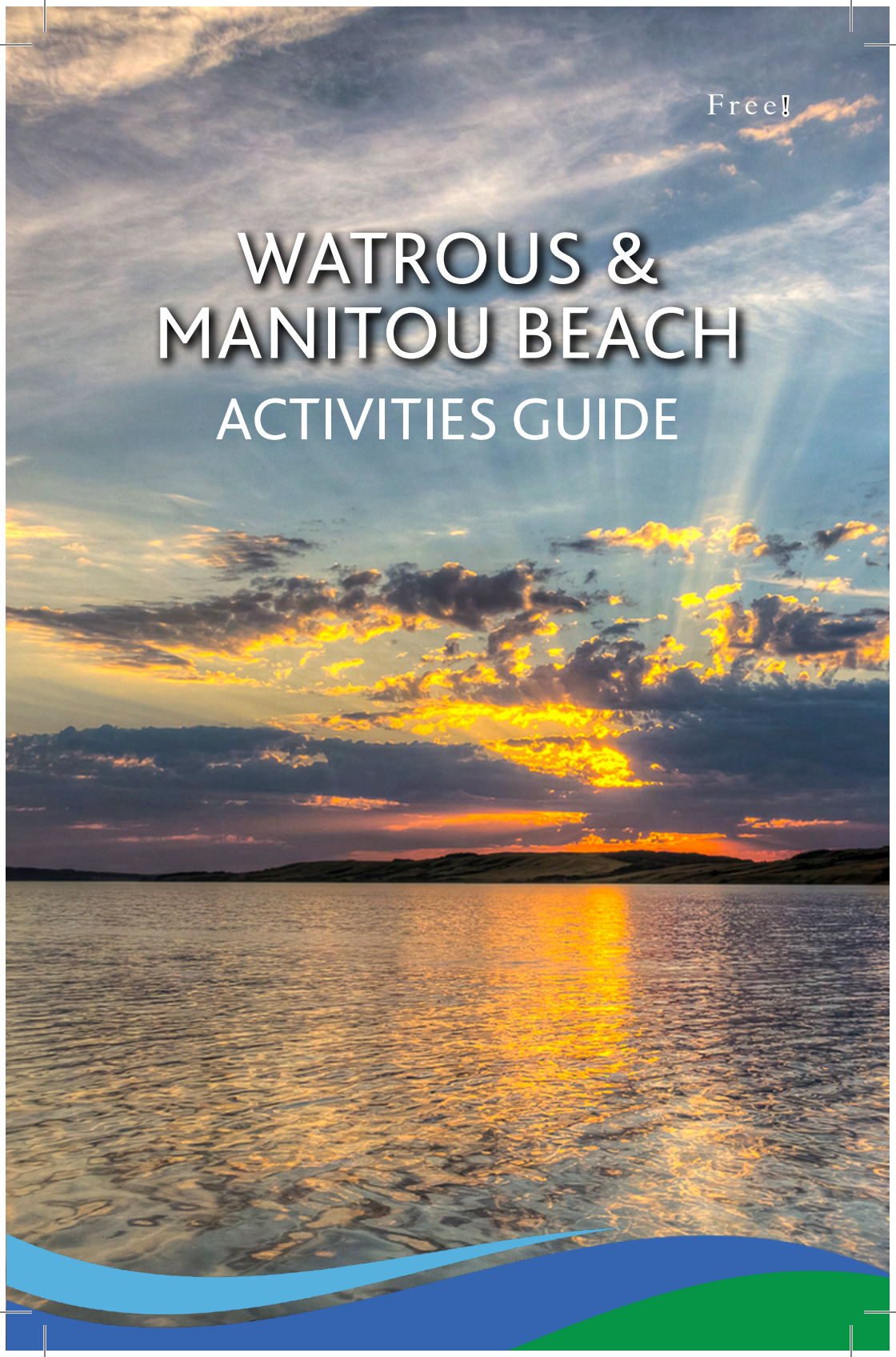


Free!

WATROUS & MANITOU BEACH ACTIVITIES GUIDE



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 Little Manitou Lake and the Resort Village of Manitou Beach. Take some time to kick back and enjoy all the extras our Village has to offer. This 2023 activities guide will show you the complete range of accommodations available to you. We are confident in our offerings. Manitou Beach has something for everyone.

