

What's up in Manitoba

spring & summer 2007



Hello Friends!
Summer is a great time to shop, hike and hang
in Manitoba. Drive north for a change of scenery.
Or chow down on vinartarta in Gimli, Manitoba,
home to the largest Icelandic population
outside of Iceland. Look inside for more bit
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Stunning shots at TravelManitoba.com/Media

Cathy Senecal
Manager, Media Relations

World's Biggest Bateman Mural in Thompson

Spirit Way, a unique attraction that reflects the wilderness environment and culture of northern Manitoba, consists of a two-kilometer sightseeing pathway in Thompson, in Manitoba's far north. Points of interest along a winding, scenic walkway boldly host a few eye-opening one-of-a-kind features in Canada.

The dominant point of interest is the largest photo-real mural in Canada, a 10-storey high wolf painting, the only mural in the world of a Robert Bateman work of art.

Blasting of rock marks what will become Canada's largest rock face sculpture in Canada. "Howling Wolves," an 80-foot carving of limestone, granite, and stainless steel will mark the first phase along this 800-foot long rock cut.

Other points include a restored Norseman floatplane, a restored Bailey Bridge showcasing military equipment from World War II that helped the Allies win the war, and a sculpture which pays tribute to the world-class firefighters of northern Manitoba. They are capable of fighting fires from a mile above the ground to a mile below the ground. Two-billion-year-old rock along the Nickel Belt zone tells Thompson's mining story.

The trailhead starts at Heritage North Museum in Thompson, eight hours north of Winnipeg by car or two hours flying. **204-677-1490** or **204-778-7434** or visit www.thompsonspiritway.ca

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Top 10 ÜBER-COOL Manitoba Souvenirs

Travel Manitoba's must-get list of made-here take-home items for 2007 travellers blends our diverse heritage and culture with our persistent insistence on only the best:

1 Drink up!

Serve local fruit winery Leobard's unique rhubarb-strawberry, wild blueberry, or birch (yes, from the same-name tree...) wines slightly-cooled. Available at select wine stores in Manitoba. The world's finest rye whiskey, Crown Royal, is made by Seagram's Distillery in Gimli. Buy it at any liquor outlet. www.ddleobardwinery.com

2 Cheese with that Wine?

Food emporiums around Manitoba carry this local cheese-maker's wares, but for full cheesy choice, go to the celebrated source at Bothwell Cheese Inc., 61 Main St. North, in the town of New Bothwell. www.bothwellcheese.com



3 Egging You On...

Manitoba's Ukrainians have preserved precious cultural traditions, including fragile, hand-'written', incredibly intricate examples of the Ukrainian Easter Egg, the *pysanky*. Find them at shops around Winnipeg, at Oseredok, the Ukrainian Cultural and Educational Centre, and in Dauphin, Manitoba, at the boutique run by Canada's National Ukrainian Festival. www.oseredok.org or www.cnuf.ca



4 Cover Your Butt?

Winnipeg-made Western Glove Works' 1921 label jeans grace the bottoms of fashion-conscious Hollywood celebs like *Desperate Housewives*' Teri Hatcher. Get your ass in gear with mainstream Silver jeans at most major Manitoba denim wear shops, or go for the 1921 look at October in the Grant Park Shopping Centre. www.1921jeans.com

5 Grin and Bear It!

Pick up a polar bear book with pics from the world's Polar Bear Capital, Churchill, Manitoba. There's *Wapusk* by Dennis Fast, *World of the Polar Bear* by Norbert Rosing, or the panoramic *Edge of the Arctic* by Robert Taylor. In Winnipeg, try McNally Robinson Booksellers. www.mcnallyrobinson.com

6 Carved in Stone and Fur...

Original Inuit soapstone sculptures can be found at fine art shops throughout Manitoba, including Polar Bear Capital Churchill's Arctic Trading Company, where rare Aboriginal-made caribou hair sculptured and tufted art and birchbark-biting can also be found (along with sweet stuffed toy polar bears and beluga whales – Churchill's other big wild creature). www.arctictradingco.com

7 Wearable, Durable, Warm-able Art!

Mittens, moccasins, mukluks, genuine Hudson's Bay Company blanket coats (called capots), and Hudson's Bay Company blankets keep a body warm in winter. Find them in Winnipeg at the Winnipeg Trading Post (1128 Main Street), Shekman Furs at The Forks, and The Bay (Hudson's Bay Company). www.shekmanfurs.com

8 Dress Like a Moose... or a Fish...

Our American Hockey League hockey team, the Manitoba Moose, sells jerseys and more through the sports memorabilia superstore, and at their home arena shop in Winnipeg's downtown MTS Centre (Portage Avenue at Hargrave). For baseball paraphernalia from our Northern League Winnipeg Goldeyes, stop by Canwest Global Park. www.rivercitysports.com or www.goldeyes.com

9 How Sweet It Is!

Stock up on world-famous Russian mints, chocolate bison, and polar bear paws at Morden's Chocolates (674 Sargent Avenue in Winnipeg, or at any fine sweet shop). Keep an eye out everywhere for delicate Manitoba maple syrup, Miinan wild blueberry syrup, soothing Labrador tea (aka "bush tea"), and native mint or Saskatoon berry tea.



