearly 13,000 kilometres of groomed trails. There are many reasons why snowmobilers love Manitoba: the wide-open frozen lakes, the hilly terrain and the guaranteed snow are just a few. Huge trail networks cover the province, linking and overlapping, offering never-ending adventures complete with sled-friendly restaurants and accommodations. In the eastern part of the province, places like Beausejour, Grand Beach and Gimli are favourite snowmobiling spots. In the west, the Swan Valley region is often regarded by snowmobilers as one of their top sledding destinations. In the north, the promise of extended riding seasons and an exciting combination of groomed and backcountry trails bring riders to the region.

There are over 100 cross-country ski trails in Manitoba, many groomed by volunteers who just love the sport. Some top destinations include Riding Mountain National Park, along with Beaudry, Birds Hill and Turtle Mountain Provincial Parks.



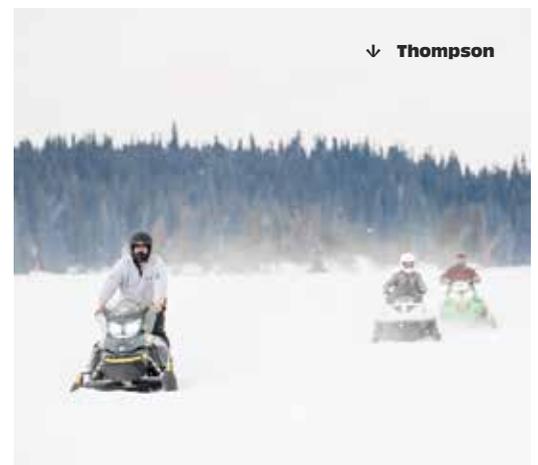
↑ **Asessippi Ski Area & Resort**

DID YOU KNOW?

Manitoba has seven downhill ski and snowboard destinations. These winter hotspots are found all over the province, ranging from small hills great for beginners to more challenging runs that reach up to 121 metres.

FIND A LODGE OR TRAIL

- Trails Manitoba: trailsmanitoba.ca
- Hike Manitoba: hikemanitoba.com
- The Great Trail: thegreattrail.ca/travel/manitoba
- Winnipeg Trails: winnipegtrails.ca
- Manitoba Parks: manitobaparks.com
- Riding Mountain National Park: pc.gc.ca/en/pn-np/mb/riding
- Snoman Snowmobilers of Manitoba: snoman.mb.ca
- SledMB 53: sledmb53.ca
- Hiking & Trails on travelmanitoba.com/things-to-do/outdoor



↓ **Thompson**

Parks & Outdoor Activities

Lakes & Beaches

Even though Manitoba has many lakes and waterways (over 100,000!) – they are not all the same. Some are fed by springs, meaning crystal clear, true blue water. Check out East Blue Lake in Duck Mountain Provincial Park or Clearwater Lake in the park of the same name near The Pas. Some lakes are remnants of the glacial Lake Agassiz. The massive Lake Manitoba and Lake Winnipeg have this history. Some rivers are Canadian Heritage Rivers for their important connections to the country's heritage. Manitoba's Bloodvein, Hayes, Red and Seal Rivers share this honour. Manitoba even has a lake that changes colour! Little Limestone Lake is rich with minerals that change the lake's colour as temperatures rise.

What all these different lakes and waterways have in common is inviting options for swimmers, boaters, paddlers and anglers. Beach goers love the huge stretch of soft white sand along Lake Winnipeg's Grand Beach or Lake Manitoba's Delta Beach. Boat launches at most developed lakes in parks make it easy to enjoy a cruise in your boat. Or enjoy a guided cruise on Clear Lake in Riding Mountain National Park or the Red River in Winnipeg.

Paddlers of all levels choose Manitoba's waters. Bring your own or look for canoes, kayaks and stand-up paddleboard rentals at lakeside resorts or marinas. Expert paddlers tackle Manitoba's exciting whitewater rapids found in wild rivers like the Bloodvein. Those looking to simply go along for the ride can hop into a tube to meander down waterways like the Pinawa Channel or Asessippi River.



↑ Grand Beach



↑ Pinawa Channel

DID YOU KNOW?

Whiteshell Provincial Park's West Hawk Lake was formed by a meteor's impact and is the deepest lake in Manitoba at 111 metres.

FIND A LAKE OR BEACH

- Manitoba Parks: [manitobaparks.com](https://www.manitobaparks.com)
- Riding Mountain National Park: [pc.gc.ca/en/pn-np/mb/riding](https://www.pc.gc.ca/en/pn-np/mb/riding)
- Beaches & Boating on [travelmanitoba.com/things-to-do/outdoor](https://www.travelmanitoba.com/things-to-do/outdoor)

