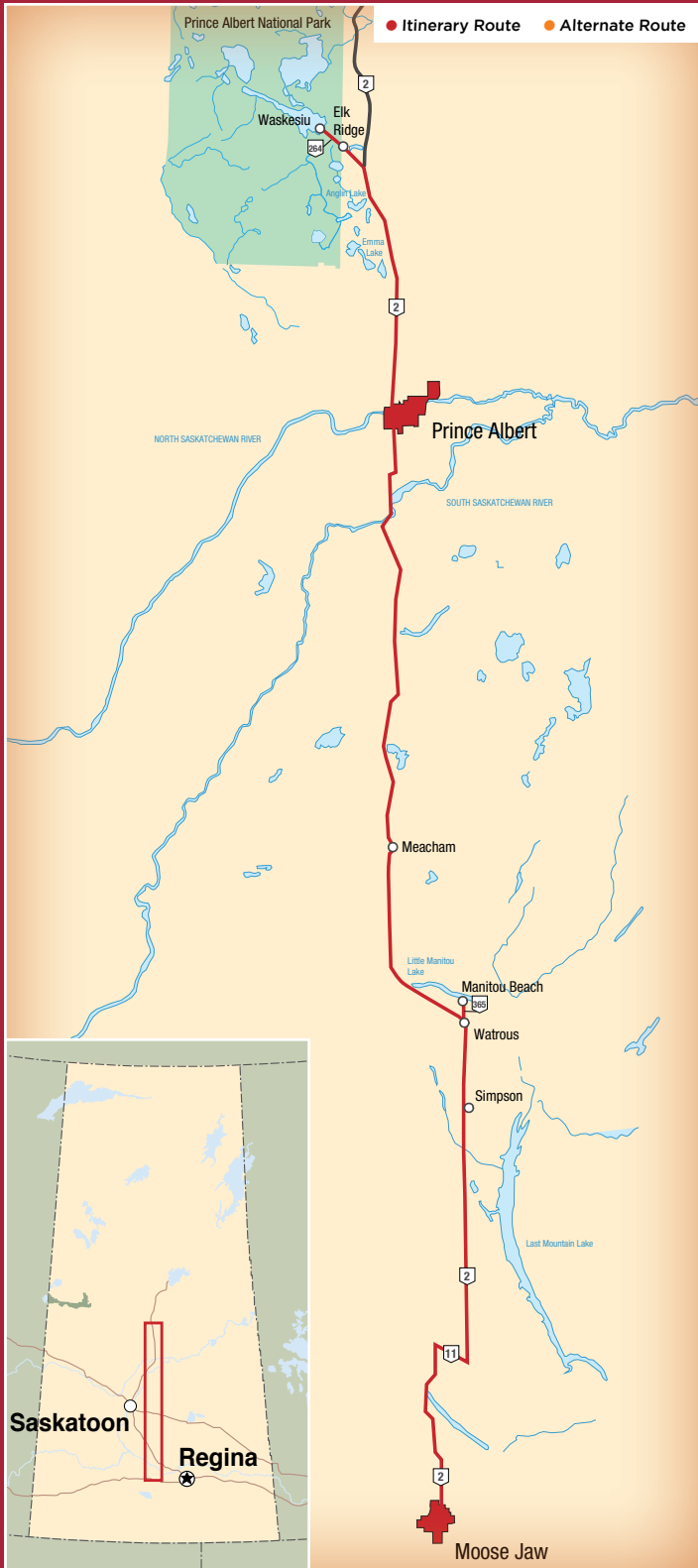


TRIP
LENGTH
5 days
451 km

RELAX AND REVITALIZE



The warm water surrounds your senses as you sink into the peace of the moment. The healing mineral water relaxes tense muscles, ensuring that all stress drifts to the depths of the pool. All you have to think about today is getting to your massage appointment, choosing where you will dine and deciding what you will do for entertainment this evening.

Life doesn't get much better than this. Rejuvenate your mind, body and soul on this relaxing journey to some of Saskatchewan's preeminent wellness and spa attractions and recharge your batteries as you reconnect with nature. Go ahead and indulge yourself - you deserve it!

DAYS ONE AND TWO **Moose Jaw**

Visitors are drawn to the healing waters of Moose Jaw's Temple Gardens Mineral Spa and Resort, known for its ability to relax muscles and detoxify the body. The mineral-rich, geo-thermal water at Temple Gardens is drawn from the porous rock formations of an ancient sea bed more than 1,350 m below the surface. With high concentrations of Epsom and Glauber's salts, these mineral-rich pools restore and revitalize with just one soak.



Temple Gardens Mineral Spa, Moose Jaw. *Tourism Saskatchewan/Douglas E. Walker*



Dining, Manitou Springs Hotel & Mineral Spa. *Tourism Saskatchewan/Kevin Hogarth Photography*

Start your day off with a leisurely dip in the roof-top mineral pool, where you can wade to the outside area for a panoramic view of the city while remaining submerged in the warmth of the water. Pamper yourself with a visit to one of Moose Jaw's spas. A massage is just moments away at Temple Garden's Sun Tree Spa; simply rise from the pool, wrap yourself in your robe and let the world fall away. The exotic and decadent Sahara Spa, featuring ancient healing rituals and Asian spa therapies, is located nearby in an elegantly restored Canadian National Railway station. Sahara Spa's treatments will transport you to distant lands, if only for a short time.

