


 visit winnipeg

FULL WEEK WEEK ITINERARY: FALL | WINTER

DAY 1

Your week in Winnipeg begins with a shopping spree. Start with breakfast at **The Original Pancake House**, a classic eggs and bacon eatery that has been a Winnipeg mainstay since 1958. Hit the Portage Avenue location (inside the Clarion Hotel) for a power breakfast complete with two eggs, two slices of bacon, two pancakes, toast and hashbrowns.

Head across the street to **Polo Park**, the city's largest mall. There are more than 200 shops, including anchor department stores **The Bay** and **Sears**, to explore. **Forever XXI**, **Kiehl's**, **Banana Republic**, **Coach** and **Harry Rosen** are some of the choice retailers found inside.

With bags in hand, it's time to hit the big box retailers just a 15-minute drive south of Polo Park on Route 90. Keep your eyes peeled for the sky-high **IKEA** sign. The Swedish furniture maker opened its nearly 400,000 sq. ft. Winnipeg store in late 2012, the first expansion store in Canada in more than 20 years.

For lunch, head south to **Kenaston Commons** (at the corner of Kenaston Boulevard and Columbia Drive) for a bite to eat and more shopping. At **Clay Oven**, dig into divine butter chicken, East-Indian tandoor and some of the best dahl

around. Or tuck into some tacos and fajitas with the family at **Los Chicos Restaurante y Cantina** across the boulevard.

Afterwards, stop by **Lindt** chocolates for bags full of truffles, including milk, white and dark chocolate, peanut butter and hazelnut varieties. Make trails to **Nygaard Fashion Park** for the latest in ladies wear at this internationally successful, Winnipeg-based clothier. Kenaston Commons also includes **Golf Town**, **Indigo Books and Music** and **Costco**. Across Kenaston Boulevard, hit up **Urban Barn** and **HomeSense** for modern home decor.

Later, take a load off and treat yourself to a luxurious night at the movies inside Winnipeg's newest **VIP theatre at Cineplex**, just south of Costco on McGillvray Boulevard. Get romantic, save the world or be dramatic inside this newly renovated theatre and lounge. VIP service (available for 18+ audiences only) includes reserved seating, service at the in-house lounge, and in-seat snack, food and drink delivery in the theatre, among other perks.

Finish your shopping and movie day with an after show-bite and a glass of wine at **Joey Kenaston**, a bustling and polished fusion-food eatery with flourishes of East Indian, North American, Italian and Japanese cuisine on the menu.

DAY 2

A fresh-air adventure awaits you on day two of your Winnipeg getaway. Breakfast is served at **Star Grill** on Portage Avenue across from **Assiniboine Park**. Try one of four breakfast pizzas, including a crumbled bacon version

topped with two perfectly fried eggs. Classic omelettes and eggs are also on the menu at this popular Winnipeg-owned, all-day bistro.

Bundle up and take a short jaunt across the river on the pedestrian bridge crossing the Assiniboine River. Welcome to **Assiniboine Park**, Winnipeg's grand city park and year-round festival and recreational space. The park is home to the **Leo Mol Sculpture Garden**, the **English Gardens**, the **Nature Playground** for kids and a duck pond, which transforms into a skating rink each winter.

Stroll along the serene park trails and walk along the river. Bring a camera to capture picturesque nature scenes inside this beloved city park.

For indoor adventures head to the park's **Conservatory**, a lush garden and hothouse that blooms year round with thousands of buds and flowers. Discover the story behind Winnie the Pooh, Winnipeg's namesake bear, inside the **Pavilion Gallery**. A new permanent exhibition tells Winnie's story in art, artifacts and original illustrations from the classic children's story.

With an art and nature fix, head east on Portage Avenue and make a pit stop at **Chocolatier Constance Popp** for her signature Manitobars, a dark Belgian chocolate enrobed bar layered with Manitoba ingredients, such as hemp, sunflower seeds, flax and plenty of fudgy chocolate. Shaped like the province, the bar makes a great gift for someone back home.

