



Watrous Manitou

ACTIVITIES GUIDE

2024

FREE PLEASE TAKE ONE

Open
Daily
6:30 am



Mulligans grill

"Talk Birdie to Me"

Breakfast Lunch Supper
Banquets & Catering

306-227-4206
mulligans@sasktel.net
Manitou Beach Golf Course

Scan the QR Code
for Facebook page
& Menu



EGGS BENEDICT



SMOKED BRISKET SANDWICH



Welcome to Watrous & Manitou Beach

Welcome to the Resort Village of Manitou Beach and the Town of Watrous. Our two communities want your holiday experience to be unique and memorable.

Manitou Beach has its mineral lake, hilly trails, sandy beaches, off-leash dog park and resort businesses. We offer a full range of accommodations from our Manitou Mineral Springs Resort, to the Regional Park Campground, to family camping cabins and vacation home rentals.

Watrous also offers 3 motels, a hotel, a campground/RV park and vacation home rentals. You will be pleasantly surprised with the number of businesses and services that Watrous has with its friendly population of approximately 2,000 people. In Watrous we have 3 major automobile, an RV, and 3 implement dealerships plus many other businesses. We are extremely proud of the newly revitalized Main Street that provides a wonderful setting for restaurants and shops. We have one new business open on Main Street since the revitalization and are optimistic there will be others in the very near future to serve your needs.

Business growth and employment opportunities are important to both communities. You will always feel safe and cared for in our communities. We have an RCMP detachment, a fully equipped ambulance service and 24-hour emergency service in our hospital.

Manitou Beach and Watrous offer family events every season. Together, we host Canada Day celebrations, Watrous Fun Run car show, Winterfest week, pancake breakfasts and sporting events. Community groups host The Manitou Beach Buskers Festival, The Salt Shaker Music Festival, the Watrous School of Dance Festival, a Saturday Artisan/Homegrown/Handmade Market, the Sunday Flea Market at the Drive-In, and many local businesses have weekly entertainment. Enjoy our art exhibitions at the Gallery on 3rd and history at the Watrous-Manitou Heritage Centre. There is something for everyone.

Watrous and Manitou Beach are happy that you're here. You might be surprised by the friendly wave, or pleasant "good morning" you receive from passing strangers. Strangers to you, neighbors to us. Enjoy our community, as much as we do.

Poppy Petersen, Mayor - Resort Village of Manitou Beach

John Gunderson, Mayor - Town of Watrous

Got... Legends

Long before European settlers immigrated to Canada and the western territories, this area was home to many First Nations peoples who lived and traveled throughout the region, utilizing the available resources, and respecting the land from which it all came.

The arrival of the European settlers impacted the people already here in a variety of ways. One of the most devastating effects was the exposure to foreign diseases such as smallpox. The Indigenous people who populated this area suffered devastating losses due to these new illnesses. Traditional medicines and remedies often proved ineffective against these new diseases.

According to legend, some young men fell ill during one of their moves. Fortunately, their camp was in the vicinity of what is now known as "Little Manitou Lake". The men were too weak to travel, so a shelter was built for them to rest before continuing their journey. It is said that the afflicted men were overcome with fever and thirst and crawled 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. By morning, the men had experienced some relief from their symptoms. They attributed the respite to the water and remained on site, consuming and immersing themselves in the liquid medicine.

Within days of their arrival at the lake, these young men regained their previous state of healthfulness and continued their band's journey. Upon reuniting with their community, other members were astounded by the men's seemingly miraculous return to health.

So was born and continues to this day, the legend of the "Healing Waters" of Little Manitou Lake. Medicine Men named the lake Manitou in reference to the Great Spirit, "Creator", which is the First Nations equivalent to the Judaic-Christian-Islamic God. As the legend of the lake with healing powers spread via word of mouth, First Nations 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.

The "Healing Waters" of Little Manitou Lake are akin to the old water-cure traditions of Europe. An entire repertoire of healing and therapeutic products and health care providers sprang up from the lake's resources.

Hydrotherapists, balneotherapists, naturopathic doctors and medical herbalists attest to the healing power of the waters to this day. Come and experience the effects of these healing waters first-hand. Experience the Spirit of Manitou for yourself! Timeless, impactful, and right here.

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Got... Spirit

“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. Evaporation over centuries has created water that has an remarkably high mineral content. Float effortlessly – even suspended vertically – as you chat with your friends or read the paper!

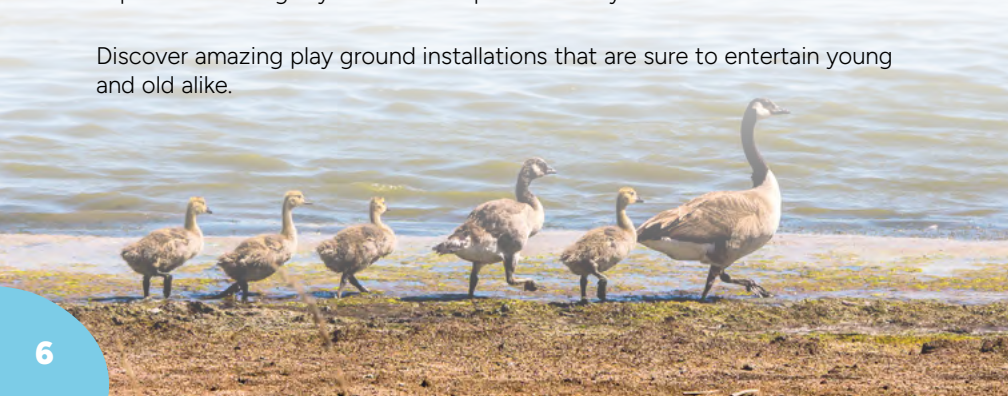
The public beaches, multiple staircases accessing the lake, Wellington Park with its spring-fed creek, a shaded picnic area west of the tennis courts, Uhmman Centennial Park and our off-leash dog park east of the Community Hall and Event Plaza invite you to immerse yourself in this naturally wonderful area.