This year, thanks to a very generous donation from Ron Ediger of Melron Services Ltd, Watrous and Manitou Beach are connected by a walking trail. This trail is beautifully built, offering a few well places benches and a comfortable crushed rock walking surface. With the Rotary trail in Watrous and the more rustic Manitou Beach trail system, hikers are now able to enjoy both communities safely.

Manitou Beach is a small resort community of approximately 350 permanent residents. Every summer our community blossoms as the seasonal cabins and the regional park camping opens. Art is a strong theme all over the beach with carvings, poetry boxes, murals and metal works scattered in both private and public spaces.

Every year we have thousands of tourists come to our little lake to swim, golf, hike, dance and wander. Please take the time to check out as many of our secrets as you can.

Events like Canada Day, the Artisan trail, Buskers, the Manitou Chainsaw Carving event, and of course the weekly Sunday Flea Market will offer you some unique entertainment. We love our Village and hope you do too!

Thank you for taking the time to explore our community and all its offerings. If you visit once, we are sure you will come again!

*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 - many 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. Come feel the effects of the healing waters first-hand. Experience the Spirit of Manitou for yourself!

Inside the Guide

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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

www.manitougolf.com

Campground Office (306) 946-2588

Manitou Beach Golf Club (306) 946-2861

Email: manitouregionalpark@sasktel.net

Manitou & District Regional Park

Contact Us
Phone: (306) 946-2588
manitouregionalpark@sasktel.net
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



Manitou Beach Busking Festival



Join our
third annual
busking festival

July 21-23, 2023

mbbusk.com



August 10 - 13, 2023 Manitou Beach Chainsaw Carving Festival

- Carving Demonstrations
- Food & Craft Vendors
- Carvings for Sale
- Beer Gardens
- Children's Activities
- with Live Entertainment



Manitou Beach Literary Festival

WOW
wonder
of
words

August 3-6, 2023



ODA
Coffee, Wine & Dine
Manitou Beach

Festivals



The Salt Shaker Festival is coming July 7th & 8th, with live music at a variety of venues in the height of summer! Join us for a shake'n'bakin salty good time celebrating some of the best live music on the prairies.

Manitou Beach Busking Festival 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.

Chainsaw Carving is happening August 10 - 13, 2023. creating on-site beside the Manitou Beach Community Hall. Stop in to meet the artists and watch their artwork develop.

WOW Manitou -Wonder of Words - Literary Festival has expanded in 2023. Enjoy poetry, prose, storytelling, and songwriting at several venues: Manitou Waters, Oda, Little Manitou Art Gallery.

Camp Easter Seal

Camp Easter Seal offers the best outdoor summer camp experience for children, youth and adults experiencing disability in Saskatchewan. As the only completely wheelchair-accessible camp facility in Saskatchewan, Camp Easter Seal is dedicated to providing a fun and barrier-free experience to all campers.

**Camp tours?
Available Tuesday – Thursday
By Appointment Only
Call 306-664-7203 to book.**



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. 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 schedule updates
and information,
visit us online at
www.danceland.ca*



SCAN ME!



Danceland

Come dance the night away at a 1930's Saskatchewan landmark-- famous for its dance floor built on horsehair hair.
1-800-287-5037 or (306) 946-2743
Email: danceland@sasktel.net Website: 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.



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! !

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



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. Vendors sell a variety of items including antiques, collectibles, apparel, memorabilia as well as garage and estate sale items. New vendors welcome.

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 & 4th Ave.
Watrous, SK.

Phone: 306.946.3369 (Town Office)

Art, Antiques & Things Unique at Beautiful Manitou Beach
Open May-October and by appointment year round

RELICS

Arnie Tiefenbach - 306-999-0429 Eric Upshall - 306-946-9922

Email: relicsmanitoubeach@gmail.com

96 MacLachlan Avenue, Manitou Beach, SK, CANADA S0K 4T1



Watrous Fun Run Show'n Shine

The 32nd Annual Watrous Fun Run Show 'n' Shine car show is scheduled July 29th, 2023. 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 or our facebook page for more information.