10 Vive les Voyageurs!

Celebrate Manitoba's French heritage with a voyageur sash (*a ceinture fléchée*), the multi-coloured length of heavy, woven fabric traditionally wound around early fur traders' waists, now worn as a winter scarf. Find them at most museums and gift shops around the province. www.festivalvoyageur.mb.ca

And your extra, bonus must-have item: Natural ingredients and sparkling colours like Mango Punch, Blackberry Bliss, Watermelon, and Cherry Cola have made Winnipeg-based Juicy Cosmetics a hot brand all over North America. Buy 'em where they were developed. Carried by Cake Clothing in Winnipeg's Exchange District or visit www.cakeclothing.ca www.juicy-cosmetics.com

escape to *Black Island*

Where the rolling prairies of Manitoba give way to the Precambrian Shield is where you'll find exotic, uninhabited Black Island. Listen closely and you may hear the haunting rhythms wafting from Drumming Point. It's here that the traditional ceremonies of the Ojibwe took place in the early summer to ordain the new medicine men.

Get to the Gull Harbour Marina on Hecla Island and make arrangements for your day at Black Island. Marina staff will drop you off at one of the secluded bays where you can wade in the warm, shallow water or hunt for gigantic freshwater clam shells on the fine sand beach. When was the last time you had a beach to yourself?

If you'd like to do a little more exploring in the area, the marina will arrange that too. Go to Punk and Little Punk Islands, just to say you've been there. The blueberry fields of Deer Island are arguably the best in Manitoba. If fishing is your forte, head to the Rice or Manigotagan rivers. Along the way, you're likely to see local commercial fishers lifting their nets.

Once you're back on Hecla Island, be sure to stop in Hecla Village and tour the restored buildings of an Icelandic community including the school, church, community hall and fish station. If you're lucky, it will be commercial fishing season and you can pick up the catch of the day at the general store. Or, overnight at Solmundson Gesta Hus Bed & Breakfast, whose owner is a commercial fisherman.

Do it Yourself or...

Gull Harbour Marina

Boat tours by the hour, half day or full day. Remote island beach drop-off and pick-up. Kayak and aluminum fishing boat rentals. Sailing lessons. Restaurant, lounge and convenience store with gasoline. Accommodations. Off Season, (204) 482-6884
In Season, (204) 279-2180
marina@gullharbour.com



Take a Tour

Hecla Ecotours

Join experienced guides from Hecla Oasis Resort (opening July 2007) www.heclaoasis.com. Drive to Matheson Island, a remote fishing village. Watch for raptors and explore limestone caves along the way. Hop into an authentic Lake Winnipeg fishing yawl. Guests get the chance to explore island shorelines, watch bald eagles diving for fish and feeding their young and marvel at the concentrations of breeding American White Pelicans and other waterbirds on these remote islands. Late June to October. For small groups only.

It's a **DOG'S LIFE** in Pet-Friendly Manitoba

Bring the leash and a supply of pickup bags. Your dog deserves a vacation too, and furry family members can join owners on holiday in Manitoba - even getting their own special form of pooch pampering while their people go off to do human things.

For upscale canine coddling, the Hecla Oasis Resort, opening this summer on Hecla Island north of Gimli on Lake Winnipeg, will feature fifteen laminate-floor guestrooms especially for people with pets, and a Pet Spa featuring grooming, daycare, special activities, and on-staff walkers. Human guests can head off to golf or visit the people spa, while their dogs get cossetted from dewlap to tail-tip.

Once Fido's refreshed and ready for action, Hecla Provincial Park offers 25 kilometers of walking trails (leash on, doggie-walk bag in owner's pocket). Or take Bowser for a summer stroll through historic little Hecla village and along the limestone-cliffed shore of Lake Winnipeg.