For some therapy of the retail variety, Moose Jaw's historic downtown offers quaint, locally-owned shops within easy walking distance, offering everything from art to giftware to clothing. Take time out from your shopping to enjoy a peaceful cup of tea and a homemade pastry at Renate's Tea Time. Pick up a calm-inducing souvenir of your visit to Moose Jaw at Willow Tree Collections on High Street, featuring handmade vegetable soy wax candles and all-natural bath and body products made onsite.

Be sure to take in some of Moose Jaw's attractions. Be transported beneath the streets of Moose Jaw and back in time, becoming part of a one-of-a-kind interactive theatre experience in the Tunnels of Moose Jaw. Learn about Moose Jaw's shady Prohibition-era past and Al "Scarface" Capone's rumored connection to the city, or walk in the difficult footsteps of early Chinese immigrants. The Western Development Museum chronicles the history of transportation in Saskatchewan, including a gallery devoted to the Snowbirds, Canada's renowned aerobatic squadron based in Moose Jaw. Hop aboard a replica 1920s electric streetcar with the Moose Jaw Trolley Company, and take a tour highlighting the city's historic architecture and many of the giant murals scattered throughout the downtown.

Wrap up your days with a leisurely evening meal at one of the city's fine restaurants and test your luck at the Roaring Twenties inspired Casino Moose Jaw, located across the street from Temple Gardens. If you time your visit right, you can also take in an evening performance at the Moose Jaw Cultural Centre's Mae Wilson Theatre. Musical and theatrical productions are scheduled throughout the year.

DAY THREE **Resort Village of Manitou Beach**

After two rejuvenating days in Moose Jaw, head out onto the wide-open prairie as you travel to the Resort Village of Manitou Beach. Journey 156 km north of Moose Jaw on Hwy 2, turning right on Hwy 365 east of Watrous for a short distance to reach Manitou Beach. On the way, be sure to stop at the Last Mountain Lake National Wildlife Area, home to the oldest bird sanctuary in North America. Boasting over 280 species of birds including the peregrine falcon, piping plover and whooping crane, you'll want to go for a hike, have a shoreline picnic or take some time for a photography session in this pristine nature preserve. The bird sanctuary is open May through October, and can be accessed via a grid road off Hwy 2 at Simpson (watch for signs).



Floating on Little Manitou Lake. *Tourism Saskatchewan/Kevin Hogarth Photography*

Descending into the valley, the expansive Little Manitou Lake will come into view. With its healing waters, sandy shoreline and tranquil setting, the lake is a prairie oasis that will buoy both your body and spirit. This lake's briny waters are unique to the western hemisphere, possessing natural therapeutic skin and body care properties found only at a few places in the world such as Karlovy Vary in the Czech Republic and The Dead Sea of Israel. Minerals found in significant concentrations - magnesium, carbonate, potassium, mineral salts, sodium, calcium, iron, silica and sulphur - give the water a specific gravity of 1.06. This translates into impossible-to-sink buoyancy that helps relieve pressure on tired or aching joints.

Stay the night at the Manitou Springs Hotel & Mineral Spa, benefitting from the therapeutic waters in heated form while enjoying the amenities of a full-service hotel and spa, set up camp at the Manitou & District Regional Park, or check into one of the other local accommodations. If your energy level allows, kick up your heels at the legendary Danceland! Constructed in 1928, Danceland features a world-famous maple dance floor built over a cushion of horsehair, creating an unparalleled dancing experience. This historic dance hall plays host to year-round events.

DAYS FOUR AND FIVE Prince Albert National Park

Grab a coffee and muffin at the Village Perk before bidding Manitou farewell and make your way to the Elk Ridge Resort, approximately 295 km north on Hwy 2. On the way you'll pass through the small artistic community of Meacham, known for its high concentration of creative residents. Browse for Saskatchewan handcrafts at Harvest Moon Antiques and The Hand Wave. Meacham's Dancing Sky Theatre is Saskatchewan's only professional rural theatre company, staging dinner theatre shows from September to May.

As you trek north, the landscape will evolve into a wooded wonder before your eyes as the northern tree line comes in to view. Prince Albert National Park (PANP) is carved out of an amazing section of boreal forest, with the Elk Ridge Resort serving as a spectacular spot from which to discover the northern lakes, forests and history. The stunning four-star resort is yours to experience as you book in for a muscle-soothing body wrap and a restoring organic facial at the Salacia Spa. Languish over a leisurely meal at the elegant Copper Ridge Dining Room or, for a more laid back evening, head over to Walleye's and sample a Saskatchewan take on the classic fish and chips made from local pickerel or jackfish. PANP and Waskesiu townsite offer a variety of camping, fixed-roof accommodations and dining.