Watrous and Area Arts Council



Bringing the arts to you!

www.waac.ca • waac@sasktel.net

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 20

MANITOU MAYFAIR

Kat Thone

June 10

MANITOU PRIDE

Tea Party & Drag Show

June 24

INDIGENOUS PEOPLES

Mini PowWow

July 1

CANADA DAY

Chris Vasser Band

July 2

ANNUAL ART AFFAIR

Elise Kuterbach

July 8

THE SALT SHAKER

4 bands 7pm-midnight

July 15

SONGS FROM THE JOURNEY

Bruce Rawling

July 21,22,23

BUSKING FESTIVAL

One of several locations

July 29

MANITUNES

Paddy Burgin & Friends

August 4,5,6

WOW! MANITOU

(Wonder of Words) Literary Festival

Aug12

SOUNDWAVES IN MANITOU

Nick Thunder



Live Music
Every Saturday
July & August
8:00 PM

Aug 19

MANITOU MELODIES

Aurora Bella

Aug 26

MANITOU EXPRESSIONS

Brian Paul D.G.

Sept 2,3

MANITOU MUSIC FEST

Sat. 8pm, Sun. Noon-Midnight

204 Elizabeth Ave.

Manitou Beach, SK.

Mobile: 1(306)400-2544



LittleManitouArtGallery.com

Also featuring
Summer Saturdays
9am-Noon Brunch
6pm-10pm BBQ



Light Lunch
Desserts
Coffee/Tea
Espresso/Latte
Licensed Service

Tour the Spirit of Manitou

Come join the **SPRIT OF MANITOU STUDIO TRAIL**, your annual excursion to view, appreciate, and purchase local Saskatchewan-created art.

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

Thank you to all of our supporters -past and future- you are what makes it all worthwhile.

Spirit of Manitou Studio Trail

Come Join the Spirit!

2023

Saturday July 8

10AM-7PM

Sunday July 9

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

G-C'S GALLERY & GIFTS



WATROUS MANITOU PACKAGES & DIGITAL MARKET PLACE

Book your Watrous Manitou adventure!

All the latest in Watrous Manitou experiencial travel is available to you at our new Digital Market Place.

Choose your all-inclusive get away, book event tickets, and reserve your spot - all at one great location! www.WatrousManitou.com

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 102-3rd Avenue East, Watrous, the Gallery on 3rd features these 2023 art exhibits:

- Jan 7-28 "The Felted Flock" by Arlette Seib
- Feb 4- 25 Michael Gaudet & Sharon Gibson Paintings
- Mar 3- 18 OSAC exhibit "Micro & Macro of the Boreal Forest"
- Apr 7-29 "Encaustic & other Art" by Trish Spencer
- May 5- 20 OSAC exhibit - "Tepakohp 7" group exhibit
- June 2-July 5..... Local Group exhibit "The Good, the Bad and the Ugly"
- July 8 & 9 Studio trail - Aimee Nulle, Helen Herr, and Toni Ambrose
- July 11-Aug 12 ..Local quilting show
- Sept 16 Reception of Seniors' Drawing
- Oct 6-21..... OSAC exhibit "Surface All the Way Through" : Arianna Richardson
- Nov & Dec Winter art show & sale

LIVE PERFORMANCES

- Apr 15 Trevor Panczak

WEEKLY SUMMER ACTIVITIES

Offered weekly from May Long Weekend through Sept Long Weekend

- Wednesdays 7pm-9:30pm OPEN MIKE Mercredi's Stage & Patio (June14 - Sep13)
[Manitou Waters, Skye House]
- Thursdays Bingo by Community in Bloom volunteers
- Saturdays 9am-12 HomegrownHandmade Farmer Artisan Market 105 Elizabeth
- Sundays 8AM- Noon Manitou Beach Flea Market
- 1pm Manitou Beach Poetry Trail Guided Tour (June 18 - Sept 10)
[meet at MANITOU WATERS 'under Big Bear']

