

The Insider's Guide to Winnipeg

Introduction

Okay, I'll admit it; I'm a life-long Winnipegger, born and raised, and I love my hometown. I've lived in other cities, but I've always felt drawn back to Winnipeg's offbeat, rough-around-the-edges, quirky charm. Winnipeg is a diverse city steeped in history – much of it preserved in long vacant buildings that remain as a testament to the city's brief boom period prior to the Second World War. From the turn of the century to the end of the second Great War, Winnipeg was regarded as an emerging "Chicago of the North." Winnipeg grew rapidly at this time and was a key transportation hub for goods and people flooding into Western Canada. By 1945, Winnipeg was Canada's third largest city and it was the largest urban centre in the west. However, a number of events would lead to Winnipeg's relative decline over the latter part the 20th century. The opening of the Panama Canal led to the rise of Vancouver while the post-war oil boom in Alberta fueled the economic and population growth of that province. So while Winnipeg's boom times quickly faded after the Second World War, the city has remained a regional centre of government, education, arts and culture, and boasts a slow-but-steady diversified economy. A walking tour of Winnipeg's turn of the century warehouse district or some of its oldest residential neighbourhoods will quickly give you a sense of these former boom times.

The following sections offer a few of my personal observations about the city, and suggested places to see and things to do while visiting Winnipeg. Of course, this is not an exhaustive list of attractions, and you should also consult the tourism Winnipeg website: <http://www.tourismwinnipeg.com>

I hope you enjoy your time at "Digitizing Justice" and in Winnipeg.

Steven Kohm
Winnipeg, May 2019

With updates and additions by Kevin Walby, Bronwyn Dobchuk-Land, and Katharina Maier

Getting Oriented: Central Winnipeg Neighbourhoods and Points of Interest

The University of Winnipeg (and the conference hotel) is situated at the western edge of Winnipeg's sprawling Downtown and at the edge of an ethnically diverse residential neighbourhood known as the West End.

Downtown:

Downtown Winnipeg sprawls east from UW and can be explored by walking along Portage Avenue for about 10 blocks to Portage and Main. This stretch of Portage Avenue was once Winnipeg's premier shopping destination. However, by the 1970s, urban decline had set in and despite a number of mega revitalization schemes starting in the 1980s, Portage Avenue today is mostly home to office buildings, businesses catering to the 9-5 crowd, and a few discount or niche retailers.

Walking east, you'll pass the **Hudson's Bay** department store (450 Portage at Memorial), a fading but once grand shopping destination as well as **Portage Place Mall** (393 Portage), a 1980s attempt to reinvigorate downtown retail. In Portage Place you'll find offices, restaurants, chain stores, and Prairie Theatre Exchange. Portage Place is connected to Winnipeg's climate controlled elevated pedestrian skywalk system (visible above Portage Avenue connecting the mall to Hudson's Bay). Via the skywalk system you can explore most of the downtown area without being exposed to the elements.

Continuing east along Portage Avenue, you'll pass the **MTS Centre** (300 Portage) – home of Winnipeg's new/old NHL hockey team The Jets. Jets merchandise can be purchased at the Winnipeg Jets Gear store on the second level. The MTS Centre was constructed on the site of Winnipeg's grand old Eaton's Department Store after the building was shuttered in the late 1990s, famously lamented in Guy Maddin's film *My Winnipeg*. Behind the MTS Centre (connected by skywalk) is **City Place Mall** (333 St. Mary Ave.), in the former Eaton's warehouse building. City Place has a few shops, a food court, a drug store, and a liquor store. On the second floor is **The Shark Club** (233 Hargrave St.), a sports bar that also houses a small casino. Across the street in the old Eaton's powerhouse building is **Tavern United** (260 Hargrave St.), a multi-story English style pub with a large rooftop patio. North of Portage look for the old **Walker Theatre** (364 Smith Street). Early meetings of Winnipeg's suffragettes took place here in the 1910s and 20s. It was renamed **Burton Cummings Theatre** after Winnipeg's *third or fourth* most famous rock star. Drink a pint at

the **Yellow Dog Tavern** – 386 Donald Street, around the corner behind Burton Cummings Theatre.

Continuing east, Portage Avenue intersects with Main Street at one of Canada's most famous intersections. **Portage and Main** is a large windy corner ringed by the city's tallest office buildings; the centre of local finance and industry. The intersection itself has been closed to pedestrian traffic since 1979. Plans were underway to open it to pedestrians again, but in 2018 Winnipeggers voted 'no' on a municipal plebiscite and those plans are now shelved. Go to the **Bank of Montreal** (335 Main Street) to catch a glimpse of one of Winnipeg's most iconic buildings, inside and out. Or explore the subterranean worlds below including shops, banks, restaurants and businesses catering to the 9-5 crowd.

Exchange District:

Heading north from Portage and Main along Main Street, you enter Winnipeg's **Exchange District**, a turn of the century Warehouse District and emerging neighbourhood of loft condos, boutiques, galleries and restaurants (see <http://www.exchangedistrict.org>). On the west side of Main Street is **Old Market Square** and the West Exchange. Most of the boutiques and galleries are found on this side of Main Street. **Ace Art** and **Urban Shaman** galleries (both on the 2nd Floor, 290 McDermot Avenue) typify the artistic spirit of the Exchange. Stop in at the **King's Head Pub** (120 King Street) serving a great selection of local beers, curries and pub grub on two levels. Check out **Bronuts** (100 King Street) if you want to get all sticky. Watch a film at **Cinematheque** (100 Arthur Street) in the famous Artspace Building. Quench your thirst at **Little Brown Jug Brewery** (336 William Ave.). Rent a bike at **Natural Cycleworks** located in the basement of the amazing Autonomous Zone (91 Albert Street). **Red River College's Exchange Campus** is located partly in the **Union Bank Building** (504 Main Street), Canada's first skyscraper, and partly in the **Roblin Centre** (160 Princess Street), composed out of a heritage match factory and grain exchange. (use the washroom at RRC if you need to). Then check out the controversial **"Cube" Stage** at Old Market Square, and wander among the galleries and shops along Albert, Princess and King Streets and McDermot and Bannatyne Avenues. Steven recommends **Into the Music** (245 McDermot Avenue) for all your vintage vinyl needs. On the other side of Main Street, the East Exchange includes the theatre district, which is comprised of the Pantages Playhouse Theatre, Centennial Concert Hall, Royal Manitoba Theatre Centre and Warehouse Theatre. **The Manitoba Museum** (<http://www.manitobamuseum.ca>) can be found on the edge of the East Exchange at 190 Rupert Avenue at Main Street across from **City Hall** (510 Main Street).

A number of unique restaurants and bars can be found in the Exchange. On the West side, **Deer + Almond** (85 Princess Street) and **Chosabi** (100 King Street) are popular local eateries. On the East side you will find **Hermano's** (179 Bannatyne Ave), a South American steakhouse and lounge housed in the turn-of-the-century Ashdown Warehouse building. Around the corner, you'll find **The Mitchell Block** (173 McDermot), an upscale Italian restaurant on the main floor with an excellent wine bar and lounge located upstairs. **Corrientes Pizzeria** (137 Bannatyne) serves tasty empanadas. **Forth** (