But there’s even more for you to experience. The activities available in this joint community, of 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. What’s a vacation oasis without golf: try our 9-hole Manitou Golf Course; enjoy Mercer’s Mini-Golf or even Murrays Disc Golf south east of Manitou Beach on Hwy #365.

The variety of accommodations available in Watrous and Manitou Beach suits every traveler. From the popular Manitou Regional Campground, and several motels, to our award-winning Manitou Springs Resort - get comfortable, get spoiled 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.

Discover amazing play ground installations that are sure to entertain young and old alike.



Got... Camping

Camp at one of Saskatchewan's most popular campgrounds:
Manitou & District Regional Park.

Choose the perfect spot from over 230 sites. Each site includes a picnic table and pole barbecue and there are two camp kitchens each with a 50-person capacity available free to registered campers - ideal for hosting reunions or your next gathering. All washroom facilities have been recently updated. Firewood is available for purchase and family pets are welcome!

Watrous Trailer & RV Park also offers sites for groups or longer stays.
See ad below.



**WATROUS
TRAILER & RV
PARK**

Daily, Weekly and Monthly Rates
Pull through sites • Utility hook-ups
Year-round availability

306-946-7502 • 404 8th Ave E. Watrous

**Minard's
LEISURE WORLD**
Where Adventures Begin!

Over 200 Travel Trailers & 5th Wheels!

Weyburn 306-842-3288 • minardsleisureworld.com • Watrous 306-946-2499

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 2023 ***
 *Open May 1 to Thanksgiving day

Got... Paddles

Kayaks, canoes, small sailboats and paddleboards are popular on Little Manitou Lake. Exquisite sunsets, relatively calm lake waters, extraordinary sky above, birds, short distances, and the unique sloping geography accumulate into whole body experiences, from eyes taking in the beautiful vistas to arms and legs getting workouts, relaxed or rigorous – its your call.

Rentals are available from:

- Manitou Mini Mart
- Little Manitou Art Gallery
- Manitou Waters Naturopathic Clinic



Got... Trails

Manitou Beach has established a superb trail system complimented by the Poetry Posts and Chainsaw Carvings. Not only will you find abundant prairie plants and wildlife, but The Manitou Poetry Trail has a dozen display posts with poems that are changed weekly all summer long. Watrous has a surfaced walking trail that forms two sides of a triangle beginning at 13th Ave E and 3rd St E and ending at 8th Ave W and Main St. Recently completed by local philanthropist Ron Ediger, the Heritage Memory Trail was opened to connect our two communities running safely adjacent to Hwy 365. Bring comfortable shoes and a cool bottle of water. See pull out maps for trail markings and Poetry Post and Chainsaw Carving icons.



Got... Nature

Restore your soul through a connection with nature at 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, a stone oven, 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. You'll even find "The Labyrinth" in the depths of the park.

The Poetry Post Trail and Chainsaw Sculpture Trail are both self-guided routes that intertwine each other. See pull out map for Poetry Post and Chainsaw icons.



GREEN ACRES GREENHOUSE

704 - 4th Ave. East
Watrous, Sask.

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

acresgreen@sasktel.net

Inspiring Ideas for Your Yard and Garden

BOOTHILL'S Creamery

PAPA T'S ICE CREAM

Over 25 Flavours

- Soft Ice Cream
- Milkshakes
- Sundae's
- Hot & Iced Coffee

COFFEE

Located inside
Green Acres Greenhouse
704 4th Ave East

Got... No Leash

Manitou Beach off-leash dog park, fully fenced wildlands, located East of the Village Community Hall and Events Plaza.

Many thanks to all the volunteers and sponsors that made this wonderful, natural off-leash dog park a reality. The Resort Village will issue charitable donation receipts for on-going maintenance. Donations can be made at the Village Office. Inquire about joining our Parks Committee who oversees this village asset.



The Easiest Hello, The Hardest Goodbye™
chainsaw sculpture by Marina Cole



Got... Festivals





The Salt Shaker Festival is coming July 12th & 14th, 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, June 28 -30, 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. Includes People's Choice Awards ceremony.

Chainsaw Carving is a biennial event and will return Aug 6 - 10, 2025. Enjoy watching exciting on-site carving beside the Manitou Beach Community Hall. See the pull out maps for a Chainsaw icon to track your own self-guided tour of sculpture around Manitou Beach.

Got... Lots to do

WATROUS AND AREA ARTS COUNCIL

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

VISUAL ARTS

May 8 -10 Juried Art Show - Watrous Civic Centre

GALLERY ON 3RD EXHIBIT SCHEDULE

May 3 – 18 "Spirit of Nature – Looking Beyond Yourself" – Phyllis Poitra -Jarrett OSAC

May 31 – June 29 "Mad Potters in Wonderland" – Sask Terra

July 6 & 7 Spirit of Manitou Studio Trail

July 9 – Aug 24 Randy Penner Landscapes

Sept 6 – 28 "Some Like it Hot" - Sask Terra

Oct 4 – 19 "All Conditioned Things" – Jared Boechler & Nic Wilson OSAC

Nov 1 – 23 "A Selection of Specimens" OSAC

Dec 7 – 21 Winter Art Show & Sale

PERFORMING ARTS CALENDAR

Visit www.osac.ca/watrousandareaartscouncil

SPIRIT OF MANITOU STUDIO TRAIL SEE P.27

July 6 & 7 Visit www.spiritofmanitou.ca

WEEKLY SUMMER ACTIVITIES

Offered weekly from May Long Weekend through Sept Long Weekend

Mondays:

Murray Disc Golf League Night 6:30pm Everyone Welcome

Tuesdays:

7pm Toonie Tuesdays family dance at Danceland (July and August)Manitou Beach Golf Club - Mornings Ladies Golf, Evenings Men's Syndicate Golf

Wednesdays:

Manitou Beach Golf Club – Evenings Ladies Golf

Mercredi's Stage Open Mic Night 7pm (June – Aug) Behind "Sky House" Manitou Waters 209 John St. Manitou Beach

Mike's Beach Bar – Wednesday Wings & Live Entertainment (July & Aug)

Thursdays:

Manitou Beach Golf Club – Mornings Seniors Golf

Manitou Beach Community Hall Bingo – Communities in Bloom volunteers

Alcoholics Anonymous 8pm – Anglican Church Hall 310 Main St., Watrous

Saturdays:

Homegrown & Handmade Artisan Market 10am – 3pm 105 Elizabeth Ave, Manitou Beach

Little Manitou Art Gallery (June – Aug)– Live Music and BBQ at Splash Café 8pm

Sundays:

Drive-in Flea Market 8am – Noon

Poetry Post Trail Guided Tour – Meet at Manitou Waters 'Big Bear' 2pm - 205 John St Manitou Beach

Keep up to date www.watrousmanitou.com/calendar/



Got... Lots to do

2024 COMMUNITY EVENTS

June 1: Community Garage Sale Weekend – Sellers encouraged to have sales this weekend

June 9: Watrous Minor Ball Day

June 16: Fathers Day Pancake Breakfast Fundraiser for the Manitou Beach Recreation Board – Village Hall

June 28 – 30: Manitou Busker Festival – various locations – schedule available at Little Manitou Art Gallery

June 30: Pancake Breakfast Fundraiser for the Manitou Beach Recreation Board – Village Hall

July 1: Canada Day Celebrations Manitou Beach and Watrous

July 6 & 7: Spirit of Manitou Studio Trail weekend

July 12 -14: Salt Shaker Festival – Danceland, Mike's Beach Bar, Little Manitou Art Gallery

July 20: Prairie Egg Gathering – Rally for Fibreglass, Teardrop & Vintage Campers – Regional Park Campground

July 27: 33rd Annual Watrous Fun Run Main Street, Watrous

Sept 7: Pancake Breakfast Fundraiser for the Manitou Beach Recreation Board –Village Hall

LITTLE MANITOU ART GALLERY

Live Music, Licensed Events
Saturdays 8pm - Splash Cafe BBQ
See a full schedule Page 26

WATROUS MANITOU PACKAGES & DIGITAL MARKETPLACE

Book your Watrous Manitou Adventure!

All the latest in travel experiences are available to you on our new Digital Marketplace

Choose your Accommodation or Event-based package, book tickets and reserve your spot – all on one convenient, online location!

www.watrousmanitou.com/packages/

SERVING WATROUS,
MANITOU & AREA

**MANITOU
TAXI**

(306) 917-9998

CALL OR TEXT



MANITOU WATERS HEALING ARTS CENTER AND NATUROPATHIC CLINIC

manitouwaters.com • Located at 205 – 209 John Street, Manitou Beach

Wednesdays: Mercredi's Stage Open Mic Night 7pm (June 19 – Sept 4)
Behind "Skye House" Manitou Waters 209 John St. Manitou Beach

Sundays: Poetry Post Trail Guided Tour – Meet at Manitou Waters 'Big Bear' 1pm

1st Saturday every month: "Steeped and Brewed" Writer's Group – anyone welcome
1pm – 4pm at "Skye House"

June 3 – 5: Buteyko Breathing Classes with Internationally renowned practitioners

Aug 14: Herbalist/Mixology – Dr. Glen Nagel ND at Open Mic

Aug 23 & 24: Sound Bath Sonic Experience with host Tara Semple

DANCELAND

www.danceland.ca

1-800-267-5037
306-946-2743

Tuesdays

7pm Toonie Tuesdays
family dance at
Danceland (July and
August)

May 10 - 12

Polkafest – Walter
Ostaneck, Brian Sklar,
Tom Reinhardt

May 25

Rachel Dean
– Memory Lane

June 1

Lenny & the Gypsies

June 14

Justin LaBrash Tour

June 15

Salsa by the Lake

June 20-22

Square Dancers
Jamboree

June 22

Brothers of the Road

June 30

Patty & the Stack –
Busker Festival Finale

July 12 – 14

Salt Shaker Festival

July 13

Brian Sklar & The Western
Senators

Aug 2

Bordertown Country
Family Dance

Aug 4

Bordertown Gospel/
Country Show

Aug 10

Wadena Dixielanders

Aug 16

Concert with Blaze /
Bruce Stewart (Elvis
Tribute)

Aug 17

The Shadows

Aug 23 & 24

Line Dancing

Aug 30

Harry Startup
– 50s & 60s Rock

Aug 31

England – 50s & 60s Rock

Sept 20 & 21

Fall Polkafest with Dennis
& Curtis Ficor

Sept 21

Zayshley Band

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.**



SaskAbilities
Camp Easter Seal



donate.saskabilities.ca

Gotta 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 including one of Canada's most successful country groups, Prairie Oyster, Danceland has hosted a who's who list of music greats.

Once a seasonal venue, Danceland now provides year-round entertainment. Visitors are encouraged to stop by for a tour. Those who take a twirl on the unique floor are quick to sing its praises. The floor is supported from below, built on cushioning coils of horse tail hair, and once filled with dancers, moves ever so gently to return the rhythm of the dancers. Throughout the summer, there is always something on tap, from dance lessons to dining and dances, this family-friendly venue has 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 • 1-800-267-5037 or (306) 946-2263



Got.. Golf

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. Their large tournament facility can accommodate 150 people and is equipped with barbecues, a kitchen and a bar. Mulligans Grill open 6:30 am daily.