PETICURE

The Hecla Oasis pet spa isn't the only Manitoba spa that's gone to the dogs. Others include Winnipeg's Urban Canine (also day care) and the Style n' Paws Pet Spa. Visitors to Western Manitoba can shower their pups with quality time at Brandon's Pets at Play Resort & Spa 's with five thousand square feet of special rubberized flooring for canine wrestling matches, and full spa treatments from grooming to massage (for the dog, not you).

WHERE TO WALK AND STAY

Decked out in that de rigueur fashion accessory, the leash, dogs are welcome at most parks (except, understandably, at bird sanctuaries) and on trails throughout Manitoba. A favourite spot for pups to strut their stuff is the one-kilometer summer Riverwalk or the six-kilometer winter river trail at Winnipeg's historic Forks.

For leash-free romps in Winnipeg, thirteen off-leash parks welcome dogs accompanied by people; most popular are Juba Park downtown and Maple Grove and Kings Parks in the city's south St. Vital suburb. Brandon's off-leash park offers scenic views of the Assiniboine River from trails in Queen Elizabeth Park.

And major hotel chains - from upscale to budget-oriented - welcome pets in Manitoba. (Some hotels have size restrictions, and cleaning fees generally apply, as 'accidents' happen even with beautifully-behaved animals.)

We're sure all pooches will agree: Manitoba's a four-paw destination!

For detailed pet-friendly lodging listings, check Travel Manitoba's Accommodations and Campgrounds Guide. Order it by calling 1-800-665-0040 or visiting www.travelmanitoba.com.

At www.winnipeg.ca/publicworks/Parks/FieldsForFido, there's a complete list of off-leash park locations.

To check opening dates and bookings at Hecla Oasis Resort, visit www.heclaoasis.com

Crow Wing Trail/ Chemin St. Paul

Recreate the life of the voyageurs on the historically significant Roseau River.

A Métis trader serves as your camp boss.

Overcome daily challenges, get a hands-on understanding of ancestral ways, savour authentic trail cuisine, sleep wrapped in history on bear pelts and buffalo robes in a teepee.

Walk sections of the Crow Wing Trail, now part of the TransCanada Trail, picnic at a tall grass prairie reserve. You will learn that the Law of the Buffalo Hunt exists at the camp and is applied at all times! Day and overnight packages from June to September.

www.oroseau.ca



Glutton for Replenishment

He's young. He's hip. And now he's the best chef in Canada. Makoto Ono of Gluttons Restaurant in Winnipeg, Manitoba walked away with the gold at the Gold Medal Plates' Canadian Culinary Championship held in Whistler.

Ono emerged as the frontrunner among the seven finalists, winning the gold medal following three days of delicious and spirited competition. National Culinary Advisor James Chatto, one of the judges, chose Ono for his "original lightness of touch, artistry and the clarity of his flavours."

At just 28 years old, Ono has been in the business 10 years, having trained in Vancouver and in London, England. Ono has evolved his culinary style into something that can best be described as "personal cuisine," using Japanese influences combined with French techniques.

"This weekend was so nerve wracking," says Ono, "and I was pretty intimidated being with chefs I've admired for years"



Chef Makoto Ono -
Ciao! magazine



Vikings and Vinartarta Culinary Delights at the Lake

The vastness of Lake Winnipeg will wow you but it's what comes out of the world's twelfth largest freshwater lake that will knock your culinary socks off. Visit Gimli, the lake's largest shoreline community, and see what they do with the catch of the day.

Walleye is the prized fish in these parts, celebrated for a buttery taste and bright white flesh. But you won't see walleye listed on the menu. In a strange twist of dialect, walleye in these parts is called pickerel.

Stop by The Beach Boy for a healthy helping of fresh-caught fillets served with a Greek touch –roasted potatoes, Greek salad and garlic toast. Or visit Sauger Steve's Chowder House for a steaming bowl with pickerel as the star.

Still have room for dessert? Amma's Tearoom pays homage to the Icelanders who discovered this town. After your first bite of *vinartarta*, you'll be craving it for life. Imagine cookie-like layers flavoured with almond and cardamom stacked high and held together with a sweet prune filling. The torte is then topped with butter icing. Or try some *ponnukokur*.

These wispy crepes are filled with brown sugar and rolled up, making them easy to pop into your mouth.

For more information about this area, visit www.interlaketourism.com

Taste Culinary Series

Every Wednesday this summer, foodies are invited to join the editors of Ciao! magazine to explore food research and production facilities; learn about indigenous and specialty foods; and learn how they are produced and used by top local chefs. Each tour concludes with an evening visit to one of Winnipeg's best restaurants for a multi-course dining extravaganza.

June 13 Elk - Ruler of the Forest

Tour the Stonewood Elk Ranch and explore the distinct taste of elk at one of Canada's best new restaurants, Dandelion Eatery.

