

# WATROUS & MANITOU BEACH

## ACTIVITIES GUIDE



[watrousmanitou.com](http://watrousmanitou.com)



*Experience the Spirit of Manitou*



# Welcome to Watrous & Manitou Beach

*On behalf of Watrous Town Council and all residents, we welcome you to our community. Whether you are a first time visitor or have been here many times we are confident you will find Watrous a friendly community.*

Watrous is a vibrant & growing community. The main industries include tourism, agriculture, potash and a diverse business sector. We are especially proud of, and well known for, the three automobile dealerships which bring many visitors and prospective buyers to our town. Watrous is very close to the Resort Village of Manitou Beach. I believe the two communities complement each other well to make your visit a great experience.

With a population of approximately 2,000 people we have some of the best recreational, health care and educational facilities that you will find in a town of our size. As a Town Council we strive to continue to improve the infrastructure and services we offer to our residents. I have always used the motto that Watrous is a great place to "live, work and play". In recent years we have developed new lots for both residential and industrial use. Also, in 2020 we began a project to revitalize our Main Street and will continue with this in the upcoming years. With the tourism sector being an integral part of our economy there are opportunities for entrepreneurs to start a new venture. Whether you are looking for a nice safe community to move to or interested in setting up a new business, we would welcome you to make our town your home. You won't be disappointed!

We are extremely proud of all we have to offer visitors and residents alike. Enjoy your stay in the Watrous and Manitou Beach area. We hope to see you again very soon.

*Mayor John Gunderson  
Watrous*

Welcome to the Resort Village of Manitou Beach. Hurry to get here but take time to enjoy the area once you arrive! We have a vast offering for young and old alike. Our accommodation offerings in the Watrous Manitou area cover a full spectrum. Top rate hotels, quaint bed and breakfasts, year-round cabin camping, short term home rentals, and a seasonal full hookup regional park give our tourists many options. We have something for everyone.

As you browse this Activities Guide take note of the many events planned for our visitors and residents. We pride ourselves on our community offerings. Many businesses also offer events on a regular basis. The possibilities are endless.

Little Manitou Lake is an experience of its own. You really need to try it to understand what we rave about it. If Mother Nature is giving you grief, Manitou Mineral Spa is another option to experience the waters. You never know if you don't try!!

The walking trail system in Watrous Manitou is an ongoing project. Watrous has their Rotary trail and Manitou Beach has a rustic trail system that covers our parks and hills. Soon these trail systems will connect with a walking trail along the roadway. It's another way for our tourists and residents to safely enjoy the area.

Manitou Beach Village Council, along with our administration, and all our community committees welcome you to our community, and we hope you enjoy your stay. After your first visit we confidently look forward to you coming back. The "Manitou Beach Experience" draws us all in. Stay for a short time, a long time or forever!

*Mayor Poppy Petersen  
Resort Village Manitou Beach*





## *Legend of the Spirit of Manitou*

Long before European settlers immigrated to Canada and the western territories -Saskatchewan was designated as part of the Great Plains of western Canada - a variety of Canadian First Nations tribes traveled throughout the land, utilizing the available resources for their survival while still respecting the land from which it came.

The arrival of the European settlers impacted the tribes in a variety of ways. One of the most devastating effects settlers had upon the First Nations people was the introduction of foreign diseases such as small pox. The Cree people who populated the land area known as Saskatchewan were exposed to small pox and suffered devastating losses. Traditional medicines and remedies proved ineffective against this new disease.

According to legend, some young men fell ill during their tribe's move. Fortunately, the tribe's choice of camp was in the vicinity of what is now known as Little Manitou Lake. The men were too weak to travel so the tribe built a shelter for them before continuing their journey. It is said the afflicted men were overcome with fever and thirst and crawled their way to the lakeshore where they slaked their thirst and immersed themselves in the cool

water. Spent from their efforts, they remained on the beach overnight. In the morning, the men experienced some relief from their symptoms. They attributed the respite to the water and remained on site, consuming and immersing themselves into the liquid medicine. Within days of their arrival at the lake, the young men regained their previous state of healthfulness and continued on their tribe's journey. Upon reuniting with their tribe, tribe members were astounded by the men's seemingly miraculous return to health.

So was born the legend of the healing waters of Little Manitou Lake. Medicine men named the lake Manitou in reference to the Great Spirit, which is the First Nations equivalent to the European God. As the legend of the lake with healing powers spread via word of mouth, First Nations tribes were followed by the settlers and then visitors from all parts of the world, traveling to the Lake of the Healing Waters to experience relief from a number of maladies. An entire profession of healing and therapeutic products sprang up from the lake resources, a profession that is still strong and vibrant today in the new millennium. Come feel the effects of the healing waters first-hand. Experience the Spirit of Manitou for yourself!

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## Explore the Spirit of Manitou

*"There's just something about this place!"*

We hear that a lot. It's the Spirit of Manitou and it's the feeling you get while you're here. The amazing salt water of Little Manitou Lake is definitely the source of this magic. The lake is spring and ground water fed and evaporation over centuries has created water that has an amazingly high mineral content. Float effortlessly – even suspended vertically – as you chat with your friends! Two public beaches, Wellington Park with its spring-fed creek, and several walking trails invite you to immerse yourself in this natural wonder.

But there's even more for you to experience. The activities available in this community, which includes the Town of Watrous, and the Resort Village of Manitou Beach, are uplifting, rejuvenating, and restorative. Relax in heated mineral waters at the Manitou Springs Resort; restore balance with massage and esthetics; shop in several antique and art galleries in the community; and play golf at our 9-hole Manitou Golf Course.

The variety of accommodations available in Watrous Manitou suit every traveler. From the popular Manitou Regional Campground, and several motels, to our award-winning Manitou Springs Resort – get comfortable while you explore the Spirit of Manitou.

"Manitou" is Cree for "Great Spirit". Perhaps this Spirit of Manitou is easiest explained as the gift you have to experience for yourself.

## Camp

Camp at one of Saskatchewan's most popular campgrounds – Manitou & District Regional Park. You will find over 230 sites from non-electric to full-service from which campers may choose the perfect spot. Each site includes a picnic table and pole barbeque and there are two camp kitchens

with a 50-person capacity available free to registered campers – ideal for hosting reunions or your next gathering. All washroom facilities have been updated since 2015. Firewood is available for purchase and family pets are welcome!





# Manitou & District Regional Park

Located at Manitou Beach  
6 km N of Watrous on Highway 365  
125 km SE of Saskatoon & 165 km NW of Regina



**Weekday Golf & Camping Package Available!**

Please contact the campground office for details.

**Online Booking for Campsites Now Available!**

[www.manitouregional.com](http://www.manitouregional.com)

[www.manitougolf.com](http://www.manitougolf.com)

Campground Office (306) 946-2588

Manitou Beach Golf Club (306) 946-2861

Email: [manitouregionalpark@sasktel.net](mailto:manitouregionalpark@sasktel.net)

## Manitou & District Regional Park

**Contact Us**  
Phone: (306) 946-2588  
[manitouregionalpark@sasktel.net](mailto:manitouregionalpark@sasktel.net)  
[www.manitouregional.com](http://www.manitouregional.com)

PULL THRU SITES PWS

30 AMP/WATER/SEWER

30 AMP/WATER/NO SEWER

15 AMP ELECTRIC

NON-ELECTRIC

Restroom



Camp Kitchen



Playground



Dump Station



\*\*\* REVISED 2021 \*\*\*

\*Open May 1 to Thanksgiving day



## Festivals



### FESTIVALS AT THE BEACH

The Salt Shaker Festival is coming July 8th & 9th. Formerly known as The Manitou Boogaloo, this festival will be even more fun, with live music at a variety of venues in the height of summer! Tickets went on sale in May. Join us for a shake'n'bakin salty good time celebrating some of the best live music on the prairies.