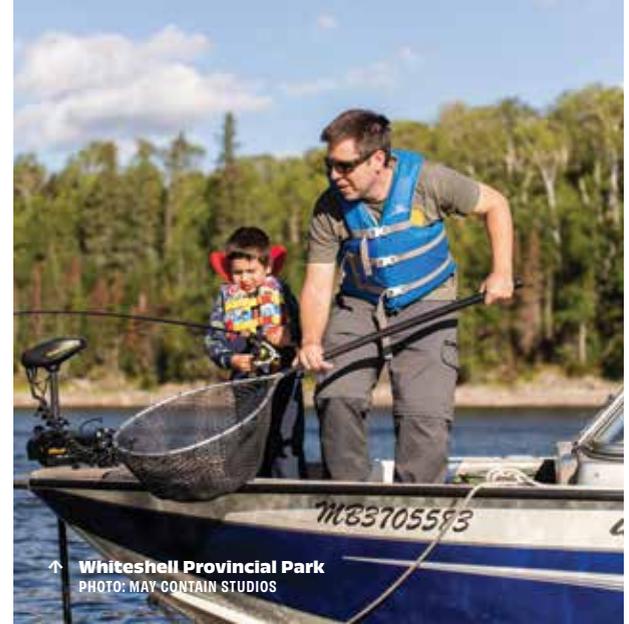
↓ **West Hawk Lake**
PHOTO: MAY CONTAIN STUDIOS



Parks & Outdoor Activities



↑ **Hecla/Grindstone Provincial Park**
PHOTO: JOSH MCFADDIN



↑ **Whiteshell Provincial Park**
PHOTO: MAY CONTAIN STUDIOS



↑ **Wekuskso Falls Lodge**

Fishing

Manitoba offers a huge range of choices for anglers of any ability. Fly out to the middle of nowhere to discover some of the finest wilderness fishing experiences in the world. Enjoy an all-inclusive lodge, complete with first class accommodations and amenities. Or take an iconic float plane ride to a secluded outpost camp, offering all the comforts and essentials to enjoy your very own private fishing adventure for trophy northern pike, walleye, lake trout, arctic grayling and brook trout.

Manitoba boasts a huge variety of drive-to destinations perfect for both do-it-yourself or guided trips. You'll find lots of accommodation and service options. Rent a boat or a cabin on one of many productive walleye waters, hire a local guide for a classic channel catfish excursion or haul your own rig to a top trophy northern pike or lake trout fishery.

Manitoba offers the devoted fly fisher both traditional and novelty fly fishing experiences. Sea-run brook trout on remote Hudson Bay tributaries, northern pike on sprawling sub-arctic waterbodies and rainbow and brown trout on diverse prairie stillwaters are all signature "on the fly" encounters unique to select areas of the province.

With an ice fishing season that often begins in November and can stretch well into April, you have a wide window to schedule a Manitoba winter fishing trip or two. From one-of-a-kind greenback walleye on famous Lake Winnipeg to monster lake trout on northern lakes like Athapuskow and Clearwater, the catch of a lifetime is waiting. Veteran and novice ice anglers can experience superior ice fishing quite easily via a do-it-yourself trip. There are options if you're interested in guided excursions or full-service accommodations with one of our many ice fishing lodges and outfitters.

DID YOU KNOW?

The Manitoba Master Angler Awards is the longest-running angling recognition program of its kind in North America. Submit your qualifying catches through the app to earn badges and get your name in the record books!

FIND YOUR NEXT ANGLING ADVENTURE
• huntfishmanitoba.ca

Birding and Wildlife Viewing

From apex predators to thousands of snakes, Manitoba has an interesting array of wildlife that call this province home. Plus, there are nearly 400 species of birds that nest or pass over Manitoba on their annual migrations.

Churchill is a top wildlife viewing destination. Polar bears and beluga whales draw thousands of visitors every year. Read more about how you can experience these once-in-a-lifetime experiences on page 32.

Parks are great places to see wildlife. Riding Mountain National Park is very biologically diverse—home to moose, elk, lynx, wolves and more. The park is also home to a resident herd of bison. While some animals like bear, deer, eagles and owls can be spotted in a number of parks around the province, some places are best to see specific animals. Spruce Woods Provincial Park's desert-like Spirit Sands is the only place you'll see the northern prairie skink and the hognose snake. And even though the red-sided garter snake is fairly common throughout the province – you'll have to head to the Narcisse Snake Dens to see tens of thousands of them in the same place at the same time. During the spring, the snakes emerge from their winter dens and get together in huge numbers to start their mating.

Manitoba has a lot of marshland, welcoming to a wide variety of birds and animals. Grassy Narrows Marsh in Hecla Provincial Park and Whitewater Lake in southwestern Manitoba are top destinations. Oak Hammock Marsh is a family-friendly spot to watch animals and birds. This restored natural area gives habitat to hundreds of species of mammals, amphibians, reptiles, insects and birds. The fall migration is a great time to visit as thousands of geese and waterfowl land on the water to rest for the evening.



↑ Red-sided garter snakes



↑ Bald eagle



↑ Great gray owl

DID YOU KNOW?

Manitoba's provincial bird is the great grey owl. Its habitat spans nearly the whole province, from the southeastern tip through to the northern region.