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 306-946-2861



Murray Disc Golf

Disc Rental
\$10 Adult, \$5 Youth, \$4 12+under

Buy a Disc & Golf Free
Use Your Own Disc & Golf Free
Book your Staff & Birthday Parties (306)946-7788



Mercer's Manitou Mini Golf

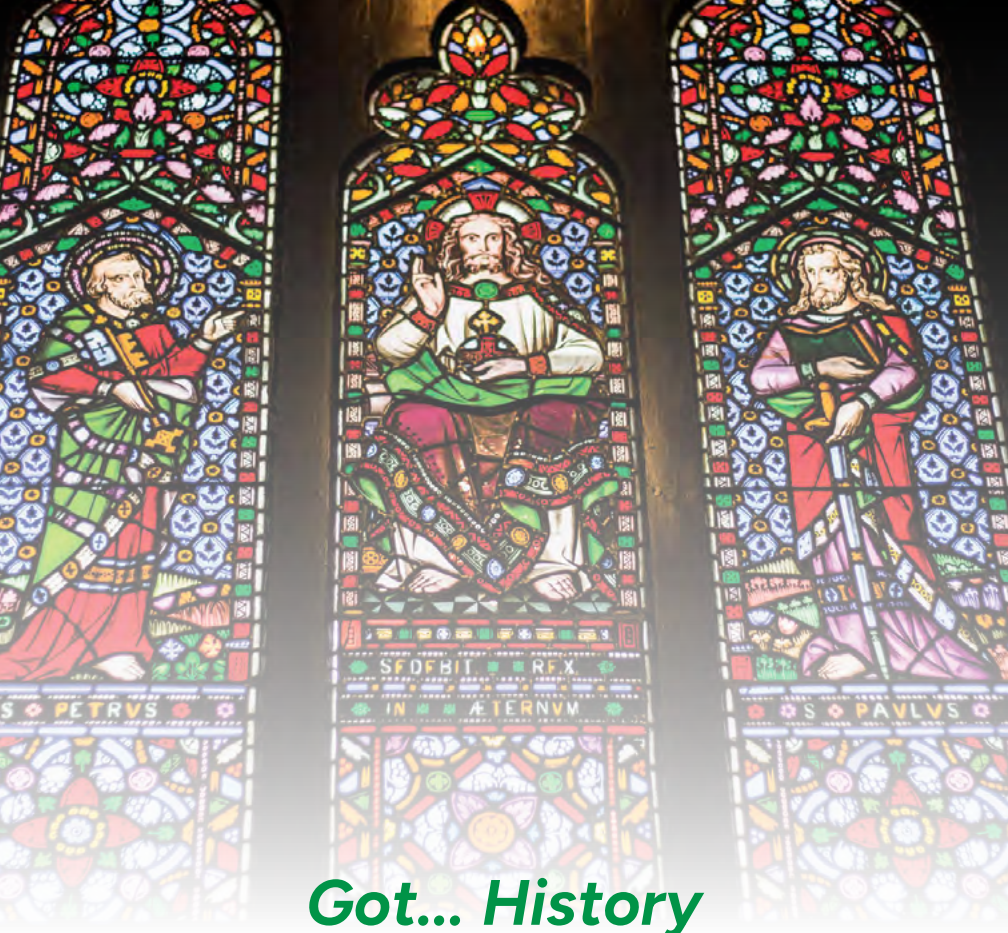
18 Hole Course
Overlooking Scenic Manitou Beach
1(306)250-4801

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

Got... Popcorn

- Watch indoors (24 seat theatre), outdoors or in your vehicle.
- One of the few Drive-In theatres left in Sask.
- Take a photo with the famous Combine from the 1996 Warner Brothers film "Twister"
- Concessions on-site
- Admission \$30 per car up to 6 people (7 people is \$60 -\$8.57 per person)
- Vehicles with 1-2 people will receive a popcorn and pop voucher during car check after the movie starts
- Find us on Facebook – Salty Cinema for movie schedule or visit watrousmanitou.com/calendar/
- Flea Market every Sunday in Summer 8 AM - Noon (See p.25)





Got... History

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)

Got... Treasure

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

RELIQS

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

Email: relicsmanitoubeach@gmail.com

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



What treasures will you find?

EVERY SUNDAY IN SUMMER
8 AM - NOON

CONCESSION IS OPEN

FOR TABLE INFORMATION
EMAIL: MANAGER@SALTYCINEMAMANITOU.COM



THRIFT ON MAIN

Check out our
new community thrift shop.
Find treasures as you explore
this vintage building.

(306)917-7650 • (306)946-9922
211 Main Street, Watrous

Homegrown Handmade Market

Farmers

Artisans

Saturday 10am - 3pm • May Long to Sept Long

105 Elizabeth Ave. Manitou Beach

Located across from
Little Manitou Art Gallery

204 Elizabeth Ave. Manitou Beach
Mobile: 1(306)400-2544
LittleManitouArtGallery.com

Artisan
Jewelry
Pottery
Handmade
Sculpture
Paintings



Coffee/Tea
Espresso/Latte
Soup/Sandwich
Desserts
Saturday BBQ
Cold Beer/Wine

Little Manitou Art Gallery

**LIVE
MUSIC**

Every Saturday
June/July/August
8:00pm

June 1
SASK GALLERY DAY

June 8
MANITOU PRIDE

June 15
BARRY JAMES MCKAY

June 22
INDIGENOUS PEOPLES

June 28,29,30
BUSKING FESTIVAL

July 6
AURORA BELLA

July 13
THE SALT SHAKER

July 20
LOUIE & THE BEACHCATS

July 27
JACK WALTON

August 3
BRUCE RAWLING

August 10
WOW! MANITOU

August 17
RUSTY INTENTIONS

August 24
BRIAN PAUL D.G.

August 31
TWO AMIGOS

September 1
MANITOU MUSIC FEST

Paddleboard
Kayak
Rentals



Stay with Us!
AirBnB.com
GalleryPatronSuite



Spirit of Manitou Studio Trail

Come Join the Spirit!

Saturday July 6 - 24

10am - 7pm

Sunday July 7 - 24

12pm - 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.