Manitou Beach or Busk! features an amazing roster of Saskatchewan performers sharing their talents on street corners and front doors. As the weekend progresses, the schedule is displayed at Little Manitou Art Gallery.

The Sculpture Symposium gives a different beach experience. August 1 - 14 find the Prairie Sculptors' Association creating on-site beside the Manitou Beach Community Hall. Stop in to meet the artists and watch their artwork develop.

Festival of Trees is a "Christmas in July". Join the festivities July 30th. Residents & businesses will be decorating!

## Manitou Beach or Busk!



## Dance

If the walls of Danceland could talk, they would tell the musical history of not only a province but also a country. From the big band era through the decades of country acts, it's a who's who list of music greats. Once a seasonal venue, Danceland now provides year-round entertainment. Visitors may be able to stop by for a tour and those who have taken a twirl on the horsehair floor are quick to sing its praises and look forward to a return trip to the floor. At Danceland, there is always something on

tap - from live entertainment to dine and dances - this family friendly venue offers something for everyone.

"Toonie Tuesdays" are back for the summer. Enjoy the family fun and dance at Danceland for only a toonie every Tuesday evening!

For more schedule information and updates, visit us online at [www.danceland.ca](http://www.danceland.ca)





## MANITOU BEACH GOLF CLUB

The beautiful Manitou Beach Golf Club offers novice and seasoned golf enthusiasts a challenge. Bordered by mature trees, the nine-hole course is a beautiful walk of 3,048 yards, par 36. Dotted with bunkers and water hazards, golfers will find themselves

booking subsequent tee-times. A full slate of tournaments hit the links starting in June, and the large tournament facility can accommodate 150 people and is equipped with barbeques, a kitchen and a bar.



**Manitou Beach Golf Club**  
This nine hole grass green course features challenging and picturesque golfing nestled on the shores of Little Manitou Lake.

[www.manitougolf.com](http://www.manitougolf.com) 306-946-2861



**MANITOU BEACH GOLF COURSE**  
RESTAURANT

Join us for **Sunday Brunch**  
Men's Night Tuesday  
Ladies Night Wednesday  
**CALL FOR CATERING**  
(306) 946-3878

**Meeting Room Available**  
**Family, Business or Staff Functions**



**Manitou Mini Golf**  
18 Hole Course  
Overlooking Scenic Manitou Beach  
**(306) 917-7763**

Come have fun and enjoy the unique replicas of historic buildings from Manitou Beach as you play through the course!

## Drive-In at Manitou Beach

The Drive-In at Manitou Beach is one of only four drive-in theatres left in Saskatchewan, providing the opportunity to watch an outdoor movie under a prairie night sky. This Drive-In is unique because it also offers an inside movie theatre for 24 people. The high quality digital projector provides a high quality cinematic experience!

See "Drive-In at Manitou Beach" on Facebook for movie titles and start times.

Don't forget to find the Twister Combine. An actual movie prop from the movie "Twister"!




**Bryan Mierau**  
Photography

**STUDIO GALLERY** 101 Shawondasse Dr.  
Manitou Beach, SK  
306-917-8101  
[bryanmierauphotography.com](http://bryanmierauphotography.com)



# Rejuvenate through the Spirit of Manitou



*Restore your soul through a connection with nature in Manitou Beach. Enjoying the finer things is sometimes as simple as quality time with nature.*

## WELLINGTON PARK

Wellington Park is a place of peace and tranquility. A flowing stream is shaded by numerous trees and is the perfect place for a picnic. There are fire pits, new stone ovens, picnic tables and a playground for the kids. A walking trail connects Wellington to the regional campground for those interested in a stroll. Saskatoon berries can also be found in abundance.

## Watrous - Manitou Beach Heritage Centre

Watrous and Manitou Beach are rich in history from the First Nation's people who came centuries ago and gave birth to the legend of Manitou, to the settlers of a Pioneer Town along the Grand Trunk Railway. Our two communities started as unique destinations in Western Canada for our many spas and dancehalls, and later became home for communication for the CBC, and CBK Radio. Now a thriving community where agriculture, automotive, tourism and potash industries meet. This history of Watrous and Manitou Beach is yours to discover.



Watrous Manitou Beach Heritage Centre is open now at **403 Main Street, Watrous**. The histories of Manitou Beach, the Town of Watrous, and CBK Radio are featured along with the scale models of Orin McIntosh and much more. Please check the website for open hours. The website is at: [www.watrousheritage.ca](http://www.watrousheritage.ca).



**DID YOU KNOW?**  
In the 1920's Manitou Beach was 2nd only to Banff as most popular destination in Western Canada?





704 - 4th Ave. East  
Watrous, Sask.

Work: (306) 946-4191  
Home: (306) 946-2274



acresgreen@sasktel.net

*Inspiring Ideas for Your Yard and Garden*



## Antiquing in the Spirit of Manitou

*Manitou Beach offers several opportunities for those in search of antiques, original art, collectibles, and rare and unusual treasures.*

In addition to antique shops, be sure to check out the Manitou Beach Flea Market. One of the longest-running flea markets in Saskatchewan, it is open every Sunday starting at 8:00 a.m., weather permitting, from the May long weekend to the Labour Day long weekend. The Flea Market is located at the Drive-In at Manitou Beach. Vendors sell a variety of items including antiques, collectibles, apparel,

memorabilia as well as garage and estate sale items. New vendors are welcome.

Please contact by Facebook Messenger to: "Manitou Beach Flea Market At The Drive In"

### ALL SAINTS ANGLICAN CHURCH WINDOW

Visit the All Saints Anglican Church to view the historic stained glass window from the mid-16th century.

Address: corner of Main St & 4<sup>th</sup> Ave.  
Watrous, SK.

Phone: 306.946.3369 (Town Office)