2022 COMMUNITY EVENTS

- MAY 21 Pancake Breakfast fundraiser for the Manitou Beach Rec Board
- June 3 Watrous & Manitou Beach Community Wide Garage Sale
- July 1 Pancake Breakfast fundraiser for the Manitou Beach Rec Board
- July 1 Canada Day Fireworks – Manitou Beach
- July 7 & 8 The Salt Shaker- Danceland & several Manitou Beach locations
- July 8 & 9 Spirit of Manitou Studio Trail – several community & regional locations
- July 21-23 Manitou Beach or Busk – Various Locations
- July 29 Watrous Fun Run Show'n Shine – Main Street, Watrous
- Aug 3 - 6 WOW! Manitou (Wonder of Words Literary Festival) several locations
- Aug 6 Sunday in the Sand! – Mike's Beach Bar
- Aug 7 Cherry Festival - Charlie's Acreage (1-306-291-4964)
- Aug. 9 - 13 Chainsaw Carving Competition - Manitou Beach Events Plaza
- Sept 3 Pancake Breakfast fundraiser for the Manitou Beach Rec Board
- Sept 3 Manitou Music Fest - Little Manitou Art Gallery
- Oct 1 Pumpkin Festival - Charlie's Acreage

LITTLE MANITOU ART GALLERY

Live Music, Licensed Events every Saturday at 8pm-midnight throughout the summer. Saturday breakfasts & evening bbq too! See a full event schedule on page 18, Facebook & online LittleManitouArtGallery.com



MANITOU WATERS

HEALING ARTS CENTER and Naturopathic Clinic

Located at 209 - 205 John St. Manitou Beach

- July 21-22-23Annual MANITOU BEACH BUSKING FESTIVAL
(participating venue: Mercredi's Stage)
- Aug 5, 2 pmKids Lit WONDER OF WORDS FESTIVAL
writing workshop for kids & parents
readings by local Kids Lit writers (Down the Lane Cottage)
- Aug 5, 7 pmLaunch of Buffalo Press WONDER OF WORDS
- Aug 6, 11 amPoetry Post Walking Tour with WONDER OF WORDS
- Aug 25-26 South Bath & Gong Puja Weekend, featuring Tara Semple

DANCELAND

- May 12,13,14 Polkafest
- June 8,9 Pattern Dance, June 10 - Zayshely Band
- June 22,23,24 ... Square Dancers, June 24 - Open Dance
- July 1 Angie Heinz Band (4 pc, variety music)
- July 7 Salt Shaker
- Sept 1, 2 Rock n Roll 50's 60's weekend



SCAN ME!

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

- Unlimited swimming at indoor mineral pool (value of \$24/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
- Parties of 10+ call 306-946-2489 for information.
- 302 MacLachlan Ave. Manitou Beach, SK
(Located in the Manitou Springs Resort Hotel)

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Resort & Mineral Spa

Make Yourself at Home...

How to get Here



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- 1, 2 & 3 BEDROOM SUITES WITH FULL KITCHENS
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- OPEN ALL FOUR SEASONS

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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

