

FREE

PLEASE
TAKE ONE



Watrous Manitou

Activities Guide 2026



Open
Daily
6:30 am



“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



Inside the Guide

Camp	7	Maps	34
Explore	10	Car Show	35
Trails & Parks	11	Art & Heritage	41
Festivals	14	Health	44
Studio Trail	17	Eat	49
Event Schedule	18	Meet	54
Camp Easter Seal	20	Recreation	56
Dance	21	Winter	58
Golf	22	Day Trips	60
Drive In	23	Interlake & SARCAN	62
Treasure Hunting	25	Learn	63
Seniors	27	Play Ground	70
Stay & Relax	28	Contacts	72





Welcome to Watrous & Manitou Beach

Welcome to the Resort Village of Manitou Beach and the Town of Watrous! You're in for a full-on treat for a day, a week, a month ... a lifetime. Our two communities want your visit to be unique, memory-rich and the first of many. **"Stay, Play, Work, Live"** is what folks around here tell visitors.

Manitou Beach hugs the shores of Little Manitou Lake, a remarkable body of mineral water. In the surrounding hills rising to the south, you can explore our footprint on the prairie via a network of well-established walking trails and an off-leash dog park for your pet. There are beaches and hills where you can take in our extraordinary Living Sky dawns, sunsets, and a night sky full of constellations and Northern Lights. Wellington Park is home of one of many modern playgrounds for kids, serene green bushes, tall spruces, birds, picnic sites, even a reflective labyrinth, not to mention one of a dozen "poetry posts" scattered all over the village. Little bridges cross over the crisp spring fed stream which courses through.

Manitou Beach and Watrous have the gamut of accommodations to snuggle you in for your stay, from the elegant Manitou Mineral Springs Resort to tiers of B&Bs and vacation home rentals, three motels and the outstanding full-service Manitou Regional Park Campground. We've even got one of the last remaining Drive-in theatres in North America, no kidding. Don't forget, there's the famous Danceland too, the home of a rare, horsehair-sprung maple dance floor undulating to hundreds of dancing feet all year long.

While you're here, you will be pleasantly surprised and well served by the many businesses and services in **Watrous**. Bonus - along the new Main Street corridor with its gorgeous vintage light poles with festive, seasonal signs, you'll meet the

friendliest people anywhere from among the 2,000 residents who call this place home.

In **Watrous** we have three major automobile dealerships, a top-notch RV centre, three implement dealerships, and many other businesses, ranging among excellent restaurants, cafes, bakery, and shops of all kinds, including one of the region's most robust thrift stores.

Manitou Beach and **Watrous** host event after event all season long. Come one, come all to our enthusiastic Canada Day celebrations, the 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, Sporting Events and even two Literary Festivals.

Every week there's something for everyone: a Saturday Artisan/Homegrown/Handmade Market, the Sunday Flea Market at the Drive-In and other weekly entertainment. Take in art exhibitions at the Gallery on 3rd and superb local history installations at the Watrous-Manitou Heritage Centre.

Don't be surprised by the friendly, genuine waves and pleasant good mornings you receive from passing strangers. They won't be strangers for long; new friends for you, neighbours to us, all ambassadors for our two partner communities on the Saskatchewan prairie. We are **Watrous-Manitou** and it won't take long for you to be too.

Cheryl Hanson, 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.

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, Uhmann 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 Beach Golf Course; enjoy Mini-Golf; get out to Murray Disc Golf (S.E. of Manitou Beach on Hwy #365).

From the popular Manitou Regional Campground, several motels and vacation rental properties, to our award-winning Manitou Springs Resort - get comfortable, get spoiled while you explore the “Spirit of Manitou”.

“Manitou” is derived from the Algonquian word *monetoo* for 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 (see Pg 9 for site map).

Choose the perfect spot from over 230 sites. Each site includes a picnic table and fire-ring barbeque and there are two camp kitchens, each with a 50-person capacity, call the campground office for details - 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! Campground office open May 1st through Thanksgiving.

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



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

306-946-7502 • 404 8th Ave E. Watrous



YOUR AFFORDABLE, REUSABLE
VACATION SPECIALIST

510-1 AVE WATROUS | 306-946-2499 | TravelandRV.ca

**BOOK YOUR
CAMPSITE ONLINE!**

MANITOU & DISTRICT REGIONAL PARK



Located at Manitou Beach 6km N of Watrous on
HWY 365, 125km SE of Saskatoon and 165 km NW of Regina

**Weekday Golf and Camping
Packages available**

Please contact the campground
office for details



Regional Parks
OF SASKATCHEWAN

Campground Office 306-946-2588
Manitou Beach Golf Club 306-946-2861
Email: manitouregionalpark@sasktel.net

manitouregional.com
manitougolf.com

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.

Beach Rentals are available from:

- Burger Buoy
- Manitou Mini-Mart
- Lakeside Country Inn

see winter
equipment rentals
on pg.59



Wellington Park Playground # _____

Got... Trails

Manitou Beach has established a superb trail system complemented 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.



TrailCollectiv is a Regina based company launched in 2022 that encourages users to discover amazing, kid friendly, trails recommended by parents and trail ambassadors from all over North America.

A 5-point rating system makes it easier to know which trail is toddler friendly, or your next family grind.



The combine from the Movie "Twister" # _____

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
greenacresgreenhouse.com

acresgreen@sasktel.net

Inspiring Ideas for Your Yard and Garden

FOOTHILLS Creamery

PAPA T'S ICE CREAM

Over 25 Flavours
Milkshakes & Sundaes
Dole Soft Serve:
Lactose Free & Gluten Free
Hot & Iced Coffee

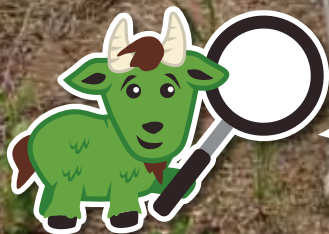
Located Inside
Green Acres Greenhouse
704 4th Ave E.

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.



Look for me throughout the Guide and begin your self-guided adventure.