**Art, Antiques & Things Unique at Beautiful Manitou Beach**  
*Open May through October*



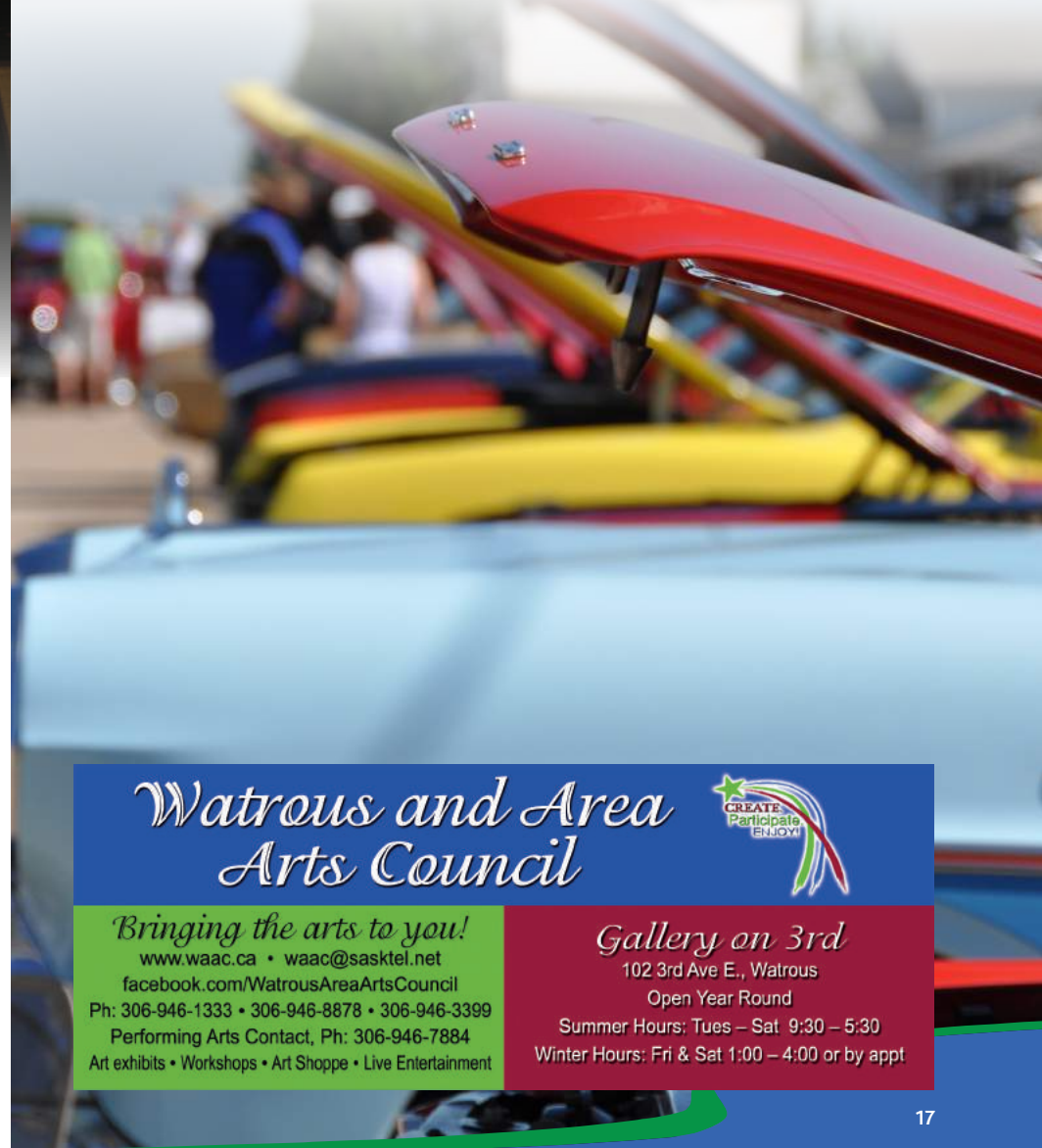
**We Buy-Sell-Trade & Appraise Year Round**  
Arnie Tiefenbach - 306-999-0429 Eric Upshall - 306-946-9922  
96 MacLachlan Avenue, Manitou Beach, SK, CANADA S0K 4T1

## Watrous Fun Run Show'n Shine

The 31st Annual Watrous Fun Run Show 'n' Shine car show will happen on July 23rd, 2022. Traditionally the largest car show in rural Saskatchewan, this is not only a showcase for car aficionados but also a full day of family-oriented events. Classic cars, trucks, motorcycles, hot rods and customs

with specialty cars and antique tractors draw a huge crowd of visitors to town.

The Watrous Fun Run will take over Main Street Watrous. Late in the afternoon the vehicles parade through Manitou Beach. Please check [www.watrousfunrun.com](http://www.watrousfunrun.com) or our facebook page for more information.



## Watrous and Area Arts Council



*Bringing the arts to you!*

[www.waac.ca](http://www.waac.ca) • [waac@sasktel.net](mailto:waac@sasktel.net)

[facebook.com/WatrousAreaArtsCouncil](https://facebook.com/WatrousAreaArtsCouncil)

Ph: 306-946-1333 • 306-946-8878 • 306-946-3399

Performing Arts Contact, Ph: 306-946-7884

Art exhibits • Workshops • Art Shoppe • Live Entertainment

*Gallery on 3rd*

102 3rd Ave E., Watrous

Open Year Round

Summer Hours: Tues – Sat 9:30 – 5:30

Winter Hours: Fri & Sat 1:00 – 4:00 or by appt



# Little Manitou Art Gallery

ENJOY GREAT MUSIC, ORIGINAL ART, AND GOOD FRIENDS

**May 21**

MANITOU MAYHEM  
Elise Kuterbach

**June 18**

AFTERNOON TEA & EVENING DRAG  
Humboldt & Area Pride Network

**June 24, 25, 26**

MANITOU BEACH OR BUSK!  
One of several locations

**July 2**

ANNUAL ART AFFAIR  
Ellen Froese

**July 9**

THE SALT SHAKER  
5pm-Midnight

**July 9, 10**

SPIRIT OF MANITOU STUDIO TRAIL  
One of many destinations

**July 16**

KICKING BACK  
Wade & Chord Fehr

**July 21**

DRAG SHOW  
YXE Drag Collective

**July 23**

MANITOU FORTUNES  
Cameron & Crawford

**July 30**

FESTIVAL OF TREES  
One of several locations  
11am-4pm

**July 30**

MANITOU EXPRESSIONS  
Brian Paul DiGiusspe

**July 31**

WOW! MANITOU  
Wonder Of Words  
11am-7pm

**Aug 6**

SOUNDWAVES IN MANITOU  
Justine Sletton

**Aug 13**

MANITOU RESONATES  
Mykal Gambull

**Aug 20**

MANITOU MELODIES  
Janicka Grayston

**Aug 27**

MANITUNES  
Brookelynn Tetzlaff  
& Jessie Sather

**Sept 3**

BEACH VIBES  
Chris Vasser

**Sept 4**

MANITOU MUSIC FEST  
Noon-Midnight



Discover the

## SPIRIT OF MANITOU STUDIO TRAIL.

On July 9th & 10th join this annual excursion to view, appreciate, and purchase local Saskatchewan-created art.

Concrete, textiles, woodworks, paintings - oil, acrylic, water colour - photography, sculptures, ceramics, pottery, carving, copperwork, and glasswork are showcased by our talented Trail participants.

Covid-19 protocols followed.



G-C'S GALLERY & GIFTS

## Tour the Spirit of Manitou

## Spirit of Manitou Studio Trail

Come Join the Spirit!

2022

Saturday July 9

10AM-7PM

Sunday July 10

NOON-6PM



As with all things Saskatchewan, the allure of exploring studios and show rooms, makes the distances fade away in expectation of the rural gems to be found in Manitou Beach, Watrous, Guernsey, Plunkett, Viscount and Meacham.



#spiritofmanitoustudiotrail  
www.spiritofmanitou.ca

204 Elizabeth Ave. Manitou Beach, SK.

Call us 1.306.400.2544

VISIT US ONLINE

LittleManitouArtGallery.com



SASK LOTTERIES





## WATROUS AND AREA ARTS COUNCIL

The Watrous and Area Arts Council is a vibrant community group that coordinates visual and performing arts in Watrous Manitou.

## GALLERY ON 3RD EXHIBIT SCHEDULE

Open year round and located at 102-3<sup>rd</sup> Avenue East, Watrous, the Gallery on 3<sup>rd</sup> features exhibits by local artists, artists from the surrounding area, the province and international artists as well as exhibits from Arts on the Move, provided by the Organization of Saskatchewan Arts Councils (OSAC). These are our 2022 art exhibits:

- Jan. & Feb. .... Local artists' Winter exhibit  
Mar. 1-23 ..... OSAC: Moving Landscapes - Edie Marshall  
Apr. 1-23 ..... OSAC Permanent Collection - Saskatchewan Artists prints  
Author Book Launch - Helen Herr  
May 6 - July 7 .... Bryce Erickson Art Collection  
July 9 & 10 ..... Spirit of Manitou Studio trail - Toni Ambrose, Helen Herr, Aimee Nulle  
July 12-30..... M. Aimee Nulle - Oil Paintings  
Aug. 2-20 ..... OSAC - "The Immigrant Women" - Madhu Kumar  
Sept. 2-23 ..... OSAC - "The Flower People" - Melanie Monique Rose  
Oct. .... TBA  
Nov. & Dec. .... Winter art show & sale

## LIVE PERFORMANCES

- Oct. 28, 2022 ..... Brenda Lee Cottrell  
Feb. 4, 2023 ..... Travis Dolter Band  
Mar. 27, 2023 ..... Molus O  
TBA ..... Trevor Panczak

## PANCAKE BREAKFASTS

As fundraisers for the Manitou Beach Recreation Board, you are invited to Pancake Breakfasts - listed below, please make note of date and location.