DAY 3

Breakfast is served inside **Elements Restaurant**, a breakfast, lunch and dinner café in Winnipeg's **West End** bordering downtown. Chef Ben Kramer and his team at Diversity Foods (an arm of the University of Winnipeg's food services) plate thoughtful yet inspired comfort food using many local ingredients.

After breakfast, head to **The Manitoba Museum**, where permanent and special exhibits reveal the story of Manitoba. Step down a circa-early-1900s cobblestone street and poke inside the movie theatre, rooming house and dentist's office. Visit Manitoba's tropical shores 450 million years ago when the province was a vast sea populated with mysterious creatures. Astronomy lovers must make a stop at the **Planetarium**, located on the lower level of the museum. The facility houses the country's most advanced projection system. Daily shows rocket guests across the universe and beyond the stars.

For lunch, walk a few block south to Bannatyne Street in the east **Exchange District**, one of the city's original downtown neighbourhoods. Here, you'll find a great selection of food

From Portage Avenue, head to **Academy Road** for lunch at **fusion grill**. This locally owned eatery dishes up a carefully curated menu of Manitoba regional cuisine including Winkler ham glazed with apricot preserve, a ginseng-fed chicken salad wrap on a flax-seed tortilla and panko-crusted pickerel cheeks.

Wander outside along **Academy Road**, one of Winnipeg's special boutique and shopping districts. Inside **Mad About Style**, find L.A.-influenced, on-trend women's wear, such as leather-trimmed tuxedo jackets, graphic T-shirts and double-breasted suit dresses. Meanwhile **Moulé** is a one-stop for style mavens looking to outfit themselves, their fellas and the kids. This fashion house and home decor boutique stocks select pieces for the discerning urbanite.

Pick up a pound of freshly roasted coffee or a special blend of aromatic Darjeeling or African rooibos at **Cornelia Bean** before wrapping up your shopping jaunt.

Finish your day with a glass of pinot gris and a plate of garlic and tomato-laced Provencal mussels at **In Ferno's** on Academy. Classic French food gets a modern update inside this popular and sophisticated spot. If you're especially ravenous, try tackling the 28 oz hammerchop steak with truffle fries.

from many corners of the world. Sushi, vegan burgers and South American steaks with a side of chimichurri are a few of the choices on this three-block stretch that includes **Corrientes Argentine Pizzeria**, **Boon Burger Café**, **Hermanos Restaurant and Wine Bar** and **Blüfish**.

After lunch, head west across Main Street to Winnipeg's **Exchange District**, where many of the city's original buildings still stand on cobblestone streets. The area has been named a national historic site for its influence as Canada's centre for the grain trade and manufacturing between 1880 and 1900.

Today, the neighbourhood is a hub for design, home decor and art. Artists of all stripes—photographers, painters, sculptors and multimedia aficionados—show their work in a multitude of area galleries. At **Hut K**, pick up a retro-chic modern sofa or dazzling Tom Dixon lighting fixtures. Pop by **Tara Davis Studio Boutique** for cheeky one-of-a-kind objets d'art, handcrafted jewelry and other memorable gifts. Browse vintage glassware and period clothing inside **Rhymes with Orange**, a quirky clothing and home decor shop.

Spend the afternoon exploring the neighbourhood, which is also home to many great restaurants. Stop by **Cakeology**, an urban bakeshop in the heart of the neighbourhood. Grab a red velvet cakette, one of 10 delightful flavours for sale at the specialty shop.

Dinner calls at **Peasant Cookery**, a premium restaurant

DAY 4

Start the day with a visit to the new **Manitoba Sports Hall of Fame** in the east Exchange District. The museum gallery displays just a 10th of the 18,000 artifacts and memorabilia depicting the province's history in 72 sports. Game-day jerseys, Olympic medals, photographs, original sports equipment and newspaper clippings tell the story of Manitoba sport and its athletes. An interactive game centre invites visitors to try their hand at some of the sports.

Choose your next sporting adventure at one of Winnipeg's many indoor sports venues. Practice your short (or long) game all year round at **The Golf Dome**. Book a tee time at one of several virtual golf simulators or swing your clubs at the three-tier driving range. Mini-golf with Manitoba-themed holes will engage little golfers as will a fully-loaded snack bar.