If you need help, head to Manitou Mini-Mart for a list of clues (and the answers) and hunt for a numeric code that you can record here in the Guide

Got... Festivals



THE SALT SHAKER
JULY 10TH - 12TH, 2026
MANITOU BEACH, SK.




established 2021
Manitou Beach Busking Festival
June 26, 27, 28 and July 3, 4, 5 2026
MBbusk.com



August 1 & 2, 2026
MANITOU BEACH LITERARY FESTIVAL
LITERATURE FOR HEALING WATERS
Author Readings Panel Discussions Book Launches Book Fair

Munsch Brunch
SUNDAY AUGUST 2ND
In support of Children's Literacy
at Historic DANCELAND

Subscribe Here
Festival Updates
Group Transport
Sponsorship



Manitou Beach Off-Leash Dog Park # _____

- Watrous Music Festival April 21-22
- Polkafest May 8-9

- Watrous Fun Run July 25
- WOW (Wonder of the Worlds) Aug 15



SAVE THE DATE in 2027
Manitou Beach Chainsaw Carving Festival
August 12-15, 2027
Live Chainsaw Carving is a Biennial Event.
See Fold out map pg. 36 for Carving icons to find all the
Chainsaw Sculptures around the Village.

- Salt Shaker July 10-12
- Spirit of Manitou Studio Trail
July 11-12

- Manitou Literary Festival Aug 1-2
- Sunday in the Sand Aug 2

• 2026 Horseshoe Tournaments

- May 23 Spring Fling
- June 6 Manitou Beach Tournament
- July 18 Sask Provincials
- Aug 1-2 Western Classic (4 Provinces)
- Aug 5-8 Canadian Nationals
- Aug 29 Fall Frolic

Visit www.horseshoesask.ca for more info

- Busking Festival Jun 26-28
and July 3-5
- Manitou Music Fest Sept 4-6



NEW Find Mario

Manitou Beach Busking Festival



The Manitou Beach Busker Festival is a celebration rooted in community spirit and a passion for live music. Initially conceived by the residents, this event offers a platform for Saskatchewan artists to gain exposure while entertaining residents and drawing in attendees from across Western Canada. Come enjoy six days of live entertainment.

No admission - bring Cash for the Buskers
www.mbbusk.com



Chainsaw carving of a Crocodile #_____!

Spirit of Manitou Studio Trail

Come Join the Spirit!

Saturday July 11 - 26

10am - 7pm

Sunday July 12 - 26

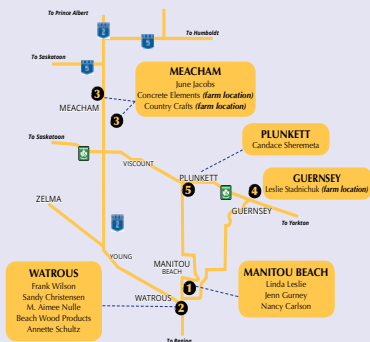
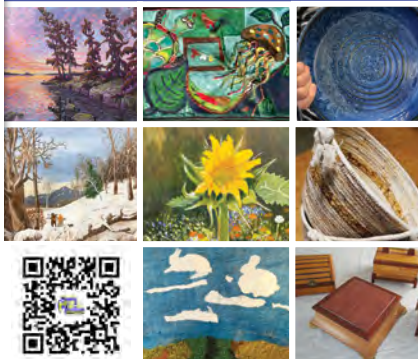
12pm - 6pm

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.



Learn more about the Artists at spiritofmanitou.ca

Got... Lots to do

2026 COMMUNITY EVENTS

Watrous Manitou Annual Winterfest
Feb 14-21

**Ted Bowes Memorial Ice Bowl
Tournament** Mar 28 - Murray Disc Golf

Community Garage Sale
June 6 - Watrous & Manitou Beach

Indigenous Recognition Day
June 20

Canada Day
July 1 - Watrous & Manitou Beach

Minor Ball Day
June 7 - Watrous Sports Grounds

Prairie Egg Gathering
July 17 to 19 - Manitou & District
Regional Park Campground

Busking Festival - June 26, 27, 28 & July
3, 4, 5 - Manitou Beach

Spirit of Manitou Trail
July 11 & 12 road trip

Salt Shaker
July 10 to 12 - Manitou Beach

Watrous Fun Run - Show & Shine
July 25 Watrous

Manitou Literary Festival
August 1 & 2 - Manitou Beach
Danceland / Wellington Park

Sunday in The Sand
Aug 2 - Mike's Beach Bar

Wow! Wonder of Words Saturday,
August 15 - Little Manitou Art Gallery

Manitou Music Fest - September 4, 5, 6
Little Manitou Art Gallery / Danceland



STAY. PLAY

BUILD YOUR PACKAGE



CHECK OUT OUR ACCOMMODATION
AND EVENT BASED PACKAGES, OR
ADD ON AN EXPERIENCE **ONLINE!**

watrousmanitou.com/packages/

WEEKLY SUMMER ACTIVITIES

Mondays:

League Night Disc Golf - Murray Disc Golf Hwy #365 - 6:00pm - Everyone Welcome
Aquacise - Manitou Springs - 8:30am

Tuesdays:

Toonie Tuesday Family Dance 7pm - Danceland (July & August)
League Golf - Morning Ladies; Evening Mens - Manitou Beach Golf Club
Drop in Pickleball Watrous Arena 105 3rd Ave W, Watrous

Wednesdays:

League Golf - Evening Ladies Manitou Beach Golf Club
Wings & Live Entertainment - Mikes Beach Bar (July & August)

Thursdays:

League Golf - Seniors morning Manitou Beach Golf Club
Bingo with Communities in Bloom - Manitou Beach Community Hall
Alcoholics Anonymous Anglican Church - 310 Main St, Watrous

Saturdays:

Homegrown Handmade Market - 10am to 3pm - 105 Elizabeth Ave Manitou Beach
Live Music - Little Manitou Art Gallery (June - August)

Sundays:

Flea Market 8am - 2pm Salty - Cinema Drive In
Poetry Post Trail Guided Tour 4pm - Meet at Manitou Waters Big Bear
Statue 205 John St



CALENDAR

KEEP UP TO DATE ONLINE!

SUBSCRIBE TO NEWSLETTER TO GET UPDATES ON WEEKLY LISTINGS.

SUBSCRIBE watrousmanitou.com/calendar/



SaskAbilities Camp Easter Seal



SCAN
ME!

Camp Easter Seal offers Saskatchewan's only inclusive and authentic overnight summer camp experience for children, youth, and adults experiencing disability. Designed with accessibility in mind, Camp Easter Seal is committed to reducing barriers and continuing to create an environment where all campers can fully participate, explore, and build friendships and independence.

CAMP TOURS!

Available Tuesday - Thursday By Appointment Only
Call 306-664-7203 to book

donate.saskabilities.ca



Gotta Dance

Toonie Tuesdays!

Summertime
FAMILY FUN
& dancing
every
Tuesday
evening!