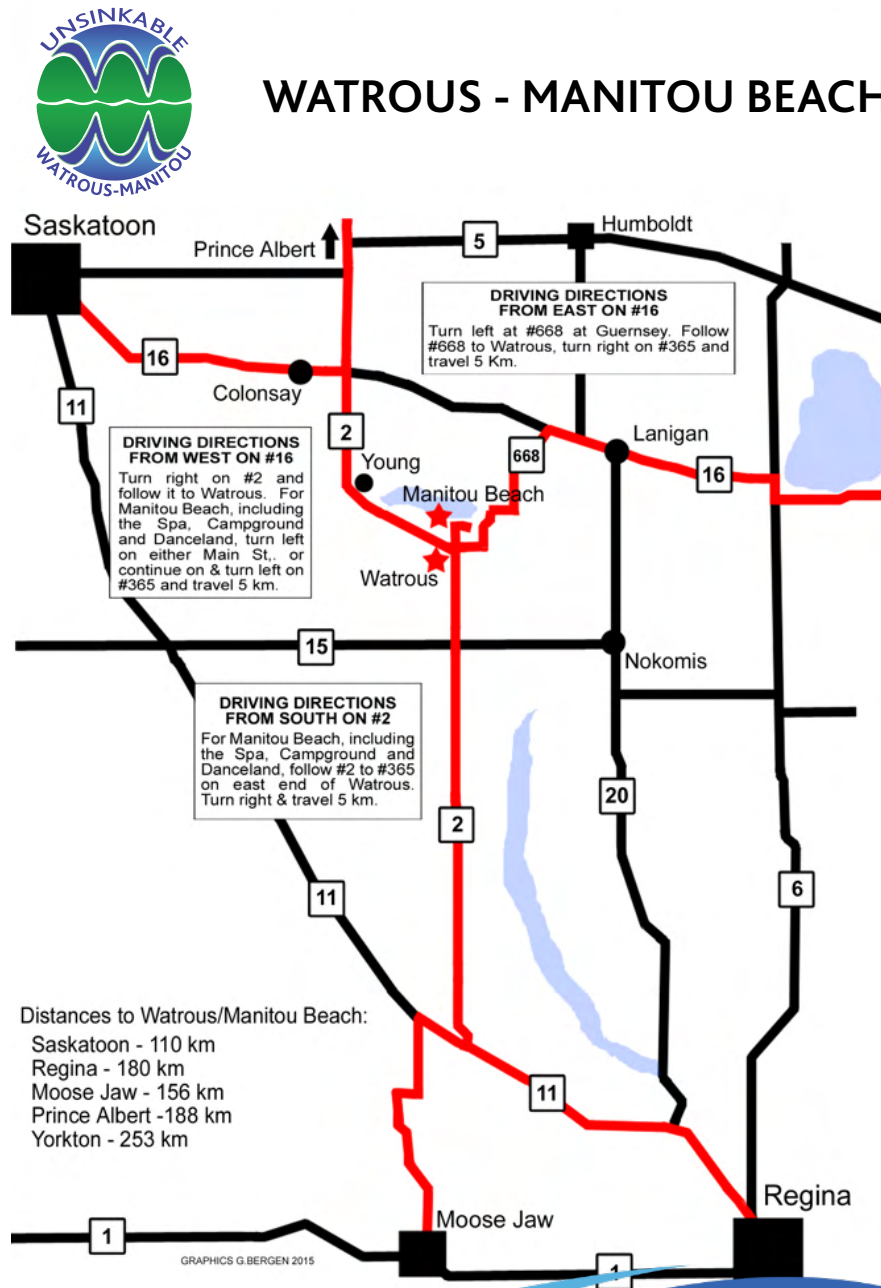


Sisters Family Camp
♦ Cabin Rentals ♦

Vince: 306-419-9455
Dee: 306-419-9454

213 Watrous Street
Manitou Beach, SK

www.sistersfamilycamp.ca
sistersfamilycamp@gmail.com





Manitou Map

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

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 2023 • WATROUS MANITOU BEACH TOURISM

Watroous Saskatchewan

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

TRAILHEAD



2 Hwy #2 Young

To Manitou Beach





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)

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)

Junction of Hwys 2 & 365, Watrous, SK.
306.945.3833
866.913.3383
www.lastmountaininn.com

MANITOU HOTEL (12 Rooms, 6 Suites)

102 Main St., Watrous, SK.
306.946.3315
www.manitouhotel.ca

CAMPING (CAMPGROUNDS)

MANITOU & DISTRICT REGIONAL PARK

(230+ Campsites)
Hwy #365, Manitou Beach, SK.
306.946.2588
www.manitouregional.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.



704 - 4th Ave. East
Watrous, Sask.

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



acresgreen@sasktel.net

Inspiring Ideas for Your Yard and Garden

Watrous - Manitou Beach Heritage Centre

www.watrousheritage.ca

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.



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







Manitou Waters
Naturopathic Clinic

Dr. Sussanna Czeranko, ND

- Naturopathic Medicine
- Health Education Centre
 - Healing Retreats
 - Art Studio & Classes

306-946-4266
205 John St. Manitou Beach

info@manitouwaters.com www.manitouwaters.com

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Fax: 1-306-946-3061
www.lastmountaininn.com

18 Clean, Modern Rooms • Some Light Housekeeping Units
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Barbeque • 24 Hour Direct Dial Phones




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

SPLASH CAFE (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

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

TB'S BAR & GRILL (Licensed)
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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!