Strap in and start climbing at **Vertical Adventures**, a wall-to-wall, indoor rock-climbing centre. Satisfy a need for speed at **Speedworld Indoor Kart Track**. Buckle up inside your European-style race kart and put pedal to metal at this thrilling facility.

DAY 5

Roll out of bed and over to **Stella's** at Plug In for a Mexican breakfast of corn tortillas topped with refried beans, sunny side up eggs, cheddar cheese with guacamole and heaps of hash browns. Hearty, from-scratch meals loaded with Manitoba ingredients make Stella's a local favourite.

Look for an imposing granite triangle around the corner and you've found the **Winnipeg Art Gallery**, Canada's first public art gallery. WAG celebrates its 100th anniversary in 2012/2013 with a host of special events and exhibitions throughout the year. It is also home to the world's largest collection of contemporary Inuit art, some of which is always on display. Pick up a special gift inside the **Gallery Shop**, which stocks original art, prints, children's books and artisan jewelry, along with many other treasures.

After an art fix, head to Canada's best neighbourhood, **Osborne Village**. This boho-chic area, just south of downtown, is home to an eclectic mix of independent and chain retailers including **Hungover Empire**, **Luxe + Charm** and **Rockabetty**, three mainstream modern and alternative menswear and

without pretension. This homegrown bistro prepares food from the land, elevating basic ingredients like pork chops, roast chicken and sirloin steak with layered sauces and sophisticated preparation. Try Chef Tristan Foucault's in-house cured meats like chicken liver mousse and head cheese on the ever-evolving charcuterie board.

If participation isn't your speed, catch your favourite live sports inside one of Winnipeg's great sports taverns. Sit back with a beer at **4Play Sports Bar & Grill**, a haven for sports junkies. This downtown, multi-level lounge and restaurant caters to its clientele with 30 TVs, interactive Wii suites, virtual sports simulators and one towering 24-foot-high screen, located front and centre. NFL games are a guarantee inside **Tavern United** next to **MTS Centre**. This English-style sports pubs serves rib-sticking fare, like chicken wings and heaping plates of nachos among other classic game-day favourites. Devour traditional English fish and chips or butter chicken flatbread inside **Fox and Fiddle**, one of Winnipeg's newest pubs. Ten big-TVs (including one 80-inch) air sports on every screen. The restaurant, which opened in 2012, was the former home of the circa- 1900 Toronto Dominion Bank. The original marble floors and walls have been restored and the basement houses a corridor of walk-in bank safes which are now used for storage.

womenswear boutiques. Meanwhile, find the perfect pair of shoes inside **Rooster**, a wonderful yet wee boutique stocked with on-trend footwear for men and women. Warm up with loose-leaf tea at **The Canister**, a specialty tea and coffee shop.

Dinner downtown is your destiny. Take a seat inside **Rudy's Eat and Drink**, a contemporary lunch and supper club with shades of a circa-1950s steakhouse. For a modern Moroccan meal, check out **Arkadash Bistro and Lounge**. Tajines, dates, olives and eggplant infuse many of the dishes. Try a muddled mint julep, a fresh and fantastic libation on Arkadash's spirited cocktail menu.

Cap your day off with tickets to the world-class **Winnipeg Symphony Orchestra** or **Canada's Royal Winnipeg Ballet**. Both organizations are renowned around the globe for their outstanding productions and talented stars on stage.

For a more raucous live-music experience, check out the **West End Cultural Centre**, one of Winnipeg's best venues for indie bands.



The Forks



Manitoba
Children's Museum

DAY 6

Head to **The Forks**, where the Red and Assiniboine rivers meet. Take in river and downtown views from this sprawling park, retail, entertainment and commercial area. In winter, rent a pair of skates and glide down the river trail, which holds the record for the world's longest naturally frozen river.

The Forks National Historic Site marks the spot where Winnipeg was born. More than 6,000 years ago, the area was a popular meeting place for Aboriginal Peoples. It later became a hub for trading and later still, home to the city's railway mechanical shops. Today, it's one of Winnipeg's most popular tourist attractions. You also can't miss the **Canadian Museum for Human Rights**, the towering glass and limestone architectural wonder, which has already transformed Winnipeg's skyline. The museum is still under construction and is scheduled to open in 2014.