Manitou Beach, Saskatchewan

DANCELAND

Danceland is a historic dance hall renowned for its unique dance floor and rich cultural heritage. Constructed in 1928, it is famous for its horsehair dance floor. The floor is supported from below, built on cushioning coils of horsetail hair, and once filled with dancers, moves ever so gently to return the rhythm of the music. This provides a distinctive cushioned surface, adding to the venue's charm and allure. This innovative flooring, coupled with its elegant ballroom architecture, has made Danceland a beloved destination for dance enthusiasts and tourists alike.

Situated on the shore of Little Manitou Lake, Danceland has hosted countless events over the decades, from big band performances to contemporary concerts, maintaining its status as a vibrant hub of music and community life in this picturesque Canadian locale.



2026 Schedule
events & information:

danceland.ca

1-800-267-5037 or
(306) 946-2743

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



Call for your ride!

Fast • Safe • Reliable Rides
Watrous, Manitou Beach & Surrounding Area
306-917-7383

WATROUS TAXI

Got... Popcorn

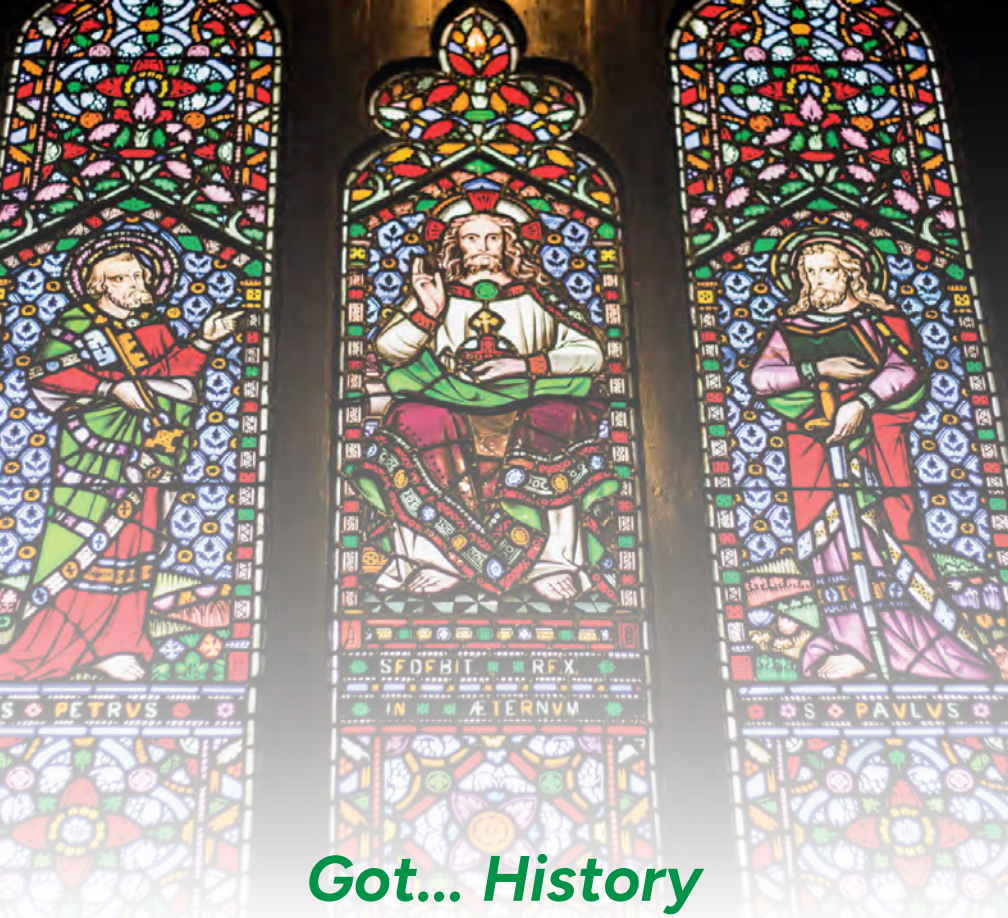
- Watch indoors (24 seat theatre), outdoors or in your vehicle.
- One of the few Drive-In theatres left in Sask.
- Take a photo with the famous Combine from the 1996 Warner Brothers film "Twister"
- Concession on-site
- Admission is priced per person. Get your tickets online using QR Code
- Find us on Facebook – Salty Cinema for movie schedule or visit watrousmanitou.com/calendar/
- Flea Market every Sunday in Summer 8 AM - 2 PM (See p.25)

**SALTY
CINEMA**
DRIVE IN
MANITOU BEACH
Hwy 365 North Of Watrous

SCAN ME!



A BIG Brown Bear



Got... History

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

ALL SAINTS ANGLICAN CHURCH WINDOW

The stained glass windows came from an ancient church in Wiltshire, England, named St. John the Baptist Anglican Church.

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)

The windows were brought across the Atlantic in over 2000 pieces by Reverend King in 1910, the first vicar of the All Saints Anglican Church and reassembled by a happy congregation. The three windows depict Christ enthroned, St. Peter and St. Paul.

Watrous Manitou Beach Heritage Centre
- see p.41



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 - 2 PM

CONCESSION IS OPEN



FOR TABLE INFORMATION
EMAIL: MANAGER@SALTYCINEMAMANITOU.COM

THRIFT ON MAIN

For the Love of Giving

Every Thursday, Friday, &
Saturday
10:00 AM - 4:00 PM

facebook.com/ThriftOnMainWatrousManitou
thriftonmainwatrous@gmail.com



306-946-3001
thriftonmain.ca

221 Main Street, Watrous SK



Follow us on
Facebook and
Instagram

Saturdays 10 am to 3 pm

May 16 to September 12, 2026

105 Elizabeth Ave Manitou Beach

Shop locally made products from
Saskatchewan vendors

Vendor applications - HGHMmarket@gmail.com

Little Manitou Art Gallery

204 Elizabeth Avenue, Manitou Beach

www.LittleManitouArtGallery.com

Stay with us! airbnb.ca/h/PatronSuite



Jewelry, Crystals
Paintings, Pottery
Garden Sculpture

Pop up Artisans
Holistic Healing Studio
Creative Activities

Cold Beer & Wine
Soup & Sandwich
Specialty Coffee

Summer Saturdays
Live Music 8PM
BBQ Supper



A 3 metre tall "Thunderbird"
feather



Got... Time



Watrous Senior Centre

cards, snooker, crafts
exercise, coffee & fellowship,
drop in & scheduled activities

209 Main St

Subscribe to **WMMG's**
Watrous-Manitou weekly newsletter

WatrousManitou.com/calendar/

See Activity Guide
Centre Maps ★
for other
attractions

watrousmanitou.com

Manitou Springs Resort & Mineral SPA — *The Dead Sea of Canada* —

Why Stay Anywhere Else?

