

Bright lights, big skies – German group FAM

June 20 - 27, 2019

#ExploreMB

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www.uskeepexploring.canada.travel/



@explorecanada

The wealth of culture in a vibrant capital city gives no hint of the wild nature in the rest of Manitoba. Join us for this week as we explore the bright lights of Winnipeg, an unexpectedly cosmopolitan city followed by a leisurely 2-night paddling trip through the heart of Canadiana wilderness where the big skies and boreal forest will take your breath away.

Travel Manitoba Contact and Host:

Tamara Soroka

Media Content Specialist

Travel Manitoba

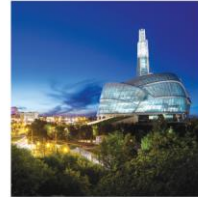
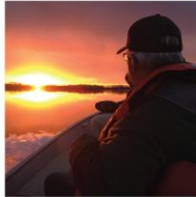
21 Forks Market Road

Cell: 204.927.7871

tsoroka@travelmanitoba.com

Participants:

TBD



Thursday, June 20

Media arrival into Winnipeg

Upon arrival at the Winnipeg Airport, collect your luggage and look for a driver from Hollywood Limousine Service. You will be met in the arrivals area and transferred to your hotel.

Check into downtown hotel (TBD)

The remainder of your evening will be at your leisure. Dinner can be enjoyed at the hotel's onsite restaurant.

Friday, June 21

9:00 AM Welcome Breakfast at Clementine Café

Welcome to Manitoba! We hope your arrival was smooth and you've settled into your comfortable rooms at Inn at The Forks. Please meet Tamara Soroka from Travel Manitoba in the lobby of the hotel to transfer to the restaurant.

Winnipeg's hottest breakfast and brunch hot spot takes its inspiration from around the world for its Instagram-worthy dishes. The successful chef/owners behind Segovia, consistently rated one of Canada's best restaurants, opened this eatery in the heart of the Exchange District.

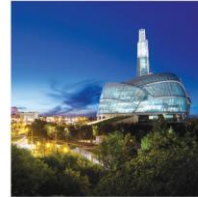
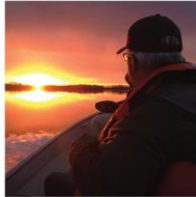
[Clementine Café](#)

123 Princess Street, Winnipeg, MB R3B 1K8

(204) 942-9497

Instagram: clementine.winnipeg

10:30 AM Heart of a Nation Tour with Winnipeg Trolley Company



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For two hours, our guide will help you experience the very best sights and stories the River City has to offer on our award-winning flagship sightseeing tour. Learn why Manitoba's capital was once called the 'wickedest city in Canada', how a local team became history's first Olympic hockey champions, Winnipeg's shocking connection to the world's most famous spy—James Bond—and much, much more. This tour is humorous, engaging, and as 'the best first thing to do in Winnipeg', will help you discover what makes the city at the heart of the country so special!

12:30PM Lunch

2:00PM Hermetic Code Tour

A tour of a provincial Legislative Building? Really?? Trust us...this Canadian Signature Experience is one of Winnipeg's (and Canada's) hidden gems! Join Dr. Frank Albo for this fascinating 90-minute tour that will take you along step-by-step to reveal a trail of occult clues concealed in the building's architecture including: hidden hieroglyphic inscriptions, numerological codes, and Freemasonic symbols so intelligently masked they have escaped historians and visitors for nearly a hundred years.

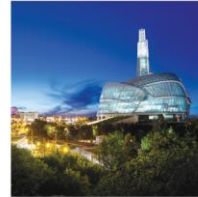
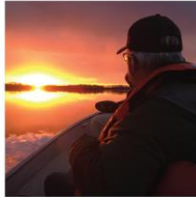
[Hermetic Code Tour](#) by Heartland Travel and Tours
450 Broadway
Winnipeg, MB R3C 0V8

4:00 PM Free time

6:00 PM Dinner at [deer + almond](#)

Located in the heart of the Exchange, chef Mandel Hitzer has created the restaurant of his dreams. Full of friends, laughter and music, deer + almond serves homestyle cooking, perfect for sharing in a warm and relaxed environment.

