


 visit winnipeg


## FAMILY FUN ITINERARY

### HALF DAY

Let the family fun begin downtown at **The Forks**, where the Red and Assiniboine rivers meet. This year-round, culturally rich gathering space offers plenty of shopping, dining, outdoor and entertainment options to suit all ages and interests.

Start the day with a hearty meal of eggs paired with breakfast standards from pancakes to steak to bacon at **Salisbury House**, situated on a stunning piece of architecture—the **Esplanade Riel Bridge**.

After filling up, it's time to discover the rest of The Forks site. Take in stories reflecting the area's history written on plaques and monuments throughout the site and enjoy the natural beauty of this 54-acre site. Stroll along the **Riverwalk** or take a **Splash Dash** guided river tour for beautiful scenic views of the city's skyline and historical commentary.

Head over to the **Skateboard Plaza** to watch some daredevil tricks at Canada's largest urban skate plaza and bowl complex. Then, walk over to **Johnston Terminal** and the

### FULL DAY

Just a hop, skip and jump away from the Children's Museum lies the **Old Spaghetti Factory**, open for lunch and dinner. Italian classics like spaghetti with homemade meatballs followed by a scoop of spumoni ice cream (and wallet-friendly prices) make it a family favourite.

Across the street, take in a matinee performance at **Manitoba Theatre for Young People**, a nationally acclaimed professional theatre company devoted solely to youth.

**Explore Manitoba Centre**, where you can cross a replica of the Souris swinging bridge, learn about the province's regions and culture through interactive displays and take in a free short movie. Head to the terminal's upstairs to a treasure trove of children's games, books and toys at **Kite and Kaboodle**. Next, dip in for goodies at **Sugar Mountain Express**. This sweet shop is housed in two restored 1920s railcars, offering hundreds of treats from around the world, along with local favourites made right here in Winnipeg. When hunger strikes, make your way to the food court at **The Forks Market**, where you can devour a hot dog at Manitoba's oldest hot dog vendor, **Skinner's** or crispy, battered cod at **Fergie's Fish and Chips**.

A must-stop is the **Children's Museum**, boasting a recent \$10-million renovation with 12 exciting new galleries. Kids love climbing the five-storey Lasagna Lookout while dodging meatballs and crawling through a fettuccine tunnel. Build towers using cranes in the Tumble Zone and slide down the Illusion Tunnel. There's even a tot spot for toddlers to ride, walk or crawl their way over bridges and through a tunnel.

Get swept up in the excitement of a baseball game over at Shaw Park and cheer on the **Winnipeg Goldeyes** as they take the field. With the season kicking off May 29 and tickets starting at just \$5, a Goldeyes game is an affordable family activity to relax and enjoy a lazy summer night.

Check out the Events section of [tourismwinnipeg.com](http://tourismwinnipeg.com) for a full listing of daily and weekend events at **The Forks**, including **Kidsfest**, **Aboriginal Day Live & Festival**, **Canada Day** celebrations and more.



## FULL DAY 2

With kid-friendly offerings like a happy face pancake garnished with fruit and whipped cream and an all-day breakfast menu, families flock to **The Original Pancake House** at The Forks. The eatery has a front counter with toys and games where parents can pick up stuffed animals, key chains and other treats.

After the crew has been fed, walk ten minutes to **The Manitoba Museum**, where you'll set sail on a thrilling voyage of excitement throughout the museum's nine permanent galleries. Step aboard a full-size replica of the 17th century ship, "The Nonsuch"; travel back in time to Winnipeg during the roaring 1920s; watch a digitally animated, 450-million-year-old underwater world brought to life on three jumbo-sized screens and view treasures from around the world. Located in the museum's lower level, the **Planetarium** invites families to gaze at the night sky or journey into space, while the Science Gallery has more than 100 educational hands-on exhibits that explore scientific principles.

Now it's time for some fresh air with a trip to **Assiniboine Park**, a sprawling green space with more than 398 acres of forest, winding trails, lush gardens and rolling fields nestled along the banks of the Assiniboine River. First, head to **Assiniboine Park Zoo** for a close-up look at more than 400 species of animals from across the globe. Snap photos of bison and elk, along with more exotic animals such as the snow leopard

and Siberian tigers, who recently welcomed two new cubs. Other must-sees include the Shirley Richardson Butterfly Garden, the refurbished southern tropics of Toucan Ridge and the interpretive centre at the new **International Polar Bear Conservation Centre**.

While in the park, take a fun and scenic 10-minute ride on the **Miniature Steam Train**. Don't miss the dazzling **Nature Playground**, where kids can explore the sand and water play area and let their imagination run wild with slithering slides, mazes, willow tree tunnels, basket swings, a giant robin's nest, net bridges, topiaries and more. Located next to the playground, the expanded duck pond offers interactive opportunities to view the park's growing waterfowl population from the water's edge. For a bite to eat, dine al fresco on the lawn with a picnic or at one of the park's many shelters. You can also chow down at the **Park Café**, where burgers, roast chicken and wraps make up the menu. Stroll across the Assiniboine Park foot bridge to **Sargent Sundae** and indulge in ice cream treats.

In the evening, rev up the excitement with go-kart racing at **Thunder Rapids Fun Park** or **Grand Prix Amusements**, along with bumper boats, miniature golf, batting cages and more. Head indoors to **Speedworld Indoor Kart Track** for more heart-pumping racing excitement.