302 McLachlan Avenue, Manitou Beach



Mineral Pool

Unlimited swimming at indoor mineral pool

Waters Edge Restaurant & Lounge overlooking Little Manitou Lake

Pool Side Cafe for lighter meals, ice cream & snacks

Serenity Massage & Esthetics

Expanded Gift Shop



Serenity Day Spa

Mineral Treatments

Massage

Aromatherapy

Herbal Hot Body Wrap

Nail Care

Facials

Gentlemen's Treatments

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



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.

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



WATERCREST CAFE (POOLSIDE)

Enjoy a quick meal, beverage, or dessert at our lovely pool-side cafe, while you swim or overlook the pool area. New menu for 2026 season!



Browse the Gift Shop featuring Canadian made items

Breathe - Float - Rejuvenate



COZY CORNER

SUITES



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

cozycornersuites.ca

306-570-7554



LAKESIDE COUNTRY INN

Lake Views
10 guest rooms
½ block to Spa
Water toy Rentals
Groups or Family Reunions

Lakesidemanitou.com 306-946-3456 504 MacLachlan Ave

SEASONAL



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




Rings found from the burned out remains of the Chalet Pool

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"...

AT MANITOU BEACH - W

COZY CORNER SUITES (4 units) 
306-570-7554 see ad pg. 30
cozycornersuites.ca

SISTERS FAMILY CAMP (6 cabins) 
306-419-9455 or 9454
sistersfamilycamp.ca see ad pg. 30

THE LAKE HOUSE (6 bdrm, 5 bath)
306-917-9111
thelakehouseatmanitou.com

LAKESIDE COUNTRY INN (10 units)
306-946-3456 see ad pg. 30
lakesidemanitou.com

MANITOU SPRINGS RESORT & SPA
302 Machlachlan Ave see ad pg. 28
306-946-2233 manitousprings.ca

PATRON SUITE (2 bdrm, 1 bath)
Little Manitou Art Gallery
306-400-2544
watrousmanitou.com/Stay

SALTWATER SNUGGLE LODGE 
(2 bdrm, 1 bath)
email: t.street2@icloud.com
watrousmanitou.com/Stay

SUNSET CITY NORTH (2 cabins)
306-945-7607
watrousmanitou.com/Stay

AT MANITOU BEACH - E

CABIN ON THE SHORE (3 bdrm, 2 bath)
306-280-3978
watrousmanitou.com/Stay

CABIN ON THE SHORE (1 bdrm, 1 bath)
Retreat for 2 306-280-3978
watrousmanitou.com/Stay

HOMETEL MANITOU BEACH (2 rooms)
309 Jean St 306-946-2315
hometelmanitoubeach.com

MANITOU WATERS - SKYE HOUSE
(6 rooms, shared main space, 3 bath)
205 John St 306-946-4266
watrousmanitou.com/Stay

RED BIRD RETREAT (2bdrm, 1 bath) 
redbirdretreatsk@gmail.com
watrousmanitou.com/Stay

WatrousManitou.com/merchant-type/STAY
campgrounds see pg. 32




NEW *Sword in the Stone*

IN WATROUS

LAST MOUNTAIN INN (18 units)
Hwy 2/Hwy 365 306-945-3833
lastmountaininn.com see ad pg. 33

MANITOU HOTEL (12 units)
102 Main St 306-946-3315
manitouhotel.ca

SUNDOWN MOTEL 
402 1st Ave E (Hwy 2)
306-946-3347 see ad pg. 33
sundownmotelwatrous.ca

SUPER 8 BY WYNDHAM 
604 1st Ave E (Hwy 2)
306-946-1300
super8.com see ad pg. 33

CAMPGROUNDS

WATROUS TRAILER & RV PARK 
404 8th Ave E
306-946-7502 see ad pg. 7
watrousmanitou.com/Stay

MANITOU & DISTRICT 
Regional Park Hwy 365
306-946-2588 see ad pg. 8
manitouregional.com

WatrousManitou.com/merchant-type/STAY
manitou beach see pg. 31



CONCRETE *Elements*

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



Ornaments by the Yard make Visions Concrete



NEW Wellington Trol



Book Now



306-946-1300
wyndhamhotels.com



604 1st Ave E Watrous, SK



Breakfast . WIFI . Tea/Coffee Maker
Kitchenettes . Air Conditioning . Pet Friendly

Last Mountain Inn



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

Reservations Toll Free: 1 866 913 3383
Fax: 1 306 946 3061
www.lastmountaininn.com