8:30 PM Nonsuch Brewhouse for beer tasting and behind the scenes tour



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Our focus lies beyond the bottle – honouring your entire experience. From the little moments to the big celebrations we should all savour – the times worth remembering. Therein lies the heart of everything we do.

[Nonsuch – La Brasserie Brewing Co.](#)

125 Pacific, Winnipeg, MB R3B0M1
(204) 666-7824

Saturday, June 22

5:00 AM Aboriginal Day Live Sunrise Ceremony and Sacred Fire at Oodena Circle (OPTIONAL)

Indigenous Day Live is the largest national celebration in recognition of National Indigenous Peoples Day. The day begins with the sunrise ceremony and continues throughout the day with traditional storytelling and games, Indigenous Day Live Pow Wow, skateboard competition, artisans and great food vendors, the Winnipeg “Best Bannock” competition, the APTN Kids tent and much more!

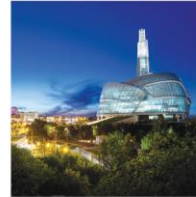
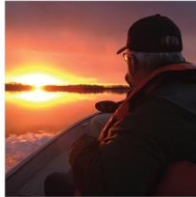
9:00 AM Breakfast at [Forth](#)

Forth is a building, a project, a place to meet minds. Forth aims to be a space that builds community and inspires collaboration. We also make great food, coffee and drinks.

10:00 AM Exchange District Walking Tour

The Exchange District is one of the most iconic and vibrant neighbourhoods in Winnipeg. This National Historic Site features an exceptional collection of heritage buildings built between 1880 and 1920. On our guided walking tours, knowledgeable and dynamic tour guides examine legends of power, corruption and heroism all while you enjoy an exceptional collection of architecture. A must-see for visitors and locals!

12:00 PM Lunch in the Exchange District



1:00 PM Grand Entry – PowWow at Indigenous Day Live

We'll head back to The Forks to watch the breathtaking colours, textures and movements shaping the Grand Entry of the PowWow at Indigenous Day Live

2:30 PM The Forks National Historic Site

The Forks, a National Historic Site, is Manitoba's number one tourist destination, which attracts more than 4 million visitors annually. The 54-acre site offers year-round shopping at The Forks Market and Johnston Terminal, along with a variety of dining experiences, including organic bakery goods, ethnic cuisine, casual restaurants, fine dining and a food hall that includes a craft beer and wine kiosk.

The Forks Market

One Forks Market Rd, Winnipeg, MB R3C 4T7
Tel: 204.943.7752

6:00 PM Dinner (TBD)

8 :00 PM Ice cream outing!

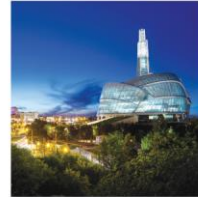
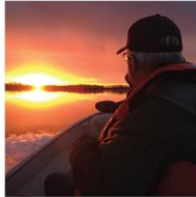
We'll head to Winnipeg's iconic BDI (Bridge Drive-In) to indulge in one of the city's favourite treats! Choose from The Goog, The Sleeping Beauty, The Saltburg or any other of the dozens of unique ice cream treats!

Sunday, June 23

8:30 AM Meet in lobby for transfer to Assiniboine Park, breakfast at Park Café

10:15 AM Assiniboine Park Zoo – Journey to Churchill

The award-winning Journey to Churchill exhibit is home to polar bears, muskoxen, Arctic fox, wolves and other northern species. It is the most comprehensive northern species exhibit of its kind in the world. Visitors experience a variety of naturalistic landscapes and animal viewing areas.



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Interpretive signage and interactive displays invite visitors to learn about biodiversity, climate change and conservation.