FIND BIRDS AND WILDLIFE

- Manitoba Parks: manitobaparks.com
- Riding Mountain National Park: pc.gc.ca/en/pn-np/mb/riding
- Wildlife Viewing on travelmanitoba.com/things-to-do/wildlife



↑ Bison

Museums & Cultural Experiences







Winnipeg Cultural Attractions

Manitoba’s capital city grew very quickly at the turn of the last century. Winnipeg’s historic Exchange District – 30 blocks of terracotta clad-skyscrapers and sturdy brick warehouses – preserves that piece of the city’s history. Today, this neighbourhood boasts a range of shops, restaurants and galleries that highlight the city’s creativity and heritage.

Its striking architectural design changed Winnipeg’s skyline and visitors to the Canadian Museum for Human Rights often say a visit here changed their lives. The building itself tells a story as it takes you on a journey from darkness to light. Through seven levels and ten core galleries, the museum looks at key themes including Indigenous Perspectives, Protecting Rights in Canada and Turning Points of Humanity. Interactive exhibits bring you into the issues and you’ll leave feeling inspired to make the world a better place.



↑ **Canadian Museum for Human Rights**
PHOTO: JP MEDIA WORKS



↑ **Qaumajuq**
PHOTO: LINDSAY REID



↑ **The Exchange District**
PHOTO: ANTHONY URSO



↑ **Manitoba Museum**
PHOTO: JP MEDIA WORKS



↑ **Winnipeg Art Gallery**
PHOTO: JP MEDIA WORKS

The Manitoba Museum offers an exciting look at Manitoba's natural and human history. Lifelike dioramas bring you to specific times and places that shaped the province. Learn about Indigenous people, their way of life and the importance of treaties. Step aboard a replica of the Nonsuch – the ship that helped start Hudson Bay Company. Wander the streets of boomtown Winnipeg in the early 1900s and get a better understanding of the city in the dedicated Winnipeg Gallery. Enhance your experience with a show at the Planetarium or a visit to the kid favourite Science Gallery.

Qaumajuq – it means “it is bright, it is lit” in Inuktitut and it is the name of the Winnipeg Art Gallery's new Inuit art centre open in 2021. In partnership with Inuit organizations, Qaumajuq is a unique space where Inuit voices will be shared through art and programming developed in the spirit of reconciliation. Qaumajuq's opening adds another level of cachet to Canada's first civic art gallery. In addition to 14,000 pieces of Inuit art, the WAG's collection is a deep and vast representation of art from different centuries, cultures and media.

FIND WINNIPEG CULTURAL ATTRACTIONS Tourism Winnipeg: tourismwinnipeg.com

Museums & Cultural Experiences



↑ Mennonite Heritage Village



↑ Canadian Fossil Discovery Centre



↑ Heritage North Museum

Favourite Manitoba Museums

There are more than 200 museums across the province. Each has unique stories to share, highlighting important people, places and events that make Manitoba what it is today.

Dig up ancient history at the Canadian Fossil Discovery Centre in Morden. This museum has Canada's largest collection of marine reptile fossils, including the largest mosasaur on public display in the world! His name is Bruce and this 80 million year-old fossil is 13 metres long.

Many museums include artifacts and art from Manitoba's Indigenous people. See a traditional caribou hide tipi on display at the Heritage North Museum in Thompson. Inspect intricate Inuit carvings and ancient artifacts at the Itsanitaq Museum in Churchill.

The fur trade and the relationships between First Nation people, Métis and Europeans is a key theme at many Manitoba museums. Fort Gibraltar in Winnipeg is a replica of a Northwest Company fort and Lower Fort Garry National Historic Site, just outside Winnipeg, was the site of the historic signing of Treaty No. 1.

The stories of Manitoba's pioneers come to life at heritage villages around the province. The Manitoba Agricultural Museum near Austin and the Pembina Threshermen's Museum in Winkler are two favourites. Museums also showcase the different cultures of Manitoba's mosaic of cultures. The New Iceland Heritage Museum in Gimli tells tales from Icelandic settlers and the Mennonite Heritage Museum in Steinbach highlights the stories and flavours of Russian Mennonites. Manitoba's Francophone roots are celebrated at museums like the Musée St. Joseph Museum.



↑ Commonwealth Air Training Plan Museum

DID YOU KNOW?

Manitoba played an important role in supporting Canadian efforts in WWII. See training aircraft and pay tribute to those who gave their lives at the Commonwealth Air Training Plan Museum in Brandon.

FIND A MUSEUM

- Association of Manitoba Museums: museumsmanitoba.com
- Museums on travelmanitoba.com/things-to-do/arts-culture/museums

Indigenous Experiences

Manitoba is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk peoples and it is the homeland of the Métis nation. As Canadians commit to reconciliation, Indigenous experiences offer unique opportunities to increase our knowledge and understanding.

Canada's first UNESCO World Heritage Site recognized for both its cultural and natural significance is a huge area in eastern Manitoba. Pimachiowin Aki is "the land that gives life" and has been cared for by Indigenous people for centuries. Within the site are the communities of Poplar River First Nation, Little Grand Rapids First Nation, Pauingassi First Nation and Bloodvein First Nation, as well as the wilderness park, Atitaki Provincial Park.

