

Welcome to The Forks



Your map to:
dining, shopping, attractions, entertainment,
events, riverwalk, history, and fun!

www.theforks.com

Accommodations and Spa

- Inn at the Forks**
Inn at the Forks is your restful and rejuvenating place to stay when visiting Winnipeg. It is a distinctively memorable boutique hotel, outfitted with many luxurious amenities for your comfort and enjoyment including the Riverstone Spa. If you're looking for a memorable departure from the ordinary, select Inn at the Forks – a spectacular hotel in a truly spectacular setting.
Ph. (204) 942-6555, 1-877-377-4100 www.innforks.com
- Riverstone Spa**
Within a contemporary luxury setting, every treatment at the Riverstone Spa is focused on naturally harmonizing and connecting your mind, body and spirit. Relax and enjoy a soothing beverage near the sounds of our featured Riverstone Spa water wall. Pamper yourself with rejuvenating and soothing spa treatments in a sanctuary removed from the stresses of everyday living.
Ph. (204) 944-2444 <http://riverstonespa.ca>

Shopping

- The Forks Market**
The Forks Market offers a multitude of shops to browse for a wide variety of specialty items and souvenirs. Downstairs, The Market features an irresistible fresh food emporium with everything from gourmet cheeses to meats, organic baked goods, and wine. Upstairs, in the Market Loft, shoppers will find items ranging from cigars and aromatherapy products to crafts and artworks from 300 local and Canadian artisans. Inquiries 1-888-942-6302 (toll free).
- Johnston Terminal**
The four-story Johnston Terminal is home to a variety of unique specialty boutiques and stores. Shoppers will find items ranging from toys and crafts to locally made jewelry and collectibles. The basement of Johnston Terminal is home to the 7,000 square foot Johnston Terminal Antique Mall. Ph. (204) 947-1200

Dining

The Forks Market

- The Beachcomber**
The Beachcomber comforts with food and decor from the southern islands. Seafood, fruit salads, jerk spiced features, steak and ribs - a wide selection sure to make your choice challenging. Beachcomber is also home to Winnipeg's largest outdoor patio overlooking the historic Forks site.
Ph. (204) 948-0020 <http://thebeachcomber.ca>

- The Original Pancake House**
A casual family dining restaurant with choices to suit any appetite: the famous Giant Apple Pancake, banana split waffles, fresh home-style soups and sandwiches made daily, burgers, quesadillas and chicken fingers. Open for breakfast, lunch or dinner with a large and extensive menu.
Ph. (204) 947-5077 www.originalpancakehouse.ca

- Sushi Train**
The Sushi Train offers a great selection of sushi and Japanese food including vegetarian dishes. The restaurant is licensed, with a large assortment of beer and wine and they can accommodate groups of up to 25 people. Takeout available.
Ph. (204) 943-6300

- Sydney's**
The richly appointed and hearth-warmed restaurant features an à la carte lunch menu and switches over to an exclusive table d' hôte menu for the evening. Offering five elegantly inspired courses for \$55, Sydney's is not only setting a new benchmark for dining in the city, but offering solid value. Menus change monthly to incorporate the freshest ingredients.
Ph. (204) 942-6075 www.sydneyattheforks.com

Johnston Terminal

- The Old Spaghetti Factory**
Over the past 30 years The Old Spaghetti Factory has developed a reputation as THE Winnipeg restaurant for great food and great value. The Old Spaghetti Factory is a family favourite for kids of all ages and an ideal spot for group get togethers - with private rooms and group rates available. Also enjoy the great summer patio, and twist again at The Old Spaghetti Factory.
Ph. (204) 957-1391 www.oldspaghettifactory.com
- Finn McCues**
A comfy, casual place to sample traditional "pub grub" and on-tap favourites from the Isles. Enjoy a game at the pool tables or kick back and hang out. Finn's features a unique balcony patio overlooking The Forks. Now Featuring – Dingo's Wild & Crazy Dogs. Dingo's specializes in a unique ensemble of gourmet hot dogs, fries and milkshakes and features a selection of 300 glass bottle soda pops. Live bands most weekends. Join us for Karaoke every Sunday night from 9pm-1am.
Ph. (204) 944-8118 www.wowhospitality.com

On Site

- Muddy Waters Smokehouse**
Two of Winnipeg's hottest patios - both on the river at The Forks, Muddy Waters Smokehouse is the place that loves to party. Located next to Johnston Terminal, Muddy Waters serves up good 'ol Southern hospitality at its finest. The trademark menu at Muddy Waters is a mix of authentic and not-so-authentic Southern style BBQ. Ph. 94-SMOKE www.wowhospitality.com
- The Current Restaurant & Lounge**
Experience "Elegance from Scratch", a delicious gourmet restaurant menu bringing the tastes of Canada to the heart of Winnipeg, Manitoba at The Current Restaurant and Lounge. This fine restaurant is rated 4 Stars by the Discreet Diner. Enjoy your favorite beverage at the lounge where you will find Live Jazz entertainment every Thursday from 7pm-10pm, Friday and Saturday 9pm – midnight.
Ph. (204) 944-2445 www.innforks.com

Events

The Forks plays host to hundreds of events and entertainment, appealing to visitors of all ages. With over 200 third-party and signature events throughout the year, most of them free, The Forks can always be counted on for quality entertainment.

Forks Signature Events

- Arctic Glacier Winter Park
- Assiniboine Credit Union River Trail
- Scotiabank Buskers Festival
- Canada Day at The Forks presented by Rogers
- Manitoba Lotteries Barge Festival
- Scotiabank Festival of Fools
- Salsa Sundays
- Scotiabank Family New Year's Eve
- Summer on the Scotiabank Stage
- Warming Huts: An Art + Architecture Competition on Ice
- Snow Jam sponsored by Scotiabank

Main Buildings

- Canadian Museum for Human Rights**
Soon to be one of the most spectacular and unique destinations in Canada, the Canadian Museum for Human Rights (CMHR) will explore the subject of human rights, encourage reflection and dialogue, and empower visitors to help create a world where everyone is respected and valued. The CMHR will inspire debate and will leave visitors with a sense of hope that their actions can lead to change. (under construction) www.museumforhumanrights.ca
- Children's Museum**
The Children's Museum features twelve permanent galleries that spark kids' creative learning. Visitors can hop aboard the authentic 1952 diesel locomotive and 1910 Pullman passenger coach, explore the five-storey tall Lasagna Lookout, test their perceptions in the giant Illusion Tunnel, and perform water experiments in Splash Lab. The museum also hosts public programs, workshops and special events.
Ph. (204) 924-4000 www.childrensmuseum.com
- Citytv**
Citytv Winnipeg is a reflection of the city and the entire province. Citytv delivers Winnipeg's only local morning show, "Breakfast Television," the logical start to your day combining news and weather with fun and interaction with the city.
www.citytv.com
- Manitoba Theatre for Young People (Shaw Performing Arts Centre)**
This internationally acclaimed professional theatre company is devoted solely to live theatre for young audiences. The theatre presents a world-class season of plays for ages 3 and up, and is also home to MTYP's outstanding theatre school and Canada's largest Aboriginal arts training program.
www.mtyp.ca

Attractions, points of interest, etc.

- Arrival Square**
- Baja Beach Club (seasonal)**
- Balance of the Spirit Within Rock**
- Broadway Promenade**
The Broadway Promenade is the pedestrian connection between the Esplanade Riel pedestrian bridge to Union Station and Broadway Avenue. In keeping with the area's history, The Promenade restores the original linear connection between downtown Winnipeg and St. Boniface, and includes an Aboriginal interpretive site, a fountain and over 200 elm and oak trees.
- Scotiabank Buskers Lookout**
- Canadian Heritage River Interpretive Panel**
- Environment Canada Automated Weather Station**
- Esplanade Riel**
- Explore Manitoba Travel Idea Centre**
Located next to the Johnston Terminal, the Explore Manitoba Centre features 8,000 square feet of incredible displays and exhibits that give both visitors and residents alike a true sense of the diversity and grandeur of Manitoba. It also serves as a full-service information centre, providing visitors with information on Manitoba and Winnipeg.
Ph. (204) 927-7838 www.travelmanitoba.com

- The Forks National Historic Site - Parks Canada - Gambling Sticks**
- Gandhi Statue**
- Gateways to Festival Park**
- Muddy Waters Patio (seasonal)**
- Oodena Celebration Circle**

This shallow amphitheatre pays homage to the 6,000 years of Aboriginal peoples in the area. Oodena, Cree for "centre of the city", features ethereal sculptures, a sundial, interpretive signage, a naked eye observatory and a ceremonial fire pit, making it a desirable venue for Aboriginal and cultural celebrations or a place to simply sit and marvel at its beauty.

- Pan Am Cauldron**
- Parkade (200-250 FREE spaces)**
- Peace Meeting Site**

The Peace Meeting interpretive site along the Broadway Promenade pedestrian pathway is a landscaped resting area featuring Aboriginal and European elements reflecting the two cultures. The components of water, fire and earth are prominent. The site is accentuated by two gigantic Adirondack chairs.

- Prairie Garden and Archeological Preserve**

The Prairie Garden is a lush tribute to Winnipeg's prairie roots. A tranquil stroll through the naturally wild garden blooming with over 10,000 plants reveals over 150 native plant species, including 38 prairie plants such as prairie crocus, wild iris, bergamot, purple prairie clover and wild columbine.

- Scotiabank Stage and Festival Park**
Festival Park and Scotiabank Stage are the epicentre for many of Winnipeg's finest concerts and events including Canada Day at The Forks presented by Rogers, Folklorama's annual kick off celebrations, the Truth and Reconciliation Commission, Her Royal Highness the Queen's visit of 2010, Spiritfest, the Warchild Concert of 2000 and the 1999 Pan Am Games mainstage concerts.

- South Point**
Métis and First Nations people have a profound respect for the natural world and a distinct sense of pride in their spiritual and cultural traditions. The South Point of The Forks is to be developed with an Aboriginal theme in recognition of the historic role of Aboriginal peoples at The Forks.

- Splash Dash Tour Boats/River Spirit Water Bus**
Splash Dash Tour Boats offers scenic and historically informative half-hour tours of Winnipeg's downtown waterways. Tickets are available at the Splash Dash kiosk at The Forks dock. Tours depart every 15 minutes from 10am to sunset, seven days a week from mid-May to mid-October.
River Spirit Water Bus offers convenient river transportation to 11 city docks about every 15 minutes. One way fare from any dock to any other dock is \$3.00 or \$15 for a day pass. (dependent on river levels) Ph. (204) 783-6633 www.splashdash.ca

- Sugar Mountain Express**
- River Walk (dependent on river levels)**
- The CN Mainline**
- The Forks Historic Port**

Rent a canoe or dock your vessel at the place where the York boats and sternwheelers of times long-past brought goods to forts and pioneer settlements. Bring your skates and skis for winter fun on the Assiniboine Credit Union River Trail.

- The Forks Historic Rail Bridge**
- The Forks Market Plaza and Canopy**
The Forks Market Plaza features fountains, canopies, dancing programs, several open performance spaces and is bordered by incomparable patios. In the winter, The Forks Market Plaza is home to an artificially cooled skating rink.

- The Forks National Historic Site - Parks Canada**
Operated by Parks Canada, The Forks National Historic Site is dedicated to preserving and presenting the 6,000 year history of human presence and activity at the junction of the Red and Assiniboine Rivers. Throughout the summer programs highlighting the history of the site are offered.
Ph. 204.98FORKS (36757) www.parksCanada.gc.ca/forks

- Variety Heritage Adventure Park - Parks Canada**
Accessible for children of all abilities, the playground features seven different play zones presenting the numerous historic stories of The Forks, a mini stage for performances, and fun interactive water features.

- Path of Time Sculpture - Parks Canada**
- Amphitheatre - Parks Canada**
- Boat Dock - Parks Canada**
- The Forks Market Tower**
- The Plaza at The Forks**

The Plaza at The Forks is Canada's best and largest urban skate plaza and bowl complex, and is the first of its kind in Canada (and possibly in the world) in its integration into the urban context in the heart of Downtown Winnipeg.

- The Provencher Bridge**
- Upper Fort Garry Heritage Park & Interpretive Centre**
Upper Fort Garry is the place where Winnipeg and Manitoba was born and the site of significant historic events. Today, exciting plans are underway to reclaim and transform this treasure into a world class heritage park and interpretive centre.
www.upperfortgarry.com

- Union Station**
- Wall Through Time**

The Forks Port in Winter



The Forks Market, Centre Court Shopping



Beachcomber Patio



Prairie Garden



Canada Day at The Forks presented by Rogers



Scotiabank Stage



The Forks Tower



Riverwalk



Assiniboine Credit Union River Trail



Plaza at The Forks Skate Park



Scotiabank Family New Year's Eve



Inn at the Forks & Oodena



The Forks Historic Port



The Forks Market



One Forks Market Road
Winnipeg, Manitoba R3C 4L9

Events Hotline: 204-957-7618
ph: 204-942-6302
toll free: 1-800-942-6302

www.theforks.com





Welcome to The Forks,

Winnipeg's meeting place for over 6,000 years. Nestled in the heart of downtown, The Forks is one of Winnipeg's most beloved places, at the junction of the Assiniboine and mighty Red Rivers.

Winter, spring, summer or fall, The Forks is a must for a stunning array of dining experiences, incomparable shopping, a constantly changing slate of entertainment and events, and many unique attractions that encompass the site's natural, historic and man-made features.

Hours

The Forks is open 24 hours a day, 365 days a year.

The Forks Market

JULY 1 - SEPTEMBER 3

Open daily 9:30am to 9:00pm
Sundays 9:30am to 6:30pm

SEPTEMBER 4 - JUNE 30

Open daily 9:30am to 6:30pm
Fridays 9:30am to 9:00pm

Johnston Terminal

JULY 1 - SEPTEMBER 3

Open daily 10:00am to 9:00pm
Sundays 10:00am to 6:00pm

SEPTEMBER 4 - JUNE 30

Open daily 10am to 6pm
Fridays 10am to 9pm

PLEASE NOTE: Hours are subject to change, seasonally. Select tenants may choose to open earlier or close later at their discretion. Please contact individual merchants for their hours of operation.

PARKING LEGEND

- Handicapped
- FREE 3 Hour Parking - 7 days
- Metered Parking 9:00 am - 5:30 pm - 7 days
- FREE Evening and Weekend Customer Parking
- City of Winnipeg

LEGEND

- Washrooms
- Parent/Family Washroom
- Wheel Chair Access
- Cash Machines
- Public Phone
- Water Fountain
- Elevator
- Mailbox
- Bus Stop
- Parks Canada - The Forks National Historic Site
- What's Inside
- Hidden Behind
- Security
- First Aid