12:00 PM Lunch at ERA Bistro

1:30 PM Canadian Museum for Human Rights

Prepare to be inspired while visiting the iconic Canadian Museum for Human Rights, designed by architect Antoine Predock. The museum's thought-provoking and interactive exhibits will take you on a personal human rights journey looking at Canadian and global issues past, present and future. A guided 90-minute tour will provide you with an overview of the museum and the main galleries.

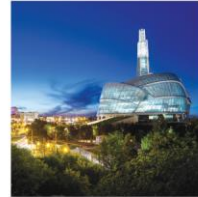
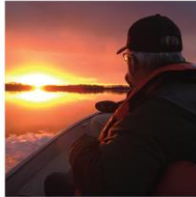
[Canadian Museum for Human Rights](#)

85 Israel Asper Way
Winnipeg, MB R3C 0L5
(204) 289-2000

After the tour, feel free to continue to explore the museum at your leisure, head over to The Forks or head back to the hotel to rest or get caught up on emails and social media!

6:00 PM Thermëa by Nordik Spa-Nature

*Soak away any stress at the Scandinavian-style spa Thermëa, located in an urban forest 20 minutes from downtown Winnipeg. Experiment with the spa's unique thermal experience, a sequence of hot and cold pools, saunas and relaxation room completely surrounded by nature. Upon arrival at Thermëa, you will be met for a brief tour and description of the spa, followed by a leisurely visit of the thermotherapy pools and sauna. Listen for the sound of the gong to take part in a traditional Finnish Aufguss ritual. Enjoy a leisurely dinner at the private on-site restaurant (bathrobes welcome!). ***Be sure to bring your bathing suit and sandals (flip-flop style, or similar).** A bathrobe will be provided upon arrival.*



[Thermëa by Nordik Spa-Nature](#)

775 Crescent Drive
Winnipeg, MB R3T 1X3
(204) 284-6868

Monday, June 24

Twin River Travel – [Seagram Lakes Trip](#)

This tour takes in the Seagram lake chain, a set of small pristine lakes in Nopiming park. This area of the park is known for it's population of boreal caribou, as well as being an easy introduction to canoe camping, due to the small lakes and well established camp sites. It's perfect for anyone looking for a short trip with easy distances. It makes for a fun and accessible paddling trip!

[Twin River Travel](#)

204-771-8714
@twinrivertravel

Tuesday, June 25

Twin River paddling trip

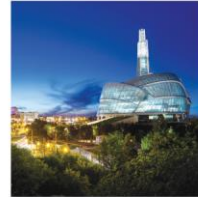
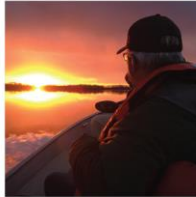
Wednesday, June 26

Twin River Travel

Return to Winnipeg in mid-afternoon, check-in to Inn at The Forks

7:00 PM Farewell Dinner at Passero

Meet in the lobby of the hotel and we'll walk over to The Forks Market for our final group meal.



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Located inside the market, the newest addition to the local food scene features modern Italian cuisine and was recently named to enRoute Magazine's long-list of the best new restaurants in Canada.

[Passero](#)

147-1 Forks Market Road

Tel: 204.219.7300

@passerorestaurant

Thursday, June 27

Breakfast at your leisure in SMITH Restaurant or room service

Media departures to Germany (flight times TBD)

Taxi vouchers will be provided for transportation to the Winnipeg International Airport.

Special notes or considerations:

- Travel and wildlife adventures in the remote wilderness are at the mercy of Mother Nature. Travel delays may happen. All water related activities are weather dependent and may need to be cancelled in the event of heavy rain or high winds. Participants must be of flexible nature and disposition.
- There will be limited cellular phone service and extremely limited wireless internet access in the remote areas we will be traveling on the paddling trip.
- Participants must be able to endure outdoor conditions whether hot and buggy or rainy and cold.
- Participants must advise in advance if they have any dietary restrictions or food allergies.

Safe travels! We hope you enjoyed your visit to Manitoba!