Further south in Whiteshell Provincial Park is a sacred site known as the Bannock Point Petroforms. Rocks are laid out in the shapes of turtles, snakes, humans and in abstract patterns. Take a guided tour to get a better understanding of the site's significance. Take the self-guided tour through the Brokenhead Wetland Interpretive Trail to learn about the plants that live here and their significance to the Anishinaabeg.

Dogsledding was an important method of transportation and continues to be a culturally important activity. At Wapusk Adventures in Churchill, huddle around for some storytelling focused on the dogs before heading out on thrilling ride. In summer, a cart with wheels replaces the sled. While in Churchill, check out the Indigenous-made art, crafts and moccasins at Arctic Trading Company.

Opaskwayak Cree Nation, one of 63 First Nations in Manitoba, is located across the Saskatchewan River from The Pas. OCN also boasts a hotel, shopping mall and a casino, called the best little casino in Canada.

Public art and murals in Winnipeg bring Indigenous perspectives to the street. Shops like Cree-Ations Gallery on Main St. and Teecka's Aboriginal Boutique at The Forks offer traditional and contemporary art and crafts. Moving Indigenous traditions into modern day, Ann Mulaire Boutique in Winnipeg's south Osborne neighbourhood is Canada's premier Métis fashion brand. Feast Café Bistro is reimaging Indigenous ingredients with a fresh spin. And Urban Shaman Gallery in the Exchange District is providing space for contemporary art to grow from diverse Indigenous cultures.



↑ Bannock Point Petroforms



↑ Feast Restaurant



↑ Star Blanket Project



↑ Wapusk Adventures
PHOTO: DAVE DALEY



↑ Bloodvein River
PHOTO: DUSTIN DALEY

DID YOU KNOW?

There are several sites in Manitoba with pictographs - paintings made on rocks. Tramping Lake, Molson Lake and Sasaginnigak Lake are just a few of the areas where you can still see these ancient paintings.

FIND INDIGENOUS EXPERIENCES

- Indigenous Canada: indigenoustourism.ca/regions/manitoba
- Indigenous Experiences on travelmanitoba.com/things-to-do/arts-culture



↑ St. Pierre-Jolys Museum



↑ Provencher Boulevard



↑ Maison des artistes visuels francophones



↑ St. Boniface Cathedral



↑ Marché St. Norbert Farmers' Market
PHOTO: JP MEDIA WORKS

Francophone Experiences

Manitoba was established as an officially bilingual province in 1870. Louis Riel, a Métis leader and the founder of Manitoba, sought to protect the rights and language of his people. The Musée de Saint-Boniface Museum in Winnipeg, housed in the city's oldest building, celebrates Riel's life and legacy. Next-door is another impressive landmark: the St. Boniface Cathedral. Riel is buried in its cemetery. His family's stories are preserved at the Riel House National Historic Site in the Winnipeg neighbourhood of St. Vital.

St. Boniface is home to Winnipeg's largest Francophone community. It boasts restaurants, boutiques, art galleries and a host of attractions – all with a French flair. Learn about the voyageurs and their role in shaping Manitoba's history and culture at Fort Gibraltar. This replica of a 19th century North West Company fur trading fort features costumed interpreters who bring the fur trade period alive.

On the southern edge of the city is St. Norbert, a former Métis settlement that is now home to the Marché St. Norbert Farmers' Market, the province's largest outdoor market. Local vendors sell fresh produce, baked goods, artwork and more.

Many of Manitoba's Francophone communities are located in the southeast region of the province. St. Malo is a bustling community dating back to 1892. Visit the Grotto, a reproduction of the grotto in Lourdes, located along the Rat River. The river is also a feature of the next-door St. Malo Provincial Park, where a reservoir makes for a perfect family-friendly beach. The museum in St. Pierre-Jolys features the Goulet House – a traditional Red River frame building as well as the *cabane à sucre* – or sugar shack. It is here that maple water becomes tasty maple syrup.

DID YOU KNOW?

St. Léon is known for its annual salamander migration. During the hot days at the end of August, hundreds of these reptiles cross the town's Main Street. You can learn more about the tiger salamander at the St. Léon Interpretive Centre.

FIND FRANCOPHONE EXPERIENCES

- Saint-Boniface: passionethistoire.ca
- Tourisme Riel: tourismeriel.com
- French Manitoba on travelmanitoba.com/things-to-do/arts-culture



A large, immersive underwater-themed exhibit. The background is a massive, curved wall of glass or acrylic, showing a deep blue underwater scene with light rays filtering through. A large, white, whale-like creature is visible in the upper left. In the foreground, a young child in a red jacket and grey pants stands on a walkway, looking towards the exhibit. To the left, a red wagon with a child inside is partially visible. A sign on the exhibit wall reads "Please do not touch the glass."

City & Rural Explorations



↑ **The Forks**
PHOTO: JP MEDIA WORKS

Favourite Attractions and Landmarks in Winnipeg

Winnipeg has endless options to fill a day trip, weekend getaway or an even longer stay. Here are the top attractions and landmarks you must be certain to check off your list.