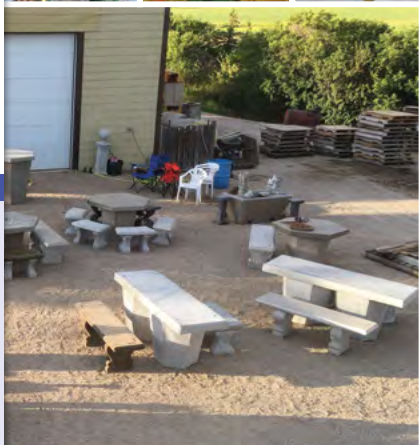
Come Join Spirit of Manitou Studio Trail. Your annual excursion to view, appreciate, and purchase local Saskatchewan-created art.

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

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

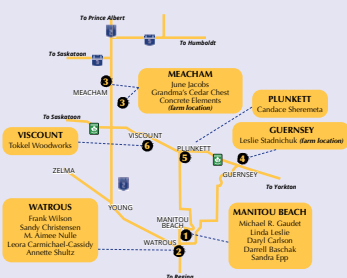


Park Train and Statuary are located at Concrete Elements 40 minutes North on Hwy #2.



www.spiritofmanitou.ca

#spiritofmanitoustudiotrail



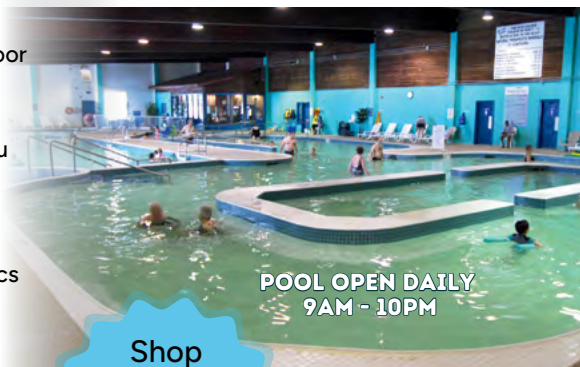
Learn more about the Artists at spiritofmanitou.ca

Manitou Springs

Resort & Mineral Spa

Why Stay Anywhere Else
than our 102 newly renovated rooms?
302 McLachlan Avenue, Manitou Beach
(306) 946-2233

- Unlimited swimming at indoor mineral pool
- Waters Edge Restaurant & Lounge overlooking Manitou Lake
- Pool Side Cafe for lighter meals, ice cream & snacks
- Serenity Massage & Esthetics
- Expanded Gift Shop



POOL OPEN DAILY
9AM - 10PM

Shop
Online!
manitou
springs
giftware.com

Book accommodations
& view amenities online
at
manitousprings.ca
or call
(306) 946-2233



Serenity

- Mineral Treatments
- Massage
- Aromatherapy
- Herbal Hot Body Wrap
- Nail Care
- Facials
- Gentlemen's Treatments





Water's Edge Restaurant & Lounge
 open daily from 6:30am - 11:00pm

Specializing in AAA steaks, seafood, pasta, pizza & comfort food

Outdoor Patio

Open daily at 11:30 am (weather dependant). Enjoy the Special Patio menu, draft beer & frozen cocktails

Water's Edge
 RESTAURANT
Enjoy a great meal with a beautiful view, for an affordable price!



Poolside, Watercrest Cafe

Enjoy a quick meal, beverage, or dessert at our lovely poolside Mineral Spa Café while you swim or overlook the pool area. Famous for our "home-style" cooking and baking (Cinnamon buns, pies, muffins). Hard Ice Cream is available all year.



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

Follow us on Facebook to stay updated on events, specials & live entertainment!



Last Mountain Inn

Reservations Toll Free 1-866-913-3383

Fax: 1-306-946-3061

www.lastmountaininn.com

18 Clean, Modern Rooms • Some Light Housekeeping Units
Air-Conditioning • Digital Cable TV • Microwaves • Fridges • In Room Coffee
Barbeque • 24 Hour Direct Dial Phones



COZY CORNER

SUITES

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Quaint, Comfy & Unique

- 1, 2 & 3 BEDROOM SUITES WITH FULL KITCHENS
- EXCELLENT FOR LARGE GROUPS
- PET FRIENDLY
- IN THE HEART OF MANITOU
- OPEN ALL FOUR SEASONS

306-570-7554



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

Got... Comforts of Home

A variety of accommodations are available to you in Watrous and Manitou Beach. 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

HOTEL MANITOU BEACH (2 Rooms)

309 Jean St., Manitou Beach, SK.
306.946.2315 • hotelmanitoubeach.com

SISTERS FAMILY CAMP

213 Watrous St., Manitou Beach, SK.
306.419.9455 Vince • 306.419.9454 Dee
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
manitousprings.ca

SALTWATER SNUGGLE LODGE

(pet friendly)
206 Winnipeg St, Manitou Beach, SK
306.260.0882
watrousmanitou.com/merchants/saltwater-snuggle-lodge

SUNSET CITY NORTH VACATIONS (pet

friendly) 202 & 204 Watrous St. Manitou Beach
306.945.7607 watrousmanitou.com/merchants/sunset-city-north

COTTAGE UP THE HILL

226 Evenson Ave, Manitou Beach, SK
cottageupthehill.ca

PATRON SUITE – LITTLE MANITOU ART GALLERY

204 Elizabeth Ave,
Manitou Beach, SK
306.400.2544 • littlemanitouartgallery.com

IN TOWN (WATROUS)

LAST MOUNTAIN INN (18 units)

Junction of hwy 2 & 365, Watrous SK
306.945.3833 • 866.913.3315
lastmountaininn.com

MANITOU HOTEL (12 rooms, 6 Suites)