BBQ . WIFI . Fridge/Microwave/Coffee Maker . Air Conditioning . Pet Friendly

starting at \$85/night



402 1st Ave E
Watrous, SK



SUNDOWN MOTEL

sundownmotel
watrous.ca

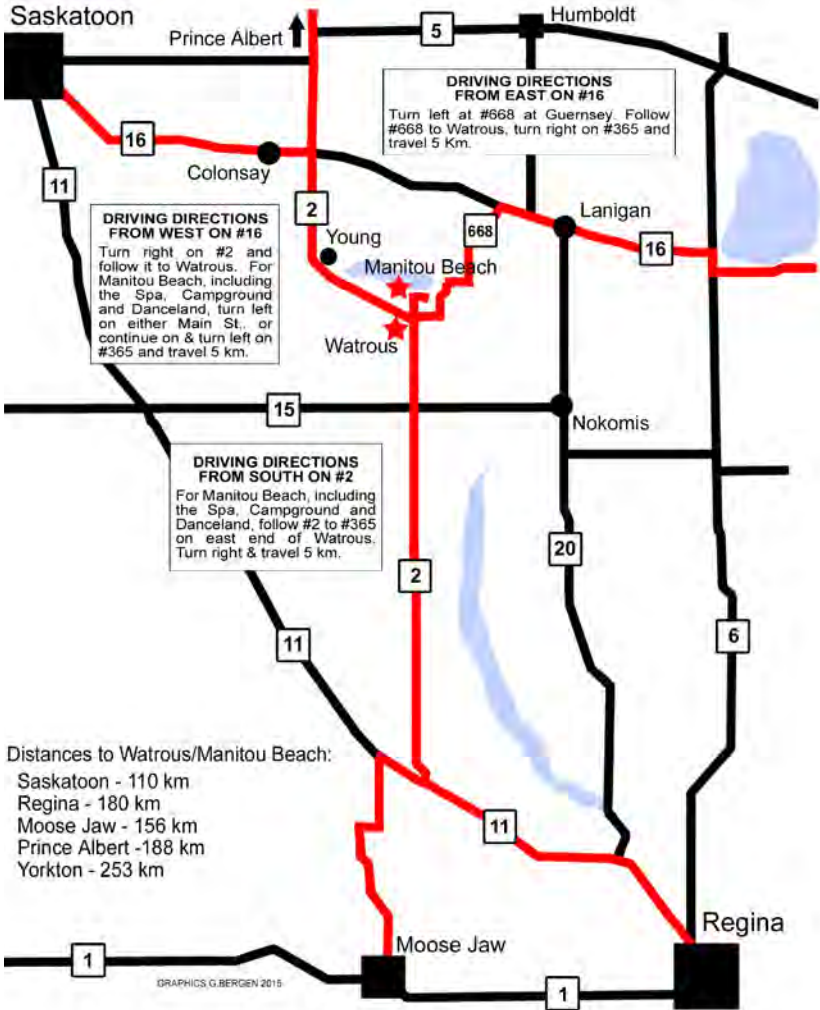


306-946-3347



NEW Iron Turtle

Watrous Manitou Beach





Watrous Manitou
Recreation Area & Beach

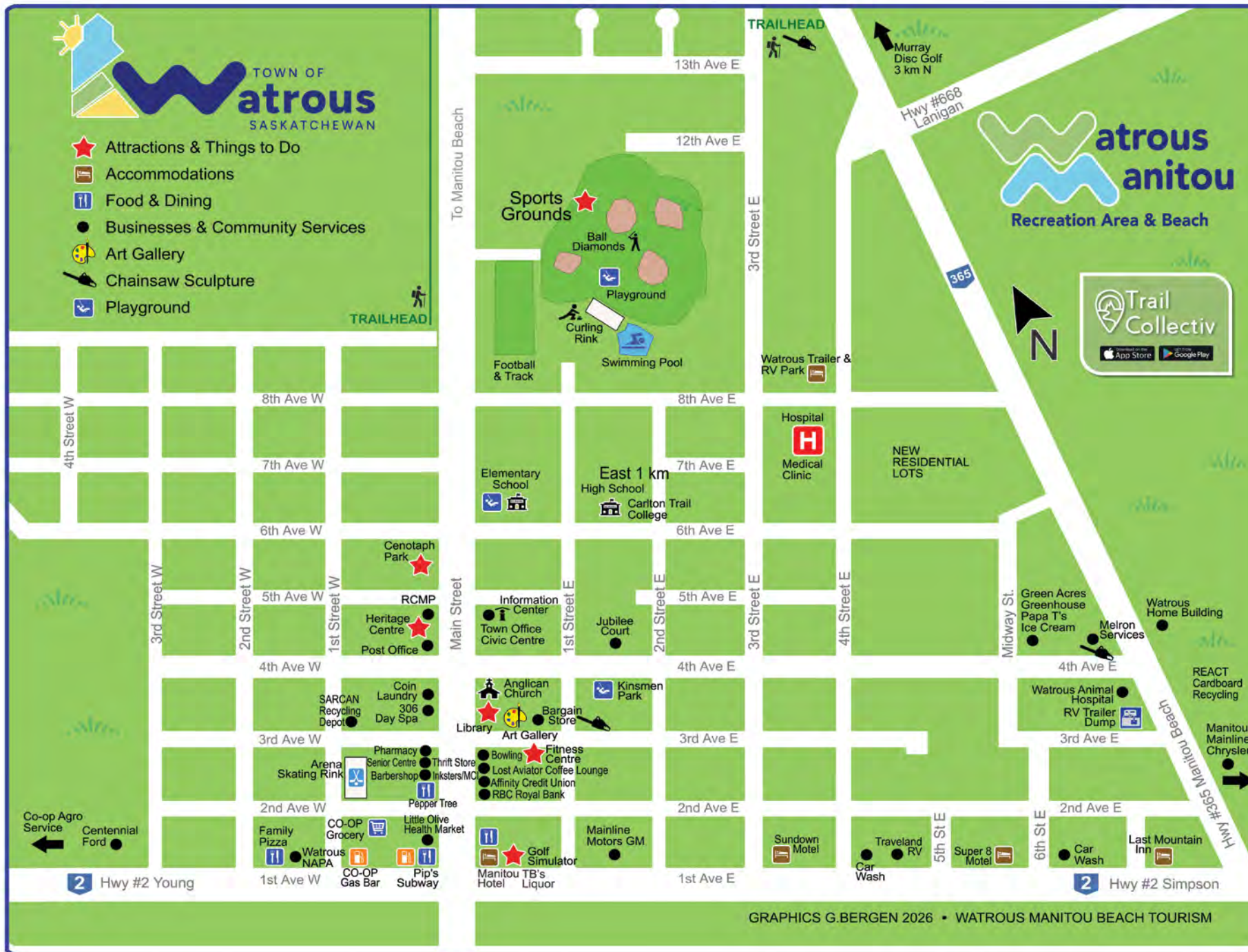
RESORT VILLAGE OF
Manitou Beach

- ★ Attractions & Things to Do
 - 🏠 Accommodations
 - 🍽️ Restaurants
 - 👤 Community Services /Businesses
 - 🏷️ Historical Plaque
 - 🎨 Art Gallery
 - 🗺️ Tourism Information
 - 🏖️ Playground
 - 📖 Poetry Post Trail
 - 📖 Book Exchange
 - 🪚 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



Watrous 4 kms
 TRAIL TO WATROUS
 Murray Disc Golf 1 km



Got... Chrome

The 35th Annual Watrous Fun Run Show 'n' Shine car show is scheduled **July 26th, 2026**. 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.





Watrous • Manitou Beach HERITAGE CENTRE



Watrous and Manitou Beach are rich in history from the First Nations 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 Manitou Beach is yours to discover.



Watrous Manitou Beach Heritage Centre is located at 403 Main Street, Watrous. The histories of Manitou Beach, the Town of Watrous, and CBK Radio are featured along with the scale models built by Orin McIntosh and much more.



Please check the website watrousheritage.ca or our Facebook for operating hours.



Horseshoe Pits # _____

Got... Culture



WATROUS AND AREA ARTS COUNCIL

Visual Arts

Since 1979 the **Watrous and Area Arts Council** (WAAC) has been promoting and co-ordinating the interests of the arts and culture in Watrous and surrounding area.

EXHIBITIONS

WAAC is dedicated to providing opportunities for **everyone to participate** in a variety of art experiences.



waac@sasktel.net

osac.ca/watrousandareaartscouncil

Gallery on 3rd

102 3rd Ave E

WATROUS ARTS
& CULTURAL
CENTRE



WAAC artist exhibits, workshops and sale of artists' works at the Gallery on 3rd.