The heart of Winnipeg is where the Assiniboine and Red Rivers meet. A central meeting place for people for thousands of years, visit The Forks year round to eat, shop and take in nature right downtown. With views of the Canadian Museum for Human Rights, Esplanade Riel and St. Boniface Cathedral the tranquil river trail is not to be missed – especially in the winter as this naturally frozen skating trail is decorated with artistic warming huts. Be sure to enjoy a drink from The Common and take your bevy outside to the sprawling seating and lounging areas.

Assiniboine Park spoils us with public greenspace open year round. Check out the bronze sculptures by local artist Leo Mol in a stunning English garden. Discover the kid favourite Nature Playground and then grab a meal at The Park Café. A pond out front is a favourite skating spot in winter.

Assiniboine Park Zoo is home to 200 species from around the world. Check out the Journey to Churchill exhibit and watch harbour seals swim past. See polar bears from below the surface of the water, as the stars of the exhibit dive and play.

↓ **Centennial River Trail**



Rest and relaxation is all you need with a trip to the urban outdoor spa Thermëa. Partake in the thermal cycle of hot, cold, relax inspired by traditional rituals in Nordic countries. The spa features four pools, four saunas, numerous rest areas and restaurant serving fresh locally sourced ingredients. Add a massage or body care treatment for a moment of pure bliss.

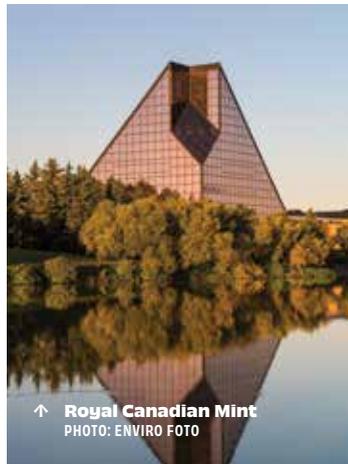
FortWhyte Alive is connecting humans with nature. Situated on a reclaimed clay mine and cement factory, this 640 acres of prairie, lakes, wetland and forests welcomes visitors year round. Reconnect with nature within city limits on interpretive nature trails, floating boardwalks, ice skating rink or groomed cross-country skiing trails. FortWhyte Alive is located on the migratory path of Canada geese and is a fantastic spot to view songbirds and other wildlife. Special mention to the urban bison herd living on the property. Take a Bison Safari in the summer months to get an up-close look at North America's largest land mammal.

Piercing the prairie sky on the eastern edge of Winnipeg is the Royal Canadian Mint. Book a tour through the impressive state-of-the-art manufacturing facility, which proudly produces coins for over 75 countries. On display are Olympic medals crafted for the 2010 Vancouver games. Visit the boutique, which offers Canadian collector coins and great gifts.

Make a date with lady luck and visit the Casinos of Winnipeg. Club Regent Casino and McPhillips Station Casino welcome you to play slots, table games, poker and bingo at the newly renovated facilities. Be sure to take in an amazing concert experience at the Club Regent Event Centre. Or play differently at Loft 180, inside McPhillips Station Casino, which has a casual, fun loft style atmosphere to meet up with friends.



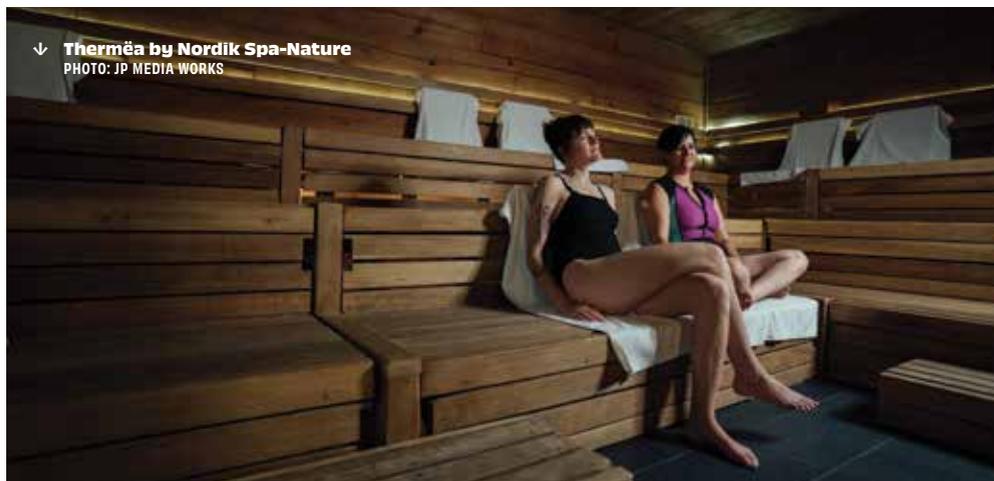
↑ **FortWhyte Alive**
PHOTO: JP MEDIA WORKS



↑ **Royal Canadian Mint**
PHOTO: ENVIRO FOTO



↑ **Assiniboine Park**
PHOTO: JP MEDIA WORKS



↓ **Thermëa by Nordik Spa-Nature**
PHOTO: JP MEDIA WORKS

DID YOU KNOW?

Winnie-the-Pooh was named after Winnipeg. Learn the story and see objects, archives, books and works of art in the Pooh Gallery in the Assiniboine Park Pavilion.

