



# Winnipeg

experience

## A Taste of Winnipeg: Dining Recommendations

Deer + Almond |  
[deerandalmond.com](http://deerandalmond.com)

Located in the heart of the Exchange District you will find home-style cooking that's perfect for sharing.

Peasant Cookery | [peasantcookery.ca](http://peasantcookery.ca)

Classic French inspired home-cooking using the very best local ingredients.

The Mitchell Block |  
[themitchellblock.com](http://themitchellblock.com)

Creative cuisine, made from scratch, elevated comfort food.

Ivory Restaurant | [ivoryrestaurant.ca](http://ivoryrestaurant.ca)

Nationally recognized as one of Canada's finest East Indian restaurants.

Smith Restaurant | [smithrestaurant.ca](http://smithrestaurant.ca)

Located in the Inn at the Forks, Smith offers a warm and modern space to enjoy expertly prepared meals with a focus on local, seasonal, and the products of Canada.

Hermanos Restaurant and Wine Bar |  
[hermanos.ca/#about](http://hermanos.ca/#about)

Fabulous South American Cuisine with live Latin music on the weekend.

Enoteca

This French-American small-plates spot in River Heights was named one of Canada's top 10 new eateries in 2015.

Baked Expectations |  
[bakedexpectations.ca](http://bakedexpectations.ca)

This fun Winnipeg icon serves a selection of over 30 delicious desserts (among other tasty fare perfect for breakfast, lunch or dinner).

Stella's | [stellas.ca/locations](http://stellas.ca/locations)

A local favorite with six locations (including one at the airport) that serves all day breakfast among other tasty fare.

Oh Doughnuts | [ohdoughnuts.com](http://ohdoughnuts.com)

For the love of doughnuts stop by this local shop located just down the street from the Fort Garry Hotel.

Fools & Horses Coffee |  
[foolsandhorses.ca](http://foolsandhorses.ca)

Offers a full espresso menu, featuring Pilot Coffee as their anchor roaster.

Thom Borgen | [thomborgen.com](http://thomborgen.com)

This modern and friendly environment includes a green wall and a commitment to making coffee and tea one cup at a time.

Kings Head Pub & Eatery |  
[kingshead.ca](http://kingshead.ca)

Live music, savory food, delicious drinks

The Met | [themetwinnipeg.com](http://themetwinnipeg.com)

Includes the Allen Restaurant, Promenade Lounge and the MET Rooftop Patio.

Muddy Waters Smokehouse |  
[theforks.com/food/show/listing/other/all-categories/111/muddy-waters-smokehouse](http://theforks.com/food/show/listing/other/all-categories/111/muddy-waters-smokehouse)

Located next to the Johnson Terminal at the Forks and features a southern style BBQ and a riverside patio.

Times Change(d) The High and Lonesome Club |  
[highandlonesomeclub.ca](http://highandlonesomeclub.ca)

Live music

*Note: the above information was taken from the web*



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## Experience Winnipeg: Local Attractions

### Old Market Square

Old Market Square is an urban park set in the heart of Winnipeg's historic Exchange District and close to fabulous dining and shopping.

### Yoga Public | [yogapublic.com](http://yogapublic.com)

Yoga Public is Canada's largest yoga playground. This state of the art environmentally conscious yoga centre offers yoga in all its forms. Mediation classes and TRX training also available.

### Ten Spa | [tenspa.ca](http://tenspa.ca)

Located on the 10<sup>th</sup> floor of the Hotel Fort Garry, the Ten Spa offers a variety of luxurious spa treatments including the hamam which will leave you feeling refreshed and renewed.

### Manitoba Culture Days | [mb.culturedays.ca](http://mb.culturedays.ca)

Celebrate Manitoba Culture days from September 30<sup>th</sup> - October 2<sup>nd</sup>. This annual celebration invites Canadians to participate in free, interactive activities to discover their cultural spirit and passion. Events include Nuit Blanche, Winnipeg's all-night exploration and celebration of contemporary art.

### Theatre

The Centennial Concert Hall, located in the heart of Winnipeg's theatre district, will feature the Book of Mormon from September 27<sup>th</sup> - October 2<sup>nd</sup>.

### The Forks | [theforks.com](http://theforks.com)

Nestled in the heart of downtown, the Forks is Winnipeg's most popular tourist destination. Framed by the banks of the Assiniboine and Red Rivers, the Forks is a must for dining, shopping, and entertainment.

### Canadian Museum for Human Rights | [humanrights.ca](http://humanrights.ca)

The Canadian Museum for Human Rights is a national museum located adjacent to The Forks. Come be inspired with 11 galleries, guided tours and many interactive experiences.

### Assiniboine Park Zoo | [assiniboineparkzoo.ca](http://assiniboineparkzoo.ca)

The award-winning Journey to Churchill is the most comprehensive northern species exhibit of its kind in the world and home to polar bears, seals, muskoxen, Arctic fox, wolves, and other northern species.

### Manitoba Museum | [manitobamuseum.ca](http://manitobamuseum.ca)

The Manitoba Museum features nine galleries that tell the story of Manitoba. The Planetarium offers a variety of shows.

### Winnipeg Art Gallery | [wag.ca](http://wag.ca)

Western Canada's oldest public art gallery has a special focus on Canadian and Indigenous art, and presenting world-class exhibitions.

*We hope you enjoy your stay in Winnipeg!*

- The EDAC 2016 Conference Planning Committee

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