Inside **The Forks Market**, grab an gooey and delicious cinnamon bun from **Tall Grass Prairie Bakery**. Sip on a smooth latte or kick-starting espresso from **Human Bean Coffee and Tea**. Full breakfast is also on the menu at **Danny's All-Day Breakfast**. Watch buskers and then browse the shops throughout the market. Pick up gifts for your favourite foodie at **Fenton's Gourmet Foods and Cheese**, **CasaBella Deli and Market** or **The Fudge Guy**.

Across the way inside Johnston Terminal, head upstairs to **Global Connections**, a folk art, gift and clothing shop stocked with imported treasures from around the world. Pick out a new favourite toy for a special little person inside **Kite and Kaboodle**. This independent toy shop stocks

unique gifts, toys and games for the wee ones. Stuffed toys, books, puppets and gag gifts are all in stock. The Forks is also home to an expansive outdoor playground and the **Children's Museum**, an all-ages, hands-on activity and exploration centre.

Take time to dine inside **The Current** at the **Inn at the Forks**. This casually elegant dining room and lounge serves inspired lunch and dinner fare. For a truly Manitoba meal, order a plate of crispy fried pickerel cheeks with lemon-caper remoulade. Take in the view of the bustling market and pathways from your seat inside this street-level dining room.

After lunch, it's time to unwind with a massage at one of Winnipeg's fantastic spas.

Across the lobby, work the kinks out with an aromatherapy hot stone massage at **Riverstone Spa**. Inside **Fort Garry Hotel's Ten Spa**, luxuriate in a hamam for couples, a signature Turkish treatment that includes an olive-oil soap scrub down, aromatic salt steam and foot and scalp massage. Take a Dead Sea salt therapeutic steam before or after any treatment at **Urban Oasis Mineral Spa** at the **Clarion Hotel**.

Finish your day with dinner at **Segovia Tapas Bar & Restaurant** in **Osborne Village** or **Pizzeria Gusto** on **Academy Road**. Both eateries were named two of Canada's top-50 restaurants of 2012 by Maclean's magazine. Small plates from Spain and innovative wood-fired pizzas earned both establishments top grades.



Polo Park



Club Regent Casino

DAY 7

Today is your last chance for last-minute shopping. Grab breakfast at the nearest **Salisbury House**, an old-school local diner chain feeding Winnipeggers for the last 80 years. Eggs and bacon are just the beginning at this fast-and-friendly no-frills eatery. All-day, homestyle breakfasts and eggs benedict deliver straight-forward flavour.

Pick a direction and hit any one of Winnipeg's shopping malls. **St. Vital Centre** houses favourites, such as **The Gap**, **Melanie Lyne**, **Old Navy**, **Buffalo Jeans**, **West Point Shoes**, **RW & Co.**, **Walmart**, **MAC Cosmetics** and **Build-a-Bear Workshop**. In the opposite direction on **Regent Avenue**, try **Kildonan Place** for stores like **Le Château**, **Shoe Warehouse**, **Urban Behavior** and more. If you find

yourself near **McPhillips**, check out **Garden City Shopping Centre** where you will find **Winners** and **Canadian Tire**.

With shopping in the bag, complete your Winnipeg adventure with a trip to **Club Regent Casino**, a tropical oasis in east Winnipeg. This 182,000 sq. ft. gaming and entertainment mecca features waterfalls, palm trees and cawing macaws. Wander through Neptune's Cave, look up and spot the colourful, other-worldly species of fish and aquatic life that live inside Manitoba's largest saltwater aquarium. Get lucky on the gaming floor playing all manner of slots, table and card games. And then spread the wealth inside the casino's many outstanding restaurants and lounges.

DAY 8:

Finish your week-long Winnipeg adventure with a whirlwind morning tour of the city from **O Tours**. This three-hour, guided tour hits all the Winnipeg highlights and delves into the city's rich history with stops at **St. Boniface Basilica** and the **French Quarter**, the province's legislature, **Wellington Crescent** and **Osborne Village**, among other destinations.