FIND TOP ATTRACTIONS AND LANDMARKS IN WINNIPEG

- Tourism Winnipeg: tourismwinnipeg.com
- Winnipeg on travelmanitoba.com/places/winnipeg



↑ Flin Flon

Favourite Attractions and Landmarks in Manitoba

Add these destinations to your must-visit list as you explore more of Manitoba.

On the shores of Lake Winnipeg, Gimli is known as the heart of New Iceland. See the statue at Viking Park to ignite your Viking spirit before visiting the harbour. As you stroll, admire the works of art by local artists painted on the seawall. Then head to the Gimli Glider Museum for stories about a unique event that put this town in the aviation history books.

In Thompson, follow the Spirit Way self-guided trail that winds past 16 points of interest, including painted wolf statues and a 10-storey wolf mural of a Robert Bateman painting. Visit the Boreal Forest Discovery Centre to connect with the plants and animals of the region.

An oxbow lake forms an island in the middle of Portage la Prairie. Island Park is home to a family-friendly outdoor waterpark, an indoor aquatic centre, golf course, disc golf course and accessible walking paths. Discover Neepawa's literary connection at the Margaret Laurence House. This iconic Canadian writer grew up in this house in Neepawa and you can even visit the titular "stone angel" at the Riverside Cemetery.

Flintabbetey Flonatin welcomes you to Flin Flon. This fictional character gave his name to this northern city. Follow the boardwalk atop volcanic rocks around Ross Lake for great views of the water and the wild that make this place so special. Head to Big Island Drive-in Theatre – one of the few drive in theatres in Manitoba still in operation (Morden and Killarney have the others).

When you're not enjoying the lakes or hiking the trails in the Whiteshell, hit the links at one of the finest courses in the province at Falcon Lake Golf Course. Choose mini golf if that's more in line with your skillset. Trail or wagon rides by horse with Falcon Beach Ranch are a fun way to explore the park.

FIND TOP ATTRACTIONS AND LANDMARKS IN MANITOBA

• Places to Go on travelmanitoba.com/places



↑ Margaret Lawrence House , Neepawa



↑ Splash Island Waterpark, Portage la Prairie
PHOTO: VISUAL SOUL STUDIOS



↑ Flinty's Boardwalk, Flin Flon



↑ Wolf Mural, Thompson



↑ Seawall Gallery, Gimli
PHOTO: LIZ TRAN



↑ Falcon Beach Ranch, Whiteshell Provincial Park
PHOTO: PAUL EPP

City & Rural Explorations



↑ **Tara Davis Studio**
PHOTO: JP MEDIA WORKS



↑ **Peasant Cookery**
PHOTO: JP MEDIA WORKS

Local Shopping and Dining in Winnipeg

The shopping corridor on Kenaston Boulevard is a great place to start! Shop names such as IKEA and Cabela's. CF Polo Park is Winnipeg's premiere shopping, dining destination with 190 stores and three restaurants. This super-regional shopping centre features top fashion brands including Coach, Banana Republic, Harry Rosen and Victoria's Secret. Outlet Collection Winnipeg is Manitoba's only dedicated outlet shopping centre. With over 100 retailers featuring the best in brand name fashion including Kate Spade, Michael Kors Outlet, Polo Ralph Lauren, Nike Factory Store and more. Outlet Collection Winnipeg also offers exclusive benefits for those that live 60 kilometres or more outside city limits. Visit the Guest Services Centre for details.

Winnipeg boasts a huge amount of makers, artists and chefs allowing you to easily shop and eat local. The Exchange District is a hotspot for vintage shops and maker's studios. After wandering the turn-of-the-last-century neighbourhood shopping your heart out, stop for something to eat at one of the many restaurants or breweries. Enjoy top-notch food from famous for breakfast, lunch or supper. Or skip right to cocktails.

The alternative eclectic vibe in Osborne Village allows for diverse shopping finds in the most densely populated neighbourhood in Winnipeg. Music venues and dive bars are a staple of nightlife in The Village with many restaurants staying open late and coffee shops open early for your morning caffeine fix.

Academy Road is quaint bit of Winnipeg to shop fine wines, fancy cheeses, tea leaves and coffee beans, chocolate, flower shops and art galleries. Also, find sugary treats from the likes of Jenna Rae Cakes. Explore beautifully curated clothing shops and home goods along the way. Within this mix of charming shops, find delicious restaurants.

The tree lined walkways of Corydon Avenue make it the perfect place to dine al fresco at one of the many patios. Cuisine options include Korean, sushi, locally sourced burgers and the staples of traditional Italian. Eat gelato, enjoy live music and revel in this lively neighbourhood. Corydon Avenue is a popular area for stylish salons, chic fashion boutiques and jewelry shops.