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



WATROUS AND AREA ARTS COUNCIL

Performing Arts

Kate Ryan

Fri. April 17th, 2026

@ 7:30pm

Watrous Civic Ctr

Mar. 25th
Rum
Ragged
2026

Apr 25, 2026
Tommy
Charles
@ Danceland

Feb 24th
Jaca
2026



Night Out In Town

WAAC - \$25/ticket or pick up a series 5 pack

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



Manitou Waters

DOWN THE LANE COTTAGE

“Healthy-Me” Workshops

Fabric Arts: felting & embroidery
Steeped & Brewed Writing Group
Spa Treatments

ART COLLECTIVE

*One call does it all
All summer long*

106 Lake Avenue
☎ 306 946-4266

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

SUNDAY SUMMER WELLNESS AT THE BEACH!

Steeped & Brewed Writers' Group - 205 John St.

Workshops, feedback, camaraderie.

Beginner and active writers are always welcome.

An SWG (Saskatchewan Writers' Guild) group.

Meet up 1st Sunday of the month 1-4pm.



Poetry Post Trail - John St / Elizabeth Ave

A lovely collection of over 10 Poetry post stops throughout Manitou Beach. See centre guide map. This can be self guided walking/drive OR **join us for a guide tour in summer. Meet at the Manitou Waters Big Bear Statue 4pm Sundays.**

Manitou Waters SKYE HOUSE ... at the Beach

- *6 great bedrooms
- *community space
- *3 bathrooms
- *complete kitchen
- *one minute walk to the lake

 306 946 4266

 manitouwaters.com

 209 John Street
Manitou Beach, SK



Manitou Waters Healing Arts Centre

Manitouwaters.com

205 John St


Manitou Beach, SK



Got... Sunsets

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

Lost Aviator Coffee Lounge

 [aviator-coffee-lounge](#)

Enjoy sweet & savoury treats, daily lunch specials,
delicious milkshakes and quality coffee & teas.

214 Main St, Watrous 306-419-9345



SCMA Recording Studio of the Year 2024 & 2025




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

Skullcreekstudios@gmail.com or 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.



Affinity
Credit Union

An Affinity for
Saskatchewan

An Affinity for **you**

Visit us at 210 Main Street in Watrous!
affinitycu.ca | 1.866.863.6237

Main Street in Watrous features great locally owned stores such as Watrous Pharmacy, Little Olive Health Market, Thrift on Main, Inksters, Model Meats, 306 Day Spa and Lost Aviator Coffee Lounge.

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!



Watrous Fresh-water Swimming Pool # _____

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
burgerbuoy.ca

MULLIGANS GRILL*(LICENSED)

Manitou Beach Golf Club
Highway #365 306-946-4745

MIKE'S BEACH BAR*(LICENSED)

303 MacLachlan Ave
306-946-2835 (19 yrs+)

ODA* (LICENSED)

305 MacLachlan Ave
306-952-5533

MANITOU MINI MART*

205 MacLachlan Ave
306-946-4172

SPLASH CAFE*(LICENSED)

Little Manitou Art Gallery
204 Elizabeth Ave

WATER'S EDGE RESTAURANT (YEAR ROUND • LICENSED)

Manitou Springs Resort and Spa
302 MacLachlan Ave
manitousprings.ca

WATERCREST CAFÉ (YEAR ROUND • POOLSIDE)

Manitou Springs Resort and Spa
302 MacLachlan Ave
306-946-2233
manitousprings.ca

*Seasonal

WATROUS

PEPPER TREE RESTAURANT & LOUNGE (LICENSED)

203 Main Street 306-946-3344
peppertreewatrous.ca

TB'S BAR & GRILL (LICENSED)

102 Main Street 306-946-3315

FAMILY PIZZA 2 FOR 1

212 1st Avenue 639-443-0125
familypizza.ca

LOST AVIATOR LOUNGE

214 Main Street
306-419-9345

PIPS ESSO, CONVENIENCE STORE, BURGER & SHAWARMA

101 Main Street 306-946-2680

PAPA T'S ICE CREAM*

Green Acres Greenhouse
704 4th Ave E

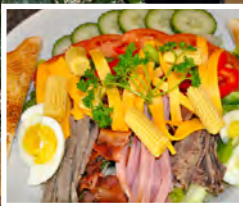




PEPPER TREE FAMILY RESTAURANT & LOUNGE

We offer 140 seating for dining and 70 seats in our sports bar lounge and are open daily at 6am for breakfast, lunch, dinner and late night dining.

We deliver to Watrous and Manitou beach area and also have full scale gourmet catering for all events, big or small.



Where Friends Meet!

201 Main Street, Watrous, Saskatchewan

306-946-3344

peppertreewatrous.ca



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 • 306-946-3315



ODA

Coffee, Wine & Dine
Manitou Beach

306-MacLachlan Ave. • 306-952-5533



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.

"Our Living Skies Never Sleep"
- Tourism Saskatchewan

The Last Mountain Lake National Wildlife Area and Migratory has officially become a Dark Sky Preserve!

Visit this special location to view a spectacularly dark sky and join us for guided tours, astronomy events, and unforgettable nights under the cosmos while also learning about how nocturnal wildlife thrive under dark skies. Come for the stars and discover the hidden life of the night.

Contact us to learn more:
639-480-3670 (call or text)
see pg. 60



NEW Giant Pencil Crayons

Got... Spaces

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! Use the QR code to see everything we have to offer.



Bronze and Concrete Goddess # _____



Part of Your Community!



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



COMMUNITY BUILDERS WORKSHOPS
Let's Strengthen Our Rural Economies!

May 8 (Saturday)
May 9 (Sunday)
May 10 (Monday)

il PRATO

Featuring the **Galleria of Timeless Instruments**
handcrafted stringed instruments

Offering **Craft and Consciousness Experiences**
wood or stone carving, yoga, music & movement

Officers for **Community Celebrations** and **Private Events**

Stop in and visit us! **102 Watrous St. Manitou Beach 306-759-7742**

ilPrato.ca

music@ilPrato.ca

f ilPrato

2 For 1

**FAMILY
PIZZA**

Order
now

Delivery
available!

**ALWAYS
2FOR1
PIZZA&PASTA**

212 1st Ave W Watrous, SK familypizza.ca 639-443-0125

Got... Activity

WATROUS RECREATION

During the summer you can go for a dip in the Junior Olympic-sized fresh water 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 2026 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



**WATROUS
SWIMMING
POOL**

Open June - August

📍 800A - 1st Street East, Watrous
☎ (306) 946 - 3066
f Watrous Swimming Pool 2026



BEACH RENTALS

BURGER BUOY

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

315 MacLachlan Ave

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.

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.

Drop in Pickle Ball Tuesday evenings (summer) Watrous Arena 105 3rd Ave W.