June 20 Pasta - Pride of Durum

Partake in the pasta-making process at renowned prairie producer, Nature's Pasta, followed by a French bistro meal at In Ferno's Bistro.

July 11 Canola - Local Wonder Crop

Educate yourself about Manitoba-developed canola at the Canola Learning Centre at Kelburn Farm and enjoy a contemporary regional meal at award-winning Fusion Grill.

July 25 Organic Herbs and Vegetables - Modern Energy Greenhouse

Learn more about solar energy used to grow herbs and vegetables at Blue Lagoon Florascape and enjoy a flavourful East Indian feast at Ivory.

August 1 Living Lettuce - Under a Leafy Canopy

Tour Neva Hydroponic Farms where living lettuce is produced for market, then enjoy a taste of fresh lettuce as part of a gourmet meal in the leafy environs framing picturesque Tavern in the Park.

August 8 Fruit Wines - Award-Winning Tastes

Sip award-winning fruit wines at D.D. Leobard Winery and complement the tastes with French cuisine from La Vieille Gare.

For more information on these and other experiences, visit heartlandtravel.ca. Cost of \$95 CDN (\$78 US) per person plus applicable taxes includes gourmet meal with beverages, tour transportation by 24-passenger bus and gratuities. Meet at the respective restaurant at 4:00 p.m., Wednesdays, June to August.

Packages for Unforgettable People

I Walked with the Polar Bears

July 19 - 22, 2007 - 4 days

\$2,299 (\$1,976 US) per couple double occupancy from Winnipeg

www.northernsoul.ca

This hiking adventure will bring you to the very edge of the Arctic and the deepest reaches of the boreal forest. Hike the remote western shores of the Hudson Bay in the Churchill region and experience unique human history, wildflowers and wildlife including 3,000 beluga whales. You will leave Manitoba with body, mind and spirit re-energized in a way only the wilderness can do.

Wild Women Wanted

October 17-21, 2007 - 5 days

\$5,795 CDN (\$4,775 US) per person double occupancy from Winnipeg

www.churchillwild.com

Imagine embarking on a wildlife viewing adventure to see polar bears along the remote Hudson Bay Coast. Churchill Wild, a leader in the global eco-tourism market, is inviting women only to join in on Wild Women's Week and the Great Ice Bear adventure. In addition to seeing polar bears in their natural habitat, Wild Women will have the opportunity to view a range of wildlife including caribou, wolves, Arctic fox, Ptarmigan, Snowy Owls and more. Plus guests will be able to relax and indulge themselves with spa services, gourmet northern cooking and wildlife photography.

Hamam Warm Mud Party

Prices vary. From 2 hours to overnight

www.tenspa.ca

Bring your best friends to Ten Spa in downtown Winnipeg for an exclusive, otherworldly hamam experience. Start with an aromatic salt scrub followed by specially selected body and face muds and clays supplemented with soft steam on heated marble. Float out of this heavenly environment supple and relaxed. Make the mellowness last with an overnight stay, including a fabulous hot breakfast, at Fort Garry Hotel.

Please contact listed companies for current pricing and updates.



Peppy Press Trips

Travel Manitoba offers a few unique group media tours for 2007.

Let us know which one sets your right brain reeling. To apply, contact Colette Fontaine at cfontaine@TravelManitoba.com or call 204-927-7832 or Cathy Senecal at csenecal@TravelManitoba.com or call 204-927-7827.



Massage and Fishing for Two

July 27 to August 2

Enjoy a couples' experience at North Knife Lake Lodge including fishing for northern pike and lake trout; fly casting lessons, spa treatment and cooking classes. Romantic memories in the making. www.webberslodges.co

Sing to Me Baby Beluga

August 13 to 18

Manitoba's "coolest" wildlife experience. Snorkel, sing, and paddle in see-through kayaks in sub-arctic waterways with curious, gentle creatures that approach YOU! Hear these 900-lb sea canaries chirp underwater. Dozens of beluga whales at a time swim around you.

I Crave Art & Indulgence in the Wild

September

Inland sea trip highlighting unique art and Hecla Oasis Resort, a 5-star resort with family water park, day spa with mineral pool, pet spa, and wellness center. Some of the best golf in Canada. Peticure, anyone? www.heclaoasis.com

Cuisine in the Western Highlands

September

A cuisine learning adventure with Earth Rhythms and the Elkhorn Resort & Solstice Spa at Riding Mountain National Park. Experience the taste of organic heirloom tomatoes and grass-fed elk. Enhanced with Anishinabe drumming, yoga, dawn wildlife viewing and a GPS adventure quest.