FIND MORE SHOPPING IN WINNIPEG
tourismwinnipeg.com/things-to-do/shopping

FIND MORE DINING IN WINNIPEG
tourismwinnipeg.com/eat-and-drink/eat-and-drink



↑ **Corydon Avenue**
PHOTO: TOURISM WINNIPEG



↑ **Amsterdam Tea Room**



↑ **Small Mercies**



↑ **Pennyloaf Bakery**



↑ **Downtown Farmers' Market, True North Square**
PHOTO: JP MEDIA WORKS



↑ **The Forks**
PHOTO: JP MEDIA WORKS



↑ **Outlet Collection**



↑ **Little Sister Coffee**
PHOTO: JEFF FRENETTE PHOTOGRAPHY

City & Rural Explorations

Local Shopping and Dining in Manitoba

Whether it's the destination or part of the journey, explore some of Manitoba's favourite places to eat and shop.

In Brandon, Lady of the Lake is a must-stop for themed décor and housewares, while the attached café and pub put an emphasis on local and organic ingredients. The Dock on Princess is another restaurant where local ingredients are in the spotlight. In the historic downtown nicknamed the Hub, check out It's Charlow, Darling! for a range of locally made products, including candles and skin care.

Head to Morden for another beauty destination: Pure Anada features handmade, organic and ethically sourced makeup and body products that now ship worldwide. Marni Luhu is a boutique featuring handmade jewelry and other giftware. Stop by the Quilter's Den to shop for supplies or beautiful finished products. Grab a cuppa and a treat at Coffee Culture before heading down the road to Winkler where a burger from Charley B's Classic Grill & Ice Cream Parlour is a must. Many menu items here feature ingredients from local producers. Another favourite in Winkler is the Mexican fare from Del Rios.

When visiting The Pas in Northern Manitoba, stop at Lyet's Café for a cup of tea. Good Thymes offers a great menu selection and Miss The Pas Restaurant is a classic diner where the eclectic décor adds to the experience.

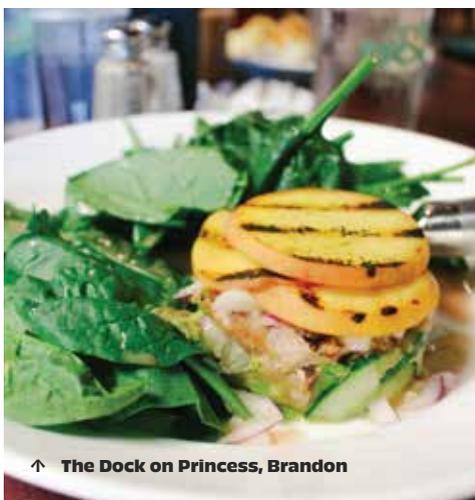
While a trip to Riding Mountain National Park is all about enjoying nature, don't forget the park's townsite Wasagaming offers a range of dining and shopping options. Choose from Italian at T.R. McKoy's or just skip straight to dessert with a massive cinnamon bun from Whitehouse Bakery or tasty gelato from the Chocolate Fox. There are several shops in town carrying everything from clothing to giftware and souvenirs.



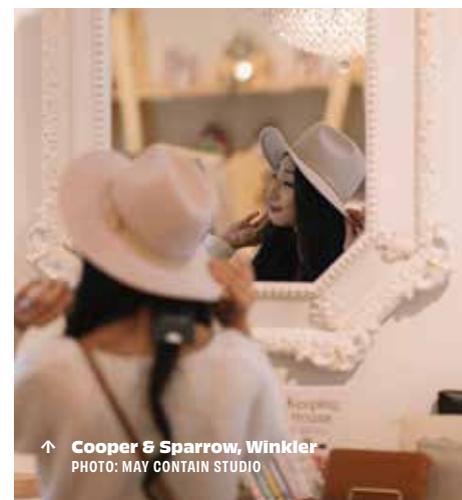
↑ It's Charlow, Darling!, Brandon



↑ The Chocolate Fox, Wasagaming



↑ The Dock on Princess, Brandon



↑ Cooper & Sparrow, Winkler
PHOTO: MAY CONTAIN STUDIO



↑ Miss The Pas Restaurant, The Pas



↑ White House Bakery, Wasagaming

DID YOU KNOW?

The Friends of Riding Mountain Learning Centre is where to find your official Clear Lake Country gear.

FIND LOCAL SHOPPING AND DINING IN MANITOBA

• Shopping & Dining on travelmanitoba.com/things-to-do



↑ Elkhorn Resort

Accommodation Options

From a relaxing weekend getaway in Winnipeg to a family friendly overnight stay near nature, you'll find the perfect place to stay no matter where you visit in Manitoba.

In Winnipeg, stay close to the action in a downtown hotel featuring luxurious spas and classy dining. Hotels near the airport cater to business travellers, but make families a priority with themed pool areas. Other family-friendly hotels in city neighbourhoods promise endless fun with waterslides.

Other cities in Manitoba invite you to stay overnight at hotels with a variety of amenities including lakefront views, waterparks or casinos. Choose a cozy bed and breakfast in a heritage house or stay on a vacation farm to reconnect with your prairie roots. Some municipal centres also run campgrounds or RV parks, while lodges, resorts and vacation rentals in and near parks get you comfortably close to nature.

There are many ways to enjoy an overnight stay. Choose the option that works best for you.