- May 22<sup>nd</sup> Manitou Beach Community Hall  
June 26<sup>th</sup> Manitou Beach Community Hall  
July 1<sup>st</sup> .... Location to be determined  
July 16<sup>th</sup> ... Regional Campground Kitchen  
Aug. 7<sup>th</sup> ... Manitou Beach Community Hall  
Sept. 4<sup>th</sup> .. Manitou Beach Community Hall

## WEEKLY SUMMER ACTIVITIES

Offered weekly from May Long Weekend through Sept Long Weekend

Thursdays ..... Bingo by Community in Bloom volunteers

Saturdays

9AM- Noon ... Homegrown & Handmade Farmer Artisan Market 105 Elizabeth Ave.

Sundays

8AM- Noon ... Flea Market - located at the Drive-In at Manitou Beach

## 2022 COMMUNITY EVENTS

- June 4 ..... Watrous & Manitou Beach Community Wide Garage Sale  
June 24-26 ..... Manitou Beach or Busk - Various Locations  
July 1 ..... Canada Day Fireworks - Manitou Beach  
July 8 & 9 ..... The Salt Shaker- Danceland & several Manitou Beach locations  
July 9 & 10 ..... Spirit of Manitou Studio Trail - several community & regional locations  
July 23 ..... Watrous Fun Run Show'n Shine - Main Street, Watrous  
July 30 ..... Festival of Trees - several Manitou Beach locations  
July 31 ..... WOW! Manitou (Wonder of Words Literary Festival) several locations  
July 31 ..... Sunday in the Sand! - Mike's Beach Bar  
Aug. 1 - 14 ..... Multimedia Sculpture Symposium - Manitou Beach Events Plaza  
Sept 4 ..... Manitou Music Fest - Little Manitou Art Gallery

## LITTLE MANITOU ART GALLERY

Live Music and Licensed Events every Saturday throughout the summer.

See a full event schedule on page 18, Facebook & online at [LittleManitouArtGallery.com](http://LittleManitouArtGallery.com)

## MANITOU WATERS

### HEALING ARTS CENTER and Naturopathic Clinic

Located at 209 - 205 John St. Manitou Beach; for contact information refer to page 32.

- July 8 & 9 ... SOUNDCAPES: a songwriting workshop with Bruce Rawling.  
Evening concert: Bruce Rawling and friends.  
July 16 ..... Healing Arts and Spa Day: Painting from Nature with Darrell Baschak.  
Naturopathic spa therapy with Sussanna Czeranko, ND.  
July 30 ..... 7 p.m. The Apothecary's Garden (Harper-Collins, 2022) by Jeanette Lynes.  
Book launch and readings (Jeanette Lynes, Tracy Hamon).  
Aug. 13 ..... The Skye's the Limit: 2nd annual fashion show featuring designer Dianne Beckett; fibre arts teacher, Sussanna Czeranko, ND.  
Aug. 20 ..... HEAL-FEEL-SOUL-SELF-PORTRAIT. Workshop by Zoltan Markan,  
Saskatchewan master sculptor, mixed media artist, writer

## UN-DISCOVERED AT DANCELAND

See the full schedule for events at [www.Danceland.ca](http://www.Danceland.ca)

- Aug. 13 ..... Celebrate Saskatchewan  
Oct. 8 ..... Oktoberfest  
Oct. 29 ..... Halloween Dance  
Dec. 31 ..... Roaring 20's New Years Eve





WHY STAY ANYWHERE ELSE Than  
Our Newly Renovated 102 Hotel Rooms?

- Unlimited swimming at indoor mineral pool (value of \$21/adult plus tax)
- Waters Edge Restaurant is open from 6:30 am until 11:00 pm.
- Robes to wear to pool - for hotel guests only.
- Dining room overlooking Little Manitou Lake with Lounge
- Pool Side café for lighter meals, ice cream and snacks
- Serenity Massage/Esthetics
- Expanded Gift Shop



**Hold your next meeting or banquet with us in one of our 3 meeting rooms or outdoor patio!**

**302 McLachlan Avenue, Manitou Beach  
manitousprings.ca • 1-306-946-2233**

Strongest  
& Fastest WiFi  
in the Area

**Manitou Springs King Jacuzzi Room.**  
Wide variety of hotel rooms and suites with kitchenettes.

**Water's Edge**  
RESTAURANT

*Enjoy a great meal with a beautiful view at an affordable price!*

- **Specializing** in hand cut AAA Steaks, Seafood, Pizza, Pasta, and Comfort Food.
- **Lounge** with 3 TV's and draft beer.
- **Our outdoor patio**, The Terrace is open daily at 11:30am in the summer depending on the weather. Special Patio menu, draft beer, and your favorite frozen cocktails are available.



- Watch for nightly features, patio live entertainment and happy hour specials on our facebook page, or call 306-946-2489 for more information.
- Offering pick up and takeout orders.

- View our menu online at [www.manitousprings.ca](http://www.manitousprings.ca)
- For parties of 10 or more call 306-946-2489 for reservations.
- 302 McLachlan Avenue, Manitou Beach  
(Located in the Manitou Springs Hotel)

**Manitou Springs**  
Resort & Mineral Spa



# Make Yourself at Home...



**Lakeside Country Inn**

1.888.946.2211 or 306.946.3456  
www.lakesidemanitou.com

*The Lakeside Country Inn is proud to provide our guests with high quality accommodations in the heart of Manitou Beach.*

**AMENITIES INCLUDE:**

- 10 recently renovated guest rooms
- Wireless Internet & Satellite TV
- Lakeview Picnic Areas with guest use BBQ
- Fire Pit for evening relaxation
- Watercraft Rentals



**The Lake House**

6 Bedroom 6 Bath Vacation Rental  
Steps to golf course & ski trails  
Panoramic lake views

812 Apukwa Ave, Manitou Beach    thelakehouseatmanitou.com    306 917 9111



**Sisters Family Camp**

♦ Cabin Rentals ♦

Vince: 306-419-9455    213 Watrous Street  
Dee: 306-419-9454    Manitou Beach, SK