The more
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Fax (306) 946-2034

Convention Facility Listings

Name	Size	Capacity	Seated	Details	Contact
Year-Round Facilities					
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 635s q 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	Town of Watrous 306-946-3369
Manitou Room (Manitou Springs Resort)	72' x 30' 2160sq ft	150	120	Food, Bar, Audiovisual	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, Audiovisual	Town of Watrous 306-946-3369
Kinsmen Club Room (Watrous)	40' x 29' 1160s q 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	Manitou Springs Resort 800-667-7672
Venn Room (Manitou Springs Resort)		12		Food, Bar, Audiovisual	Manitou Springs Resort 800-667-7672
Anglican Church Hall	760 sq ft plus full kitchen	60	60	Audiovisual available	Connie Woiden 306.946.8288
Lounge (Little Manitou Art Gallery)	30' x 20'	20	15	Food, Bar, Audiovisual, Entertainment	Little Manitou Art Gallery 306-400-2544
Seasonal Facilities (Summer Months)					
Curling Rink (Watrous)	159' x 68' 10,800 sq ft		800	Summer Only	Town of Watrous 306-946-3369
Arena (Watrous)	185' x 85' Rink 87' x 38' Lounge	400		Summer Only	Town of Watrous 306.946.3369
The Terrace (Manitou Beach)	7000 sq ft	250	200	Food, Bar	Manitou Springs Resort 800-667-7672
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

Meet at the Spirit of Manitou

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



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 3rd 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.

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 18 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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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

skis, boots, & poles

\$20 adult, \$10 child

Snowshoes

strap on

\$20 adult, \$10 child

Skates

skates & helmet

\$10 adult, \$5 child

Croki curl

discs & brooms

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!

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.

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.



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Business Phone Directory

Acton's Plumbing & Heating	306-484-4349	Manitou Mini Mart.	306-946-4172
Affinity Credit Union.	306-946-4203	Manitou Springs Resort. . . .	306-946-2233
Bryan Mierau Photography . . .	306-917-8101	Manitou Waters	306-946-4266
Cal & Mel Renovations	306-917-7959	Melron Backhoe Service . . .	306-946-2256
Camp Easter Seal	306-664-7203	Mike's Beach Bar	306-946-2835
Care Printing	306-946-4027	Minard's Leisure World	306-946-2499
Centennial Ford.	306-946-3353	Model Meats	306-946-3335
Cozy Corner Suites.	306-570-7554	Murray Disc Golf	306-946-7788
Danceland	306-946-2743	Oda Coffee, Wine & Dine . .	306-952-5493
Gallery on 3rd, Watrous . . .	306-946-1333	Pepper Tree	306-946-3344
Golf Course Restaurant. . . .	306-227-7764	Pips Esso - Subway.	306-946-2666
Green Acres Greenhouse . . .	306-946-4191	Royal Bank of Canada.	306-946-3391
Hayter Drilling	306-946-3615	Realty Executives.	306-946-8520
Hometel Manitou Beach . . .	306-946-2315	Relics Art & Antiques	306-999-0429
Integra Tire.	306-946-3055	Saskatoon COOP, Watrous .	306-946-4144
Investors Group.	306-955-9190	Sisters Family Camp.	306-419-9455
Jake's Place Bowling	306-917-9899	Sisters Family Camp.	306-419-9454
John's Plate	306-946-2314	The Lake House.	306-917-9111
Kinder Surprises	306-561-7335	The Watrous Manitou.	306-946-3343
Lakeside Country Inn	306-850-4414	unDiscovered Tours	306-227-7764
Last Mountain Inn	866-913-3383	Water's Edge Restaurant . .	306-946-2489
Little Manitou Art Gallery . .	306-400-2544	Watrous & Area Arts Council	306-946-1333
Lockwood Sourdough	306-	Watrous Animal Hospital . .	306-946-3657
Manitou Beach Golf Club. . .	306-946-2861	Watrous Home Building . . .	306-946-3325
Manitou Beach Regional Park	306-946-2588	Watrous Mainline Motors . .	306-946-3336
Manitou Hotel/TB	306-946-3315	Watrous Manitou Heritage Ctr	306-946-2061
Manitou Mainline Chrysler. .	306-946-4646	Watrous Pharmacy	306-946-3311
Manitou Mini Golf	306-250-4801	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

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 2023 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.

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Crystal Baschak	Pages 42-43
Fiona Sphere Photography	Pg 7, 32, 34, 47
GG's Gallery & Gifts	Page 19
Kevin Hogarth Photography	Pg 11, 13, 40-41
Little Manitou Art Gallery	Pages 20-21
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saskatoonco-op.crs

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