↑ Hotel Fort Garry
PHOTO: TOURISM WINNIPEG



↑ Canad Inns Destination Centre Brandon



↑ South Beach Casino & Resort

FIND A PLACE TO STAY

- MHA: mha.ca/find-a-hotel-member
- Bed & Breakfast Association of Manitoba: bedandbreakfast.mb.ca
- Where to Stay on travelmanitoba.com/stay



Churchill Adventures

A large mural of a polar bear is painted on the side of a building in Churchill, Manitoba. The bear is depicted in profile, facing right, with its head resting on the ground. The mural is painted on a building with a corrugated metal roof and a wooden door. The sky is blue with scattered white clouds. The foreground is a mix of grass and dirt.



PHOTO: GEORGE FISCHER PHOTOGRAPHY

Polar Bears

Churchill is a remote town on the edge of Hudson Bay, 1,000 km north of Winnipeg. There are no roads that lead to Churchill – train or plane are the only way to get there. Churchill has an important history – Hudson Bay Company built the Prince of Wales Fort in 1771 to protect its fur trade interest on the traditional territory of the Dene and Cree people. This historic town and port also lie on the migration path of polar bears, making Churchill the polar bear capital of the world.

There is a healthy population of polar bears in the area. They spend their winters on the sea ice of Hudson Bay – feasting on seals. As the ice melts, they return to land. In the summer, you can often find polar bears lumbering along the rocky shore or lounging in the bright fireweed. As the temperatures begin to drop, the bears start to assemble along the shore – eager to begin their winter meal. October to November are among the best time to view polar bears.



PHOTO: MARTIN GREGUS

Tour companies offer different ways to watch polar bears. Giant tundra vehicles tread carefully over the land to take you to where the bears are not-so patiently waiting. Young males will often play fight – practising their sparring skills. Walking tours with an experienced guide keep you and the bears safe as you watch them from ground-level. Remote lodges out on the tundra let you sleep right in the middle of the action. Here the bears are looking in on you.



PHOTO: WILLIAM AU



DID YOU KNOW?

Wapusk National Park, located east of Churchill, is Manitoba's second national park. With limited services for visitors, the purpose of this park is to protect one of the largest polar bear maternity denning areas in the world.



PHOTO: BUILD FILMS

Beluga Whales

Churchill has another famed white creature that visitors flock to see. The western Hudson Bay is home to 60,000 beluga whales. During the summer months, thousands of whales make their way into the Churchill River estuary to feed, mate and calve.

See them on a boat tour, kayak excursion, stand-up paddleboard or glide above them on a floating mat. These friendly and curious creatures will turn their heads and sing a welcome song. You can even hear their unique sounds – chirps and whistles – with an underwater hydrophone that brings these joyful noises above the surface.





PHOTO: COPILOT COLLECTIVE



PHOTO: COPILOT COLLECTIVE



PHOTO: RENATO GRANIERI



Northern Lights

Churchill is one of the best places in the world to view the northern lights – or aurora borealis. Because of its position under the auroral oval, you can see the northern lights in Churchill up to 300 nights a year, although the clear winter months between January and March tend to offer the best viewing conditions.

There are different structures and packages built for viewing the northern lights at night. During the day, you can experience the wonder of the north in the winter. Embark on a dogsledding adventure or strap on snowshoes to explore the boreal forest. Learn about the history and ecology of Churchill at the Parks Canada Visitor Centre in the historic train station. Find all the 18 colourful murals on buildings and landmarks around town. The unique canvasses include the Polar Bear Holding facility (a place where bears that wander into town are kept before being safely relocated) and a crashed airplane nicknamed Miss Piggy.

FIND WAYS EXPLORE CHURCHILL

Everything Churchill on travelmanitoba.com/churchill



Stay Connected

Travel Manitoba is here to help you plan your next adventure in the province. Here's how to connect with us:

By phone: **204-927-7800**

By email: **contactus@travelmanitoba.com**

Through social media: **@TravelManitoba**

On the web: **travelmanitoba.com**

In person: Travel Manitoba Visitor Information Centres will be open and staffed with friendly Travel Counsellors when possible. Please visit our website for hours of operation of our Visitor Information Centres located at:

- The Forks in Winnipeg
- The Canada/U.S. border on Hwy. 75 at Emerson
- The Manitoba/Ontario boundary on Hwy. 1 at Whiteshell Provincial Park
- The Manitoba/Saskatchewan boundary on Hwy. 1 at Kirkella

Other visitor information centres operate throughout the province. Please check their websites for operating hours:

- Tourism Winnipeg: **tourismwinnipeg.com**
- Tourisme Riel, Winnipeg: **tourismeriel.com**
- Boissevain Tourism information Centre: **boissevain.ca**
- Riverbank Discovery Centre, Brandon: **riverbank.mb.ca**
- Russell Visitor Centre: **russellbinscarth.com**
- Churchill Visitor Centre: **churchillchamber.ca**
- Heritage North Museum, Thomson: **heritagenorthmuseum.ca**
- Lake Winnipeg Visitor Centre, Gimli: **nihm.ca**

For detailed information on travelling to and within Manitoba, please visit our website at **travelmanitoba.com**.

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