www.sistersfamilycamp.ca  
sistersfamilycamp@gmail.com



**"A GEM OF A PLACE TO STAY"**

**306-570-7554**

**COZY CORNER SUITES**

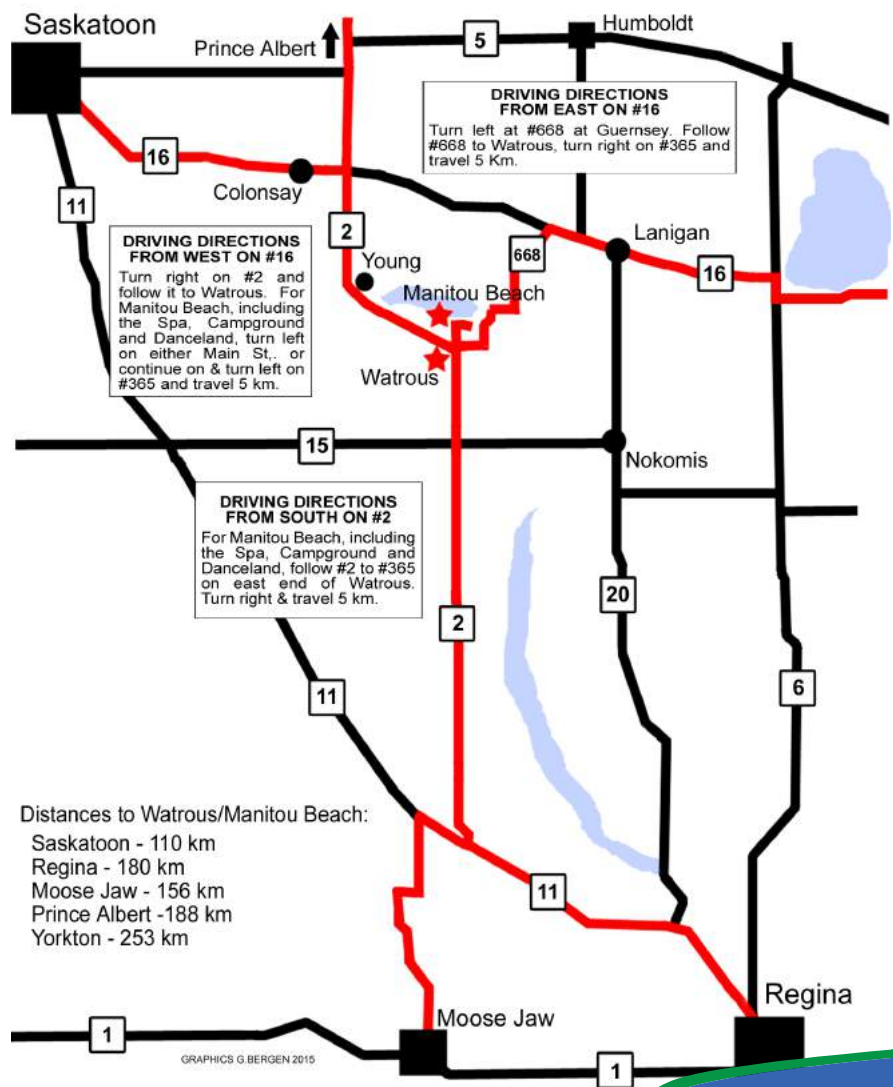
- Open Year Round
- 1, 2 & 3 Bedroom Suites w/ Full Kitchens
- Short walk to beach and spa
- Excellent for larger groups

410 Elizabeth Ave, Manitou Beach  
www.cozycornersuites.ca

# How to get Here



## WATROUS - MANITOU BEACH





Manitou Map





# Manitou Map

- ★ Attractions & Things to Do
- 🏠 Accommodations
- 🍽️ Restaurants
- Community Services /Businesses
- 🏛️ Historical Plaque
- 🎨 Art Gallery
- 📍 Tourism Information

## Hiking Trails

- Trail 1 - 6.1km
- Trail 2 - 2.1km
- Trail 3 - 1.1km
- - - Connecting Trail

## Cross-Country Ski Trails

- 🏂 - Groomed Trails at Golf Course & Regional Park
- Lake Trail Ungroomed

## EL 1746 Elevations



GRAPHICS G.BERGEN 2022 • WATROUS MANITOU BEACH TOURISM

# Watroous Saskatchewan

- ★ Attractions & Things to Do
- 🏠 Accommodations
- 🍽️ Food & Dining
- Businesses & Community Services
- 🎨 Art Gallery

TRAILHEAD







## Relax in the Spirit of Manitou

### ACCOMMODATIONS DIRECTORY

A variety of accommodations are available to you in Watrous Manitou. Welcoming you with friendly service, the comforts of home and more, book your place today and relax at the end of a busy day. Find the perfect spot "down at the beach" or "in town"...

#### DOWN AT THE BEACH (MANITOU BEACH)

**LAKESIDE COUNTRY INN** (10 Rooms)  
504 MacLachlan Ave., Manitou Beach, SK  
888.946.2211  
lakesidemanitou.com

**COZY CORNER SUITES** (4 Units)  
410 Elizabeth Ave., Manitou Beach, SK.  
306.570.7554  
cozycornersuites.ca

**HOMETEL MANITOU BEACH** (2 Rooms)  
309 Jean St., Manitou Beach, SK.  
306.946.2315  
hometelmanitoubeach.com

**SISTERS FAMILY CAMP**  
213 Watrous St., Manitou Beach, SK.  
306.419.9455 Vince  
306.419.9454 Dee  
www.sistersfamilycamp.ca

**THE LAKE HOUSE AT MANITOU**  
812 Apukwa Ave., Manitou Beach, SK.  
306.917.9111  
thelakehouseatmanitou.com

**MANITOU SPRINGS RESORT & SPA**  
302 MacLachlan Avenue, Manitou Beach, SK.  
306.946.2233,  
800.667.7672  
www.manitousprings.ca

#### IN TOWN (WATROUS)

**LAST MOUNTAIN INN** (18 units)  
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# Eat at the Spirit of Manitou

## DINING GUIDE

A variety of dining experiences await you in Watrous Manitou. You can dine with elegance in several establishments, relax at a few café locations, or grab a bite without missing a bit of fun! Find the perfect spot "down at the beach" or "in town"...

### DOWN AT THE BEACH (MANITOU BEACH):

**DANCELAND** (Licensed)  
511 Lake Avenue, Manitou Beach, SK.  
306.946.2743

**GOLF COURSE RESTAURANT** (Licensed)  
Manitou Golf Club  
Highway #365, Manitou Beach, SK.  
306.946.3878

**THE LOUNGE** (Licensed)  
Little Manitou Art Gallery  
204 Elizabeth Ave, Manitou Beach, SK.  
306.400.2544

**MANITOU MINI MART**  
205 MacLachlan Ave, Manitou Beach, SK.  
306.946.4172

**MIKE'S BEACH BAR** (Licensed)  
303 MacLachlan Ave., Manitou Beach, SK.  
306.946.2835

**ODA** (Seasonal, Licensed)  
305 MacLachlan, Manitou Beach, SK.  
306.290.6990

**WATER'S EDGE RESTAURANT** (Licensed)  
Manitou Springs Resort, Hotel Entrance  
302 MacLachlan Ave., Manitou Beach, SK.  
306.946.2489

**WATER CREST CAFÉ**  
Manitou Springs Resort, Spa/Pool Entrance  
302 MacLachlan Ave., Manitou Beach, SK.  
306.946.2233

### IN TOWN (WATROUS)

**JOHN'S PLATE** (Licensed)  
212 1st Ave W., Highway #2, Watrous, SK.  
306.946.2314

**PEPPER TREE** (Licensed )  
203 Main Street, Watrous, SK.  
306.946.3344

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Pip's Esso, 101 Main Street, Watrous, SK.  
306.946.2680

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# ODA

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# Convention Facility Listings