My Paddle's Keen & Bright - Bloodvein River

June/September

Celebrate Canadian Heritage rivers and the North American David Thompson Bicentennials starting in 2007 with a trip on Manitoba's spectacular pool-and-drop Bloodvein River. www.northernsoul.ca/adventures_bloodvein.htm. Explorer and cartographer David Thompson (Canada's Lewis & Clark) covered 90,000 km of northwestern North America, defining the land geographically and imaginatively. www.davidthompson200.ca



Photo credits: Polar Bear – Dennis East. Beluga Whale – Brandon Cole

Snow Screen, Water Screen, We all Screen for Ice Screen

Manitoba has put itself 'on the map' as a Mecca for filmmaking. Today, the province hosts a number of homegrown film festivals with big screen action inside - and out! Whether it's FilmExchange's SnowScreen or Gimli's lakeside screen, watching movies 'Manitoba-style' is a truly unique adventure.

Gimli Film Festival, Gimli, Manitoba

July 27 to 31

www.gimlifilmfestival.com

Presented in the idyllic town of Gimli, the Gimli Film Festival highlights film from Canada and circumpolar nations. This spectacular waterfront locale on Lake Winnipeg provides a nostalgic 'seaside' setting for festival goers.

A favourite attraction is the 35-foot feature film screen that rises out of the water. Watch from the beach, or from one of the boats anchored in Gimli's picturesque harbour. Climb on board, let the lull of the waves drift you away to another place and time, and get lost in a great film. BYOP (bring your own popcorn)!

NSI Snow Screen at The Forks - George Douklias



NSI FilmExchange, Winnipeg, Manitoba

February 2008

www.nsi-canada.ca/filmexchange

Billed 'Canada's Coolest Film Festival' could mean different things - the vibe is hippest, the movies are most outstanding, the people are friendliest, or the weather is chilly... In Winnipeg in February, it means a little of each!

NSI FilmExchange celebrates cinema from across Canada. Now in its 7th year, FilmExchange was born from the Local Heroes International Screen Festival, created in Edmonton in 1984. It brings together some of Canada's most respected writers, producers, directors, executives, and brightest emerging talent.

It's also the only place you'll see films on the SnowScreen - a 10-foot expanse made entirely of snow, and a one-of-a-kind viewing experience.

For more of everything

Whether you're looking for edgy or tame, flashy or fun, we'd love to help you decide how Manitoba fits.

Media - For media kits, image CD, story development, deskside briefings, trips, questions or new ideas, contact Colette Fontaine at (204) 927-7832; cfontaine@TravelManitoba.com or Cathy Senecal at (204) 927-7827; csenecal@TravelManitoba.com.

Travel Agents/Tour Operators - For travel trade kit, image/itinerary CD, tour development, briefings or questions, contact Travel Manitoba at (204) 927-7800.

2007 Top Events

April 3 - 10, 2007

2007 Women's IIHF World Hockey Championships -

The top nine countries in women's hockey battle in the 2007 World Women's Championships in Selkirk and at the MTS Centre in Winnipeg.

www.ticketmaster.ca

July 5 - 8, 2007

Winnipeg Folk Festival -

Internationally acclaimed celebration of people and music fills Birds Hill Provincial Park. Features over 60 acts, six daytime stages, evening main stage, family area, artisan tent and food court.

www.winnipegfolkfestival.ca

July 18 - 29, 2007

Winnipeg Fringe Theatre Festival -

North America's second largest Fringe festival features more than 100 theatre groups over 11 full days. Outdoor stage and Kids Fringe feature street performers, buskers and bands from noon to midnight.

www.winnipegfringe.com

August 3 - 6, 2007

Islendingadagurinn (Icelandic Festival of Manitoba) -

Second oldest ethnic gathering in Canada held in Gimli, the largest Icelandic community outside Iceland. Includes folk festival, sandcastle building, and follows the Gimli Film Festival (July 27 - 31), which shows features as the sun sets on a 35ft-wide screen rising out of Lake Winnipeg.

www.icelandicfestival.com

August 5 - 18, 2007

Folklorama - Canada's Cultural Celebration:

Represents cultures from around the world in a two-week extravaganza full of ethnic richness in culture, food and art. With over 40 pavilions, this multicultural event is held throughout Winnipeg.

www.folklorama.ca

October 12 - 14, 2007

International Wine Festival -

16th Annual features over 100 wineries, wine experts, and gourmet cheeses and pâté. Food and wine show on October 14 follows.

www.manitobafoodandwineshow.com