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

CAMPGROUNDS

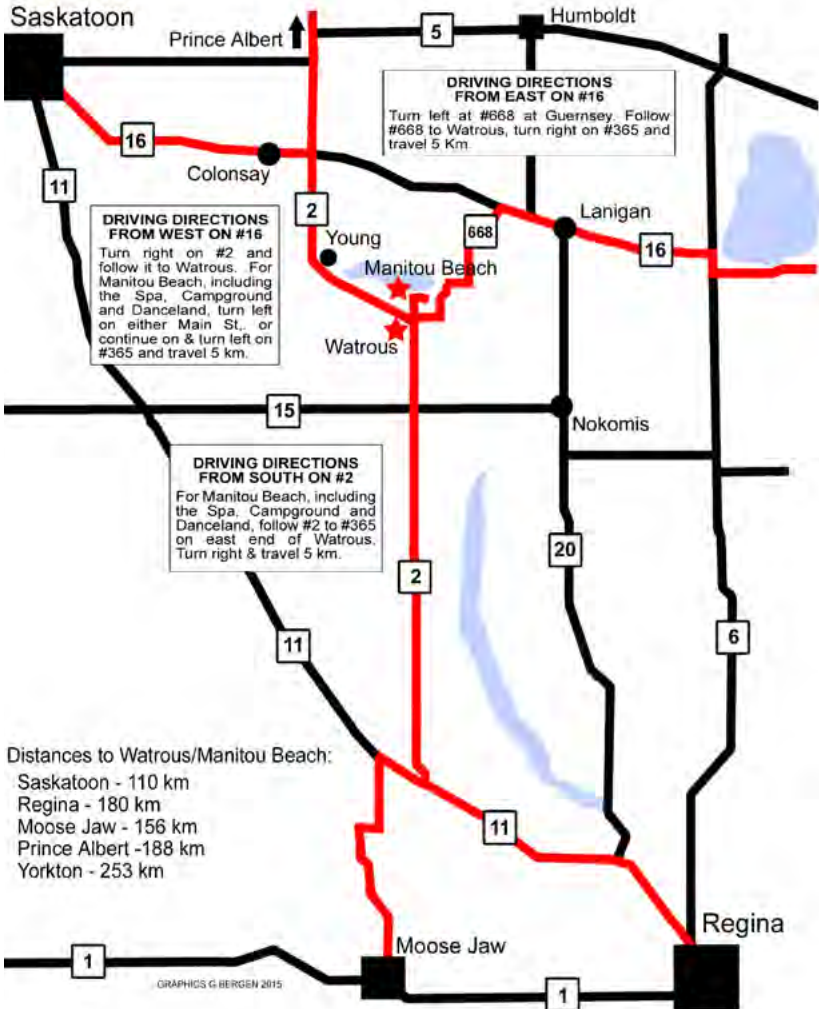
MANITOU & DISTRICT REGIONAL PARK

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

WATROUS TRAILER & RV PARK

404 8th Ave E, Watrous, SK
306.946.7502
watrousmanitou.com/merchants/watrous-trailer-rv-park

Watrous Manitou Beach



Got... Chrome

The 33rd Annual Watrous Fun Run Show 'n' Shine car show is scheduled July 27th, 2024 . 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.

Search Facebook for "Watrous Fun Run" and Follow our page for more information. Use the QR code to visit our website watrousfunrun.com.

Scan me!



Little Manitou Lake



EL 1640

EL 1636

EL 1775

Watrous
4 kms

Highway 365 to Watrous











TRAIL TO
WATROUS

Murray Disc Golf
1 km




Resort Village of
Manitou Beach
Saskatchewan




-  Attractions & Things to Do
-  Accommodations
-  Restaurants
-  Community Services /Businesses
-  Historical Plaque
-  Art Gallery
-  Tourism Information
-  Poetry Trail
-  Playground
-  Chainsaw Sculpture

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



-  Attractions & Things to Do
-  Accommodations
-  Food & Dining
-  Businesses & Community Services
-  Art Gallery
-  Chainsaw Sculpture
-  Playground



To Manitou Beach

Sports Grounds 

-  Ball Diamonds
-  Playground
-  Curling Rink
-  Swimming Pool

Football & Track

Map grid showing streets and landmarks:

- Streets: 4th Street W, 3rd Street W, 2nd Street W, 1st Street W, 8th Ave W, 7th Ave W, 6th Ave W, 5th Ave W, 4th Ave W, 3rd Ave W, 2nd Ave W, 1st Ave W
- Landmarks:
 - Cenotaph Park 
 - Heritage Centre 
 - Post Office 
 - RCMP 
 - Co-op Agro Service
 - Centennial Ford
 - Watrous NAPA
 - CO-OP Grocery
 - CO-OP Gas Bar
 - Pip's Subway
 - Little Olive Health Market
 - Pepper Tree
 - Arena Skating Rink
 - Spin Studio
 - Pharmacy
 - Barbershop
 - Wape Shop
 - Kelvin's Park
 - Thrift Store
 - Wape Shop
 - 306 Day Spa
 - Coin Laundry
 - 306 Day Spa

Map grid showing streets and landmarks:

- Streets: Main Street, 1st Street E, 2nd Street E
- Landmarks:
 - Elementary School 
 - High School 
 - Carlton College 
 - Information Center 
 - Town Office Civic Centre 
 - Jubilee Court 
 - Anglican Church 
 - Library 
 - Art Gallery 
 - Bargain Store 
 - Kinsmen Park 
 - Fitness Centre 
 - Affinity Credit Union 
 - RBC Royal Bank 
 - Liquor Store 
 - Mainline Motors GM 
 - Golf Simulator 
 - Manitou Hotel 

2 Hwy #2 Young





OPEN MON - SAT
205B MAIN ST,
WATROUS
(306) 946-6509



WATROUS

Ph: (306) 946-1010
www.watrousrealty.com

THE Bargain! Shop

FOOD, FASHION,
HOME *and more*

TheBargainShop.com

Find big brands, quality products and big savings on food, fashion, home, and more!