## Year Round Facilities

Name	Size	Capacity	Seated	Details	Contact
Danceland (Manitou Beach)	4800 sq ft flr 9140 sq ft tot	500	400	Buffets Available Weddings, Special Events	Danceland 800-267-5037
Civic Centre (Watrous)	60' x 80' 4800 sq ft	440	300	Stage, Round and Square Tables Available	Town of Watrous 306-946-3369
High School Gym (Watrous)	4300 sq ft flr 635 sq ft stg	500	400	See School Use Policy	Winston High School 306-946-3309
Curling Rink Lounge (Watrous)	57' x 50' 2385 sq ft	140	125	Bar and Fridge watrouscurlingclub@sasktel.net	
Manitou Room (Manitou Springs Resort)	72' x 30' 2160 sq ft	150	120	Food, Bar, Audiovisual available	Manitou Springs Resort 800-667-7672
Community Hall (Manitou Beach)	42' x 23' 966 sq ft	190	80	Full kitchen 21' x 15'	Resort Village of Manitou Beach 306-946-2831
Heritage Room (Watrous)	45' x 20' 900 sq ft	80	40	Whiteboard, LCD Projector	Town of Watrous 306-946-3369
Kinsmen Club Room (Watrous)	40' x 29' 1160 sq ft	80	-	Bar and Fridge	Town of Watrous 306-946-3369
Renown Room (Manitou Springs Resort)	40' x 16' 640 sq ft	50	25-30	Food, Bar, Audiovisual available	Manitou Springs Resort 800-667-7672
Venn Room (Manitou Springs Resort)		12	-	Food, Bar, Audiovisual available	Manitou Springs Resort 800-667-7672
Anglican Church Hall	760 sq ft plus full kitchen	60	60	Audiovisual available	Contact Connie Woiden 306.946.8288
<b>Seasonal Facilities (Summer Months)</b>					
Curling Rink (Watrous)	159' x 68' 10,800 sq ft	-	800	Summer Only	Town of Watrous 306-946-3369
Arena (Watrous)	185'x85' Rink 87'x38' Lounge	400	-	Summer Only	Town of Watrous 306.946.3369
The Terrace (Manitou Beach)	7000 sq ft	250	200	Food & Bar Available	Manitou Springs Resort 800-667-7672
Camp Easter Seal (Manitou Beach)		150 Dining 80 Chalet	120 Dining	13 Cabins @ 10 individuals each	Sask Abilities Council 306.653.1694
Tournament Lounge (Manitou Beach)	39' x 25' 1170 sq ft	-	125	Private patio, barbeques, picnic tables	Golf Course Restaurant 306.946.2861
Campground (Manitou Beach)	230+ Campsites			2 Camp kitchens 50-person capacity	Manitou Regional Park 306-946-2588

## YOUR NATURAL MEETING PLACE IN SASKATCHEWAN

Hosting a reunion? Planning a wedding? Chairing a regional meeting or planning a conference? Watrous and Manitou Beach offers a broad range of facilities and catering services to suit your needs!

Centrally located, Watrous Manitou is the perfect destination for guests, staff and clients. Travel time will decrease as fun and productivity will increase. No need to weigh your wallets down with coins as each venue has plenty of free parking. Economical rental rates, clean, bright facilities with a myriad of extra amenities and skilled caterers are the perfect combination to hosting everything from a small intimate wedding or anniversary to a large provincial conference.

### WATROUS

The Watrous Civic Centre on Main Street has a maximum capacity of 360 people and the Heritage Room located in the same building accommodates 80 people for a meeting and half as many for a sit down meal. The Kinsmen Club Room in the skating arena holds 80 people while the Watrous Curling Club found in the sports grounds has a main floor capacity of 800 people with a second upstairs area accommodating 200 people.

### MANITOU BEACH

For those wishing to keep everything all under one roof, Manitou Springs Resort Hotel and Mineral Spa has 3 meeting and convention rooms with a maximum capacity of 150 people. With 102 hotel rooms, guests can meet, eat, and sleep all in one place.

Those looking for a more relaxed venue can check out the Regional Campground at Manitou Beach. With more than 200 sites

# Meet at the Spirit of Manitou



Manitou Room, Manitou Springs Resort

available and two camp kitchens, the campground is the perfect place for friends and family to gather.

The Manitou Beach Community Hall can be rented by calling the Manitou Beach Village Office and the Hall includes a full kitchen, buffet table, tables/chairs, and attached deck.

With so many venues from which to choose, economical rental rates, facility amenities of which there are too many to list and food services with impeccable reputations it is time for you to take advantage of the Watrous Manitou hospitality and plan your next event in the heart of Saskatchewan! You will wonder why you didn't do it sooner!



# Participate

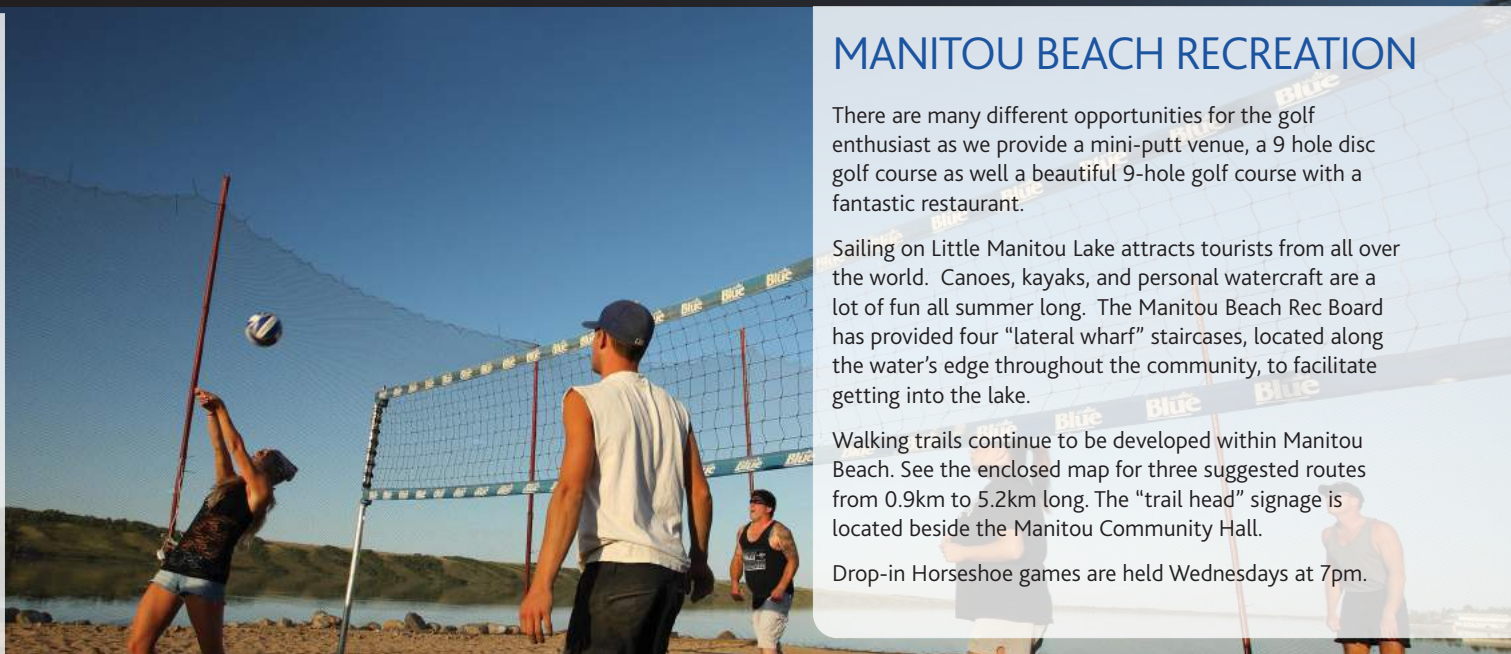
## WATROUS RECREATION

During the summer you can go for a dip in the Junior Olympic-sized swimming pool and there is always some baseball action located at the Watrous Sports Grounds which has 4 shale ball fields as well as a football field and a running track.

The Watrous Fitness Centre is located on 3<sup>rd</sup> Ave. East just off Main Street. The facility, available to ages 16 & up, is open every day from 5:00 AM to 11:00PM. To learn more about membership and drop in fees, please visit the Watrous Town Office.

The Basement Spin Studio is located at 215 Main St in Watrous. Control your own intensity; you can work at your own safe pace, while striving to reach and surpass your goals. Look them up on Facebook or online at [www.thebasementspinstudio.com](http://www.thebasementspinstudio.com).