The wealth of amenities and natural attractions in PANP affords you the opportunity to be as busy as you'd like. Wake up early to a breath of fresh northern air and a round of golf on the Elk Ridge or Waskesiu courses. Discover the natural wonders of the boreal woodland, which includes over 195 species of birds and a diversity of wildlife on a self-guided hiking trail. If you're feeling adventurous, strap on your backpack for a day-long adventure to the cabin of famous conservationist Archibald Belaney (known as Grey Owl). Scenic lakeside vistas and stands of jack pine, aspen and birch will be your constant companions along this well-travelled trail, and several others in the area that range from 4 to 40 km in length. Or, rent a canoe or kayak from Waskesiu Marina Adventure Centre and experience the scenery from a different vantage as you ply PANP's waterways.

Waskesiu townsite in the heart of PANP has an expansive beach, unique shops, summer eateries and ice-cream stands. Spend some time experiencing the freedom-filled summer-camp atmosphere. Finish your day on the beach by watching a spectacular sunset place its colourful spell on the water's surface – the perfect way to conclude this journey of wellness and relaxation.



Elk Ridge Resort. Tourism Saskatchewan/Greg Huszar Photography

CONTACTS AND RESOURCES

Moose Jaw Tourism Visitor Centre

Hwy 1 and Thatcher Dr E, Moose Jaw
Information on accommodations,
attractions, shopping and dining
P: 306-693-8097 **TF:** 1-866-693-8097
W: www.2sk.ca/com/1000621

Temple Gardens Mineral Spa Resort

24 Fairford St E, Moose Jaw
P: 306-694-5055 **TF:** 1-800-718-7727
W: www.2sk.ca/14503

Sahara Spa Inc

341 Stadacona St, Moose Jaw
P: 306-692-1012
W: www.2sk.ca/17996

Tunnels of Moose Jaw

18 Main St N, Moose Jaw
P: 306-693-5261
W: www.2sk.ca/13206

Moose Jaw Trolley Company

Hwy 1 and Thatcher Dr E
P: 306-693-8097
W: www.2sk.ca/11940

Western Development Museum

50 Diefenbaker Drive, Moose Jaw
P: 306-693-5989
W: www.2sk.ca/12514

Casino Moose Jaw

21 Fairford St E, Moose Jaw
P: 306-694-3888 **TF:** 1-800-555-3189
W: www.2sk.ca/8900

Moose Jaw Cultural Centre and Mae Wilson Theatre

217 Main St N, Moose Jaw
P: 306-693-4700
W: www.2sk.ca/18075

Last Mountain Lake National Wildlife Area

N end of Last Mountain Lake, via grid road
off of Hwy 2 at Simpson
P: 306-836-2022
W: www.2sk.ca/12887

Attractions and Services in Manitou Beach

Links to accommodations, attractions,
shopping and dining
P: 306-946-2831
W: www.2sk.ca/com/1000548

Manitou Springs Hotel & Mineral Spa

MacLachlan Ave, Manitou Beach
P: 306-946-2233 **TF:** 1-800-667-7672
W: www.2sk.ca/13042

Danceland

511 Lake Ave, Manitou Beach
P: 306-946-2743 **TF:** 1-800-267-5037
W: www.2sk.ca/15202

Village Perk

MacLachlan Ave, Manitou Beach
Open: April-Oct, call ahead for
seasonal hours
P: 306-946-3166 / 306-946-3004

Harvest Moon Antiques and Gallery

401-3rd Ave, Meacham
P: 306-376-4700
W: www.2sk.ca/22132

The Hand Wave

409-3rd Ave N, Meacham
P: 306-376-2221
W: www.2sk.ca/12987

Dancing Sky Theatre

201 Queen Street, Meacham
P: 306-376-4445
W: www.2sk.ca/16932

Attractions and Services in and around PANP/Waskesiu Lake

Links to accommodations, attractions,
shopping and dining
P: 306-663-4522 (PANP Visitor Centre)
P: 306-663-5410 (Waskesiu Chamber of
Commerce)
W: www.2sk.ca/com/1001107

Prince Albert National Park of Canada

83 km N of Prince Albert via Hwys 2,
263 and 264
P: 306-663-4522 **TF:** 1-888-773-8888
W: www.2sk.ca/17902

Elk Ridge Resort

Hwy 264, just outside Prince Albert
National Park
P: 306-663-4653 **TF:** 1-800-510-1824
W: www.2sk.ca/13615

Waskesiu Marina Adventure Centre

7 km N of Waskesiu townsite
P: 306-663-1999
W: www.2sk.ca/13523

SPECIAL EVENTS

Moose Jaw:

Moose Jaw Hometown Fair, June –
www.moosejawex.com
Saskatchewan Festival of Words, July –
www.2sk.ca/9581

Manitou and Area:

Spirit of Manitou Studio Trail, July –
www.spiritofmanitou.ca
Danceland events, year-round –
www.2sk.ca/15202

Prince Albert National Park:

**Prince Albert National Park's National
Aboriginal Day Event**, June –
www.2sk.ca/17902

Big River:

Ness Creek Music Festival, July –
www.2sk.ca/1295