104-3rd Ave. East St., Watrous | P: 306 946 3666



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to Completion**

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alpha.mattk@gmail.com

Got... Culture

Gallery on 3rd

Watrous Arts & Cultural Centre



WATROUS & AREA ARTS COUNCIL

Art Exhibits | Workshops
Art Shoppe | Live Entertainment

BRINGING THE ARTS TO YOU!

www.waac • waac@sasktel.net
facebook.com/WatrousAreaArtsCouncil
306-946-1333 • 306-946-8878 • 306-946-3399
Performing Arts Contact: 306-946-7884

Gallery on 3rd

102 3rd Ave E Watrous SK • Open Year Round
Summer: Tues - Sat 9:30-5:30
Winter: Fri & Sat 1:00 - 4:00 or by appt.



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?



Got... Health and Wellness

People want to live, work and play where health is top of mind, where healthy physical, mental and spiritual practices, including “taking the water” are part of the community’s culture. Healthy spaces, excellent nutrition resources, health education, healthy recreational activities and strong community support for healthy lifestyle practices are right here, in the Watrous-Manitou Beach “health hub”.

“Stepping outside of the default zone of daily life, relaxing the senses and emotions, and experiencing balanced therapies are a way for us to slow down, purify and refresh ourselves.” Dr. S. Czeranko, ND, Manitou Beach



Dr. Sussanna Czeranko, ND

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

306-946-4266
205 John St. Manitou Beach

info@manitouwaters.com

www.manitouwaters.com

Supplements and Vitamins
Gluten-free foods
Organic foods
Essential Oils
Personal care items
Nuts and other treats
Diffusers and Salt Lamps
Crystals and Stones
Gift ideas



the little olive
HEALTH MARKET

103 Main St, Watrous
(306) 946 - 3003

Galleria of Timeless Instruments

@ Il Prato

102 Watrous St,
Manitou Beach

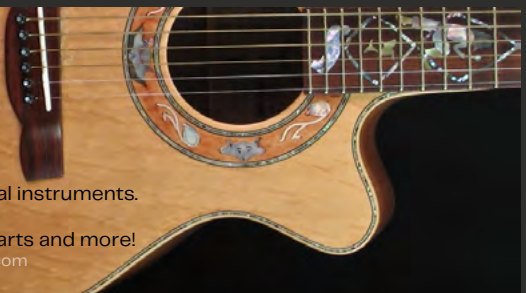
Custom crafted musical instruments.

Carving instruction.

Yoga, dance, circus arts and more!

timelessinstruments.com

(306) 759-7742



Steeped and Brewed Writers Group meets each first Saturday of the month at Manitou Waters – Skye House 209 John St. 1-4pm. Beginner and active writers always welcome. Workshops, feedback, camaraderie. An SWG (Saskatchewan Writers' Guild) group.

Mercredi's Stage located behind Manitou Waters – Skye House 209 John St. offers Wednesday Night Open Mic sessions at 8pm (summer)



Got... Sunsets

Enjoy the endless supply of sunsets we offer
(no extra charge)



AUTO PARTS

Locally owned and operated, Watrous NAPA Auto Parts offers over 400,000 products, tools, and equipment

210 - 1st Ave West,
Watrous
(306) 946 - NAPA (6272)



SKULLCREEK



STUDIOS



- Professional recording mixing & mastering
- Songwriting
- Production mentorship opportunities


Skullcreekstudios@gmail.com or call Aspen Beveridge at 306 717-8609

Got... it all!

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

Main Street in Watrous features great locally owned stores such as Watrous Pharmacy, Little Olive Health Food Store Thrift on Main, Last Stop Vape Shop, Watrous Barbershop, Bargain Store, Kelvin's Perk 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!



Credit Union

An Affinity for

Saskatchewan



An Affinity for you

Visit us at 210 Main Street in Watrous!

affinitycu.ca | 1.866.863.6237

Got... an Appetite

A variety of dining experiences await you in Watrous and Manitou Beach. 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"...

MANITOU BEACH

BURGER BUOY

315 MacLauchlan Ave,
Manitou Beach

MULLIGANS GRILL (LICENSED)

Manitou Golf Club
Highway #365, Manitou Beach, SK.
306-227-4206

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
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

WATROUS

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)

102 Main St., Watrous, SK.
306-946-3315

PAPA T'S ICE CREAM

(at Green Acres Greenhouse)
704 4th Ave E., Watrous, SK.



TB'S BAR & GRILL

HOT FOOD, COLD BEER



GREAT TIMES!



Delicious Food Menu, Pool, Jukebox,
7 Big Screens TVs and VLTs!

Fully Stocked Beer, Wine and Spirits Store
On-Site With Delivery, Including Manitou!



102 Main Street Watrous SK • 306-946-BEER





ODA

Coffee, Wine & Dine
Manitou Beach
305 MacLachlan Ave



*Where
Friends
Meet*

PEPPER TREE *Family Restaurant*

📍 203 Main Street, Watrous

☎ (306) 946 3344

🕒 Open Late Nite

📍 Watrous & Manitou Beach!

STAY TUNED

www.peppertreewatrous.ca

📌 Pepper Tree Sports Bar & Lounge

📍 Peppertree.watrous



BURGER BUOY



*If you're Hungry,
We're a Lifesaver!*

315 MacLachlan Ave

Got... Aurora

View the magnificent Aurora Borealis with its awe-inspiring colour and movement against darkened skies with minimized light pollution -thanks to Village of Manitou Official Community Plan.

CONCRETE
Elements

Viscount, Sask
306-944-4236
306-717-1720
concretelements.com



Ornaments by the Yard Where Your Visions Become Concrete



Got... Rooms

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 306-227-4206
Campground (Manitou Beach)	230 + Campsites			2 Camp kitchens 50-person capacity	Manitou Regional Park 306-946-2588

Got... To Get Together

YOUR NATURAL MEETING PLACE IN SASKATCHEWAN

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

Centrally located, Watrous and Manitou Beach 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 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 (too many to list) and food services with impeccable reputations, it is time for you to take advantage of Watrous Manitou hospitality and plan your next event in the heart of Saskatchewan! You will wonder why you didn't do it sooner!

Got... Activity

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. Check out Watrous Swimming Pool 2024 and Watrous Recreation on Facebook.