Check out **Watrous Recreation** on Facebook



## MANITOU BEACH RECREATION

There are many different opportunities for the golf enthusiast as we provide a mini-putt venue, a 9 hole disc golf course as well a beautiful 9-hole golf course with a fantastic restaurant.

Sailing on Little Manitou Lake attracts tourists from all over the world. Canoes, kayaks, and personal watercraft are a lot of fun all summer long. The Manitou Beach Rec Board has provided four "lateral wharf" staircases, located along the water's edge throughout the community, to facilitate getting into the lake.

Walking trails continue to be developed within Manitou Beach. See the enclosed map for three suggested routes from 0.9km to 5.2km long. The "trail head" signage is located beside the Manitou Community Hall.

Drop-in Horseshoe games are held Wednesdays at 7pm.

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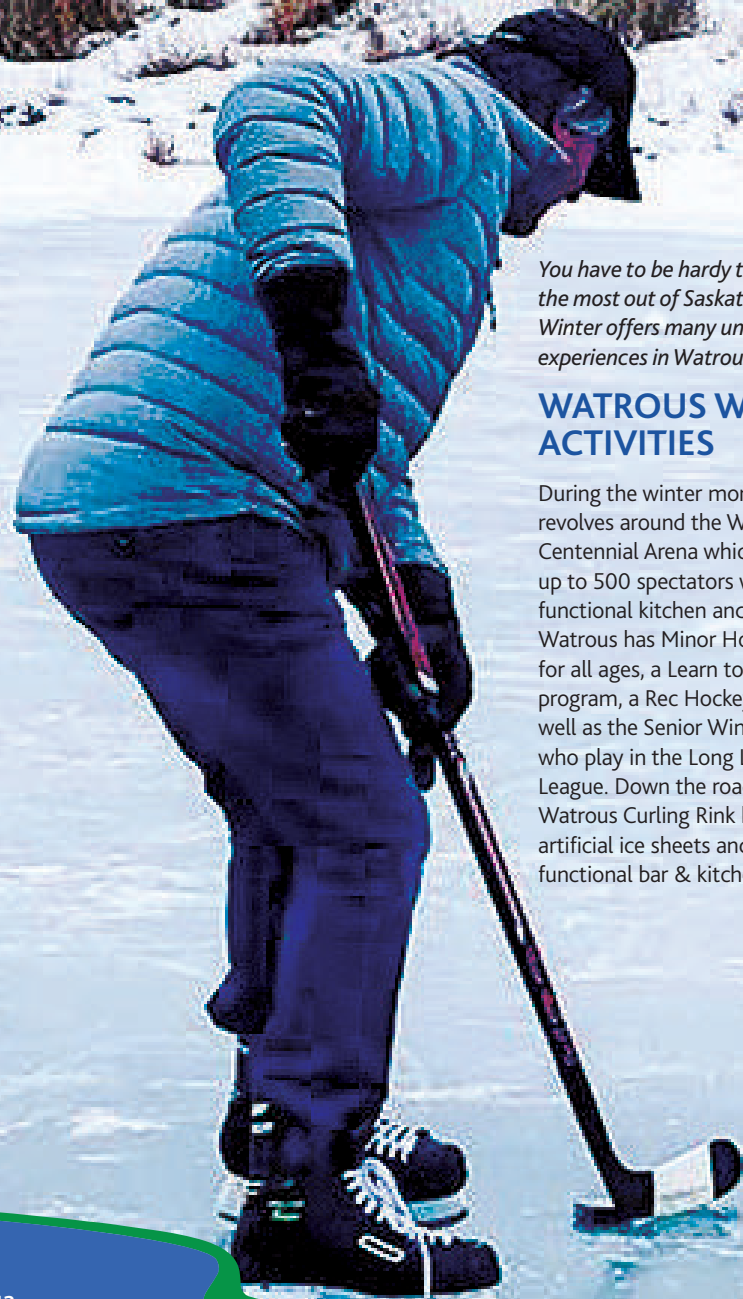
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IMAGE: Volleyball at Mike's Beach Bar





*You have to be hardy to really get the most out of Saskatchewan! Winter offers many unique experiences in Watrous Manitou.*

## WATROUS WINTER ACTIVITIES

During the winter months, life revolves around the Watrous Centennial Arena which can seat up to 500 spectators with a fully functional kitchen and lounge. Watrous has Minor Hockey teams for all ages, a Learn to Skate program, a Rec Hockey League as well as the Senior Winterhawks who play in the Long Lake Hockey League. Down the road, the Watrous Curling Rink has 4 artificial ice sheets and a fully functional bar & kitchen.



### Winter Activity Equipment Rentals

Manitou Beach Recreation Board

Cross County Skiing	Snowshoes	Skates	Crokinurl
skis, boots, & poles	strap on	skates & helmet	discs & brooms
\$20 adult, \$10 child	\$20 adult, \$10 child	\$10 adult, \$5 child	free, at the pond

Rentals available at: **Little Manitou Art Gallery**  
**204 Elizabeth Ave. Manitou Beach**  
 OPEN 10am-5pm daily




## MANITOU WINTER ACTIVITIES



**MANITOU BEACH SKATING POND** is clear and ready for family fun! Protected in a hollow, you will find it past the very last house on Jean Street, turn left into the parking lot. There are 2 picnic tables and a fire pit. Bring wood, hot chocolate... and marshmallows!

**CROKICURL** is offered at the Pond. Disks and brooms are available on site. Play one-on-one or with teams. Rules of the game are posted beside the ice which is provided by the Manitou Beach Recreation Board.

**CROSS COUNTRY SKIING TRAILS** are groomed by Manitou Beach Recreation Board volunteers. Enter the Campground trails just past the Manitou Beach Hall. Enter the trails on the Golf Course at the Clubhouse. Skis, boots, poles, and snowshoes are available for rent through the community. The Manitou Beach Recreation Board ski equipment and snowshoes are available for rent at Little Manitou Art Gallery, 204 Elizabeth Ave., Manitou Beach.

Check Manitou Beach Pond & Trail facebook page for equipment information and trail updates.

**WELLINGTON** is a winter wonderland. This spring-fed stream runs year-round. Walking trails along the stream are tranquil and picturesque. Take some birdseed if you want the chickadees to eat right out of your hand.



Shop



Whatever you're looking for – gifts, cars, RVs, artwork – there are lots of places to shop in Watrous Manitou.

Main Street in Watrous features great locally owned stores such as Inkster's Mens Wear, Watrous Pharmacy, Nina's Tea Shop, Little Olive Health Food Store, Watrous Bakery and the 306 Day Spa.

When you arrive in the community you are greeted by a multitude of cars, trucks, RVs and farm implements dubbed the "Multi-Million Dollar Mile". The mile operates in lower-cost rural Saskatchewan and is characterized by low margin/high volume trade which give it highly competitive pricing. With three major vehicle dealerships, an RV dealer, and three farm implement dealers, there is a lot to choose from in Watrous!

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## Last Mountain Lake Bird Sanctuary



The north end of Last Mountain Lake is one of the Prairie Provinces' most important waterfowl staging areas and is a crucial "refueling stop" for waterfowl and other water and land birds on their way from the Arctic to the southern United States. Over 280 species of birds have been recorded and over 100 of these species have been documented to breed in the area.

1887 Dominion Government Order in Council set aside just over 1000 hectares to create the Last Mountain Lake Bird Sanctuary. In addition to being the first officially protected wildlife area in what was to become Saskatchewan, it was the first designation of a bird sanctuary in North America.