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

When the lake is frozen, there are still things to do...Cross-country ski trails, explore Wellington Park winter wonderland and year round spring-fed stream. Little Manitou Art Gallery offers a Bonfire and Smores Experience (by reservation only) - you don't have to worry about wood or supplies, they provide it all.



PIPS
Esso

BURGERS & SHAWARMA

- Fuel & Confectionary
- Fresh Hot Food
- Snacks, Drinks, Ice Cream

burger bar
Built Your Way!

101 MAIN ST • 306-946-2666



Trail
Collectiv

Download on the
App Store

GET IT ON
Google Play

See page 10
for Summer
Rentals!



Check Manitou Beach
Recreation on Facebook
for trail updates.



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

Contact Manitou Springs Resort Front Desk
306-946-2233 • 302 MacLachlan Ave, Manitou Beach



"Little Manitou Bather" sculpture # _____

The Last Mountain Lake National Wildlife Area and Migratory Bird Sanctuary are open to the public for day-use only. Day Trip
Sunrise to Sunset.

Only 45km East of Watrous & Manitou Beach - North end of Last Mountain Lake.



Last Mountain Lake Migratory Bird Sanctuary (LML MBS)

Visit the oldest protected area for wildlife and first bird sanctuary in all of North America! Over 280 species of birds have been recorded here during migration - over 100 of these species have been documented to breed in the area. The sanctuary is crucial for various bird species, including the endangered whooping crane, during migration.

Last Mountain Lake National Wildlife Area (LML NWA)

The NWA area surrounds the MBS at the north end of Last Mountain Lake, and has plenty of activities for visitors to enjoy. Public washrooms, printed maps and guides, and parking are available.

LML NWA attractions include:

- Guided tours
- Interpretive Pavilion with indoor and outdoor exhibits
- Observation tower
- Walking trails and picnic sites
- Driving tour
- Kayak launch
- Geocaching



more trails pg. 11

Grasslands trail: From the Migratory Bird Sanctuary; 1 hour walk.
Shore-to-Sky trail: Next to the Interpretive Pavilion; 30min hike.
Big Birds trail: Next to headquarters; scavenger hunt.



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)

Watrous
Home
hardware
building centre
homehardware.ca



  
WATROUS
MAINLINE
THE ORIGINAL  SUPERSTORE



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

MCI
Sales Limited

INKSTERS
207 main street

CUSTOM PRINTED APPAREL
SCREEN PRINTING EMBROIDERY

MENS & LADIES
FASHIONS

www.mcisaleswatrous.com

Got... Purpose

INTERLAKE HUMAN RESOURCES

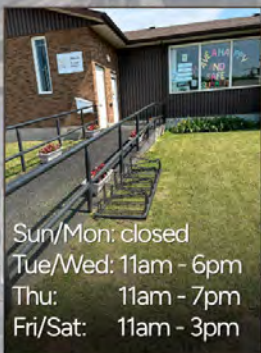
"Mission Statement: IHRC is dedicated to assisting program participants attain their optimum level of independence and quality of life in the workplace, home and community".

- 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.
- 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.
- We provide workers to local business as well as volunteer, attend activities and events in our town and surrounding areas.



HOW MANY BOOKS
DO YOU WANT TO
READ THIS YEAR?

306 Main St



Book Exchanges

see
center
map

Find **PURPOSE.**
Fuel **POTENTIAL.**

Build **SKILLS.**
Open **DOORS.**

Get **TRAINED.**
Be **HIRED.**



Post-Secondary Education
Industry & Trades Training
Academic Upgrading
English Language Training
Health & Safety Courses
General Interest Classes

APPLY
TODAY!



FOOD • FUEL • AGRO

Here for Watrous



Watrous Food Store
107 2nd Avenue W
P: (306) 946-4144

Watrous Gas Bar
104 1st Avenue W
P: (306) 946-3812

Watrous Agro Centre
2 Mi S of Watrous on Hwy 2
P: (306) 946-3150

Watrous Farm & Hardware
114 1st Avenue W
P: (306) 946-5511

Watrous Cardlock
Highway 2
P: (306) 946-5511

Become a Co-op member today and enjoy lifetime benefits! | SASKATOONCO-OP.CRS

Care Printing, Signs & Storage



want a SeaCan?
don't get scammed

visit our yard at Manitou Beach, Sk

Rent/Buy we deliver anywhere in Canada

306-946-4027

www.carepp.com



Follow on FB



Mainline
MAINLINE CHRYSLER
KING OF TRUCKS



QUALITY PLUS
CONSTRUCTION LTD.

 qualityplusconstruction.ca
 (306) 946-2549
 qualityplus@sasktel.net





REALTY EXECUTIVES

WATROUS

Byron Gabel
 306-570-8854
 Charlene Mattick
 306-535-2842
 Avril Reifferscheid
 306-946-8520
 watrousrealty.com



ALPHA DEVELOPMENTS LTD.

FROM CONCEPT TO COMPLETION

ALPHADEVELOPMENTS.CA
 ALPHA.MATTK@GMAIL.COM
 (306) 946-2997



An Orange Throne # _____

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.

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!



Gates to Camp Easter Seal # _____

Got... Community

CHURCHES

All Saints Anglican 306-917-8199

310 Main St. Watrous

Watrous Baptist 306-836-3019

201 2nd Ave W Watrous

Kingdom Hall of Jehovah Witness 306-946-2045

502 4th Ave E Watrous

Our Redeemer Lutheran 306-917-8199

304 5th Ave W Watrous

Philadelphia Mennonite 306-946-3785

Hwy 668 16km East of Watrous

St. Ann's Roman Catholic 306-946-3630

506 Main St Watrous

Watrous United Church 306-946-3592

502 Main St Watrous



Kinette

Club of Watrous

JOIN US

As a member, you'll have the opportunity to collaborate with like-minded individuals, host impactful events, and organize fundraisers that directly benefit your community. But it's not all work—our clubs also focus on building friendships and enjoying social activities together.

For information about becoming a Kinette, email watrouskinettes@gmail.com



Kinsmen

Club of Watrous

Volunteer members impacting Canadian communities through service, leadership, fellowship, and personal development.

*Serving the
community's
greatest
need*

Ask about becoming a member at watrouskinsmen@kincanada.ca

"Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves."

watrousrotaryclub@sasktel.net
watrousrotary.org

Watrous
Rotary



The Memory Trail

Connecting two communities. Built and maintained by Ron Ediger. The trail symbolizes the unity between Manitou Beach and Watrous.