**WATROUS
FITNESS
CENTRE**
101 3RD AVE EAST

MEMBERSHIPS, PUNCH CARDS & DAILY DROP INS AVAILABLE
CONTACT TOWN OF WATROUS 404 MAIN ST. 306-946-3369



**THE
Basement
SPIN STUDIO**

 [thebasementspinstudio.com](https://www.facebook.com/thebasementspinstudio)

 [@THEBASEMENTSPINSTUDIO](https://www.instagram.com/thebasementspinstudio)

215 Main St in Watrous



**WATROUS
SWIMMING
POOL**

Open June - August

 800A - 1st Street East, Watrous
 (306) 946 - 3066
 Watrous Swimming Pool 2024

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.

Horseshoe pitch west of the Village Community Hall
Horseshoes available from Village Office
701 Lakeview Ave.

Pickleball nets set up at West end of beach,
at Tennis Courts.



Open May through October
303 McLachlan Ave, Manitou Beach - (306) 946-2835
Pub · Sports Bar · Dance & Night Club

Got... Winter

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

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.

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.

Ski equipment, snowshoes and skates available for rent from the Village Office 701 Lakeview 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.

Wellington has its own labyrinth and poetry post.



Winter Activity Equipment Rentals

Provided by the Manitou Beach Recreation Board

Cross Country Ski's

Ski's, boots & poles
\$20 adult, \$10 child

Snowshoes

With strap-kit
\$20 adult, \$10 Child

Skates

Skates & helmet
\$10 adult, \$5 child

Contact the Resort Village of Manitou Beach Village Office
(306)946-2831
701 Lakeview Ave, Manitou Beach



Got... 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 East of Watrous Manitou. Make a day trip and visit Nokomis Craft Ales or the Nokomis Museum.





SUMMER HOURS

THURSDAY - SUNDAY 12PM - 6PM

NOKOMIS
CRAFT ALES

Watrous
 **Home**
hardware
building centre
homehardware.ca



  **WATROUS**
MAINLINE

THE ORIGINAL  SUPERSTORE



watrousmainline.com • 306-946-3336 • 1-800-667-0490



WHEATLAND
DENTAL WATROUS

P: 306-946-2131 reception@wheatlandwatrous.ca
107A-3rd Ave E. Watrous SK S0K 4T0

NEW PATIENTS WELCOME

Dr. Adam Stenerson • Dr. Eileen de Jager • Dr. Troy Muench

Got... Purpose

INTERLAKE HUMAN RESOURCES

"Mission Statement: IHRC is dedicated to assisting program participants attain their optimum level of independence and quality of life in the workplace, home and community".

- IHRC works with adults experiencing disabilities to encourage and promote independence and participation in their communities. Since our inception in 1975 we have been proud contributing members in all aspects of our communities. We believe in inclusion for all members of a community as a whole.
- We operate a busy day program activity centre in Watrous and recently opened our new 4 person group home in the community.
- Supported Independent Living as well as Supported Employment are two other programs we offer for the individuals we support.
- Interlake (IHRC) also operates the SARCAN depot in Watrous and Davidson.
- IHRC plays an important role in the lives of its participants. We provide a safe and active environment to work and grow in. We offer leadership and guidance to help our participants obtain their optimum level of self-determination.
- IHRC strives to help our participants be active, contributing members of their communities. We volunteer, attend activities and events in our town and surrounding areas and support local businesses. Many of our individuals are employed not only in-house at the day program but with various businesses in our community. We have many positive partnerships with service organizations, individuals and businesses alike.



SARCAN WATROUS NEW LOCATION 110 3RD AVE E

- Watrous SARCAN was one of the original depots in the province and has been a successful business in our community since 1988. We currently employ 4 people full-time, and have recently hired two individuals from Interlake Human Resources Corp as part-time employees, promoting valuable, inclusive employment in our community.
- Not only have we been a strong contributor to our local economy (paying out over \$337,000 to our patrons last year alone), but we offer many options for recycling including aluminum, plastic and glass bottles, non-beverage glass, cartons, household paint, end-of-useful-life electronics, and batteries. We also have a Drop & Go option for those needing an even quicker and easier way to recycle.
- We process many local fundraising efforts such as large bottle drives, which helps support community initiatives.
- We are proud to positively contribute not only to our local economy, but to the global efforts to encourage and promote environmental sustainability.





We're drivers too.

PIP'S

SUBWAY® GAS
CONFECTIONARY

SUBWAY®



PIP'S: (306) 946-2666
SUBWAY: (306) 946-2680
OPEN 6AM TO 10PM DAILY

HWY 2 & MAIN ST.
WATROUS, SK.



Hamilton
MAINLINE CHRYSLER
KING OF TRUCKS

Opening Soon!

- Family friendly, full house rental
- 2 bedrooms + bonus room
- 1 block from Little Manitou Lake
- Short walk to Danceland
- Dog friendly with fully fenced yard
- Fire pit & Outdoor Lounge Area



Follow us for Updates!

WATROUS PHARMACY

Your Locally Owned Community Pharmacy



213 Main St., Box 220
Watrous, SK. S0K

Phone (306) 946-3311
Fax (306) 946-2034

You're at home here.



Saskatoon

Gas Bar

- Full service gas, diesel, propane
- Lottery & confectionary

Ag & Home Solutions

- 24 hour Cardlock convenience
- Camping, bbq, seasonal needs
- Farm equipment

Food Store

- Market Place fresh produce
- Ready-to-go meals
- Premium Co-op Gold products
- Store-made sausage, burgers
- Fresh bakery cookies & donuts

Saskatoon Co-op

saskatoonco-op.crs

Food Store 946-4144

Gas Bar 946-3812

Ag & Home Solutions 946-5511

Gotta... Float

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.

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.

**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.

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.

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Town of Watrous	306-946-3369
Resort Village of Manitou Beach	306-946-2831
Emergency	911
Police/Fire/Ambulance	911

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