*Last Mountain Lake Bird Sanctuary is only 65 KM from Watrous Manitou.*

## Day Tripping Watrous Manitou



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<b>Watrous</b> 510 First Avenue East Watrous, SK. S0K 4T0 1-306-946-2499	<b>RVs, Parts &amp; Accessories</b> <a href="http://www.minardsleisureworld.com">www.minardsleisureworld.com</a>	<b>Weyburn</b> 921 Government Rd. S. Weyburn, SK. S4H 3R3 1-306-842-3288
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## WATROUS MOBILE EMERGENCY TRAINING



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- Healthcare Provider CPR (HCP)
- First Responder

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*\* Online delivery and COVID guidelines adhered to.*

## Business Phone Directory

Acton's Plumbing & Heating 306-484-4349  
 Affinity Credit Union. . . . . 306-946-4203  
 Bryan Mierau Photography . . . 306-917-8101  
 Cal & Mel Renovations . . . . . 306-917-7959  
 Care Printing . . . . . 306-946-4027  
 Centennial Ford. . . . . 306-946-3353  
 Cozy Corner Suites. . . . . 306-570-7554  
 Danceland . . . . . 306-946-2743  
 Dieno Construction . . . . . 306-946-8482  
 Gallery on 3rd, Watrous . . . 306-946-1333  
 GG's Gallery & Gifts. . . . . 306-917-7719  
 Golf Course Restaurant. . . . 306-946-3878  
 Green Acres Greenhouse . . . 306-946-4191  
 Hayter Drilling . . . . . 306-946-3615  
 Integra Tire. . . . . 306-946-3055  
 Investors Group. . . . . 306-955-9190  
 Jake's Place Bowling . . . . . 306-917-9899  
 John's Plate . . . . . 306-946-2314  
 Kinder Surprises . . . . . 306-561-7335  
 Lakeside Country Inn . . . . . 306-850-4414  
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 Manitou Mini Mart. . . . . 306-946-4172  
 Manitou Springs Resort. . . . 306-946-2233  
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 Pips Esso - Subway. . . . . 306-946-2666  
 RBC . . . . . 306-946-3391  
 Realty Executives. . . . . 306-946-8520

Relics . . . . . 306-999-3854  
 Sisters Family Camp. . . . . 306-419-9455  
 Sisters Family Camp. . . . . 306-419-9454  
 The Lake House. . . . . 306-836-3365  
 The Watrous Manitou. . . . . 306-946-3343  
 un-Discovered Tours. . . . . 306-227-7764  
 Water's Edge Restaurant . . . 306-946-2489  
 Watrous & Area Arts Council 306-946-1333  
 Watrous Home Building . . . 306-946-3325  
 Watrous Mainline Motors . . 306-946-3336  
 Watrous Manitou Heritage Ctr 306-946-2061  
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 Watrous Pharmacy . . . . . 306-946-3311  
 Wheatland Dental. . . . . 306-946-2131  
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# Learn about the Spirit of Manitou

Little Manitou Lake – the only lake like it in North America – with properties similar to that of the Dead Sea in Jordan – is a truly unique experience. With many healing and rejuvenating properties, here is what you need to know:

*The following are the results of the study completed by Dr. William Last, Department of Geological Sciences, University of Manitoba, 1997.*

## **Magnesium 9,505.0 milligrams/litre**

An essential mineral, Magnesium helps to maintain water balance in the cells and regulates the (PH) necessary for proper functioning of the nerves and muscles. It also helps to regulate the body's temperature. Magnesium is a natural skin toner, tightener, refresher, allergy fighter and moisture retainer.

## **Carbonate 180.0 milligrams/litre**

## **Sulphate 39,577.0 milligrams/litre**

Helps to maintain the body's balance, meaning it regulates the distribution of fluid on either side of the cell walls. It works with potassium to preserve the alkalinity of the body's fluid and aids in keeping the skin healthy. It also maintains health of the nervous system, muscular system, blood and lymph systems. Sodium is a natural cleanser and rehydrater.

## **Potassium 430.0 milligrams/litre**

Preserves the proper alkalinity of body fluids and aids in keeping the skin healthy. Potassium is a mineral salt used for its antibacterial and astringent effect in natural deodorants and antiperspirants.

## **Mineral Salts**

Natural ingredients that stimulate the skin to perform functions such as oil production

and hydration. As the skin sags with age, mineral salts help bring blood and oil to the skin's surface. Mineral salts aid hydration which helps firm the skin by balancing moisture beneath the surface. It keeps mucous membranes moist and increases cell regeneration, giving skin greater elasticity. In addition, mineral salts boost the immune system by penetrating into the skin, strengthening blood vessel walls.

## **Sodium (Table Salt) 6,138.0 milligrams/litre**

## **Chloride 8,969.0 milligrams/litre**

## **Calcium 480.0 milligrams/litre**

Used in the treatment and prevention of sunburn in addition to providing protection against the effects of sun damage such as redness and subsequent peeling. It also protects against sun-caused skin cancers and helps skin to remain healthy. The combination of Vitamin A and calcium are good protection for the skin. Calcium is a natural antiallergen.

## **Oxide of Iron and Aluminum 4.0 milligrams/litre**

Iron is necessary for hemoglobin and myoglobin formation. A deficiency of iron results in paleness of the skin. Aluminum is used in foil, deodorants, and baking powder as an emulsifier, in some processed cheeses and as a bleaching agent to whiten flour. There are no known beneficial effects of aluminum.

## **Silica 9.9 milligrams/litre**

Plays an important part in the formation of bones, nails, teeth and connective tissue. Some of the highest levels of silica are found in cartilage, tendons, and blood vessels. Silica is a natural skin toner and tightener.



## **Sulphur**

Often called "Nature's Beauty Mineral" because it keeps the hair smooth and glossy and the complexion clear and youthful. Sulphur is stored in every cell with the highest concentration found in the joints, hair, skin and nails. It is reabsorbed by the skin and hair and stabilizes a too-strong sebaceous gland. It has the ability to

alleviate itching and plays a part in tissue respiration. Sulphur is necessary for collagen synthesis and naturally eases aching joints.

## **Specific Gravity 1.06**

The specific gravity of tap water is 1.0. When you add minerals, the minerals dissolve in the water and make it more buoyant. The Unsinkable Experience!



**WATROUS**

Ph: (306) 946-1010  
[www.watrousrealty.com](http://www.watrousrealty.com)



## Contacts

### IMPORTANT NUMBERS

RCMP	306 - 946-3316
RCMP after hours	306-310-RCMP(7267)
Watrous Hospital	306-946-1200
Medical Clinic	306-946-1241
Dentist	306-946-2131
Pharmacy	306-946-3311
Town of Watrous	306-946-3369
Resort Village of Manitou Beach	306-946-2831
Emergency	911
Police/Fire/Ambulance	911

### CHURCHES

All Saints Anglican	306-231-6574
Watrous Baptist	306-946-2996
Kingdom Hall of Jehovah Witness	306-946-2045
Our Redeemer Lutheran	306-231-6574
Philadelphia Mennonite	306-946-3785
St. Ann's Roman Catholic	306-946-3630
Watrous United Church	306-946-3592

The 2022 Watrous Manitou Beach Activities Guide is a project of the Watrous Manitou Marketing Group (WMMG). The WMMG is a partnership between the Town of Watrous and the Resort Village of Manitou Beach. Thank you to all the advertisers and those who contributed to the publication. Much care and attention has been taken to ensure as few errors as possible. We apologize for any errors or omissions within the publication.

Watrous Manitou Marketing Group Inc.  
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### CLEAN, HEALING MINERAL WATERS

The warm, soothing waters  
have proven to significantly  
reduce arthritis pain in  
most cases.



## Breathe, Float, Heal

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[www.manitousprings.ca](http://www.manitousprings.ca)

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- Minutes away from golfing, Danceland, parks and art galleries.
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