A "Labyrinth" sculpture # _____



watrousmanitou.com/merchants/playgrounds

**DID YOU KNOW? THAT
WE HAVE TEN (10)
PLAYGROUNDS FOR YOU
TO EXPLORE!**

**VISIT EACH
STORE TO PICK UP
A SECRET WORD**

- 01. Manitou Mini-Mart**
205 MacLachlan Ave
- 02. Burger Buoy**
315 MacLachlan Ave
- 03. Watercrest poolside Cafe**
302 MacLachlan Ave
inside Manitou Springs Resort
- 04. Papa T's**
704 1st Ave W, Watrous
inside Green Acres Greenhouse
- 05. Lost Aviator Coffee Lounge***
214 Main Street, Watrous
*Wednesday to Sat

“ _____ ”
_____ ”
_____ AT
_____ !

- 06. Pips (Esso)**
214 Main Street
Watrous
- 07. Coop Gas Bar**
107 2nd Ave W
Watrous



Ice Cream Challenge

SOLVE OUR 7 WORD SCRAMBLE BY COLLECTING THE SECRET WORDS



The Watrous Manitou Heritage Centre # _____

MODEL MEATS

A THRILL for your GRILL

112 Main Street, Watrous • 306-946-3335

WATROUS

Barbershop

& SALON

306-946-3488
205 Main ST.
Watrous, SK

A good day starts with a great cut!

WATROUS PHARMACY

Your Locally Owned Community Pharmacy

Rx PharmaChoice 

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

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

Watrous

COIN LAUNDRY

OPEN 7 DAYS A WEEK

7:00 AM - 10:00 PM

315 MAIN STREET

PHONE 306-946-7505

Got... Info

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
Animal Hospital	306-946-3657

PHOTO CREDITS

Bryan Mierau Photography Cover, 3, 5, 15, 24, 30,
33, 42, 36, 47, 50-51, 60
Cameron Beveridge 70
Daniel Bushman 6
Fiona Sphere Photography 7, 14, 44-45, 61, 67
Garry Jay 52-53
GG's and various artists 27
Jen Moffat 11
Jorge Romero 49
Karre Bates 21

Kevin Hogarth Photography 8, 23, 56-57
King Rose Visuals 12, 16, 18-19, 26, 43, 71
Marie Gundry Schmidt 13
Sicheng Jimmy Wang 28-29

The 2026 Watrous Manitou Beach Activities Guide is a project of the Watrous Manitou Marketing Group (WMMG). The WMMG is a partnership between the Town of Watrous and the Resort Village of Manitou Beach. Thank you to all the advertisers and those who contributed to the publication. Much care and attention has been taken to ensure as few errors as possible. We apologize for any errors or omissions within the publication.

Watrous Manitou Marketing Group Inc.
Jeff Siegfried, email:info@watrousmanitou.com



Watrous Kin Park Playground # _____

The Watrous Manitou

309 Main Street, Watrous • 306-946-3343

www.twmnews.com

- > Advertising <
- > Community Announcements <
- > Printing and Design <
- And More!

YOUR LOCAL NEWSPAPER!

Got... Numbers

Affinity Credit Union 306-946-4215
 Alpha Construction 306-946-2997
 Bargain Shop 306-946-3666
 Brandt Agriculture 306-946-3362
 Burger Buoy 306-661-8735
 Camp Easter Seal 306-664-7203
 Care Printing 306-946-4027
 Carlton Trail College 306-946-2094
 Centennial Ford 306-946-3353
 Concrete Elements 306-944-4236
 Cozy Corner Suites 306-570-7554
 Danceland 306-946-2743
 Dunham Services 306-946-3045
 Family Pizza 639-443-0125
 Gallery on 3rd, Watrous 306-946-1333
 Green Acres Greenhouse 306-946-4191
 Hayter Drilling 306-946-3615
 Hometel Manitou Beach 306-946-2315
 Inkster's/MCI 306-946-3441
 Interlake Human Resources 306-946-2577
 Lakeside Country Inn 306-946-3456
 Last Mountain Inn 866-913-3383
 Little Manitou Art Gallery 306-400-2544
 Little Olive Heath Market 306-946-3003
 Lost Aviator Coffee Lounge 306-419-9345
 Manitou Beach Golf Club 306-946-2861
 Manitou Beach Regional Park 306-946-2588
 Manitou Hotel/TB 306-946-3315
 Manitou Mainline Chrysler 306-946-4646
 Manitou Mini Mart 306-946-4172
 Manitou Springs Resort 306-946-2233
 Manitou Waters 306-946-4266
 Melron Backhoe Service 306-946-2256
 Mike's Beach Bar 306-946-2835
 Model Meats 306-946-3335
 Mulligans Grill 306-946-4745

Murray Disc Golf 306-946-7788
 Oda Coffee, Wine & Dine 306-952-5533
 Pepper Tree 306-946-3344
 Pips Esso 306-946-2666
 Precision Mobile RV Repair 306-836-3420
 Quality Plus Construction 306-946-2549
 Richardson Accounting 306-946-3585
 Realty Executives 306-946-8520
 Relics Art & Antiques 306-999-0429
 Royal Bank of Canada 306-946-3391
 Saskatoon COOP, Watrous 306-946-4144
 Sisters Family Camp 306-419-9454
 Sundown Motel 306-946-3347
 Sunset City North Vacations 306-945-7607
 Super 8 by Wyndam 306-946-1300
 The Lake House 306-917-9111
 The Watrous Manitou Newspaper 306-946-3343
 Thrift on Main 306-946-3001
 Traveland Minards RV 306-946-2499
 Water's Edge Restaurant 306-946-2489
 Watrous & Area Arts Council 306-946-1333
 Watrous Animal Hospital 306-946-3657
 Watrous Barbershop 306-946-3488
 Watrous Home Building 306-946-3325
 Watrous Napa 306-946-6272
 Watrous Mainline Motors GM 306-946-3336
 Watrous Manitou Heritage Ctr. 306-946-2061
 Watrous Pharmacy 306-946-3311
 Watrous Trailer & RV Park 306-946-7502
 Western Financial 306-946-3655
 Wheatland Library 306-946-2244

Watrous Taxi 306-917-7383

HAYTER DRILLING LTD.



612 2nd Ave. E Box 1180

Watrous, SK. S0K 4T0

306-946-3615

1-888-239-1658

info@hayterdrilling.ca

TB'S BAR & GRILL

HOT FOOD, COLD BEER
GREAT TIMES!



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



TB'S LIQUOR

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



102 Main Street Watrous SK • 306-946-3315



PEPPER TREE FAMILY RESTAURANT & LOUNGE

Where Friends Meet!



201 Main Street, Watrous, Saskatchewan
306-946-3344 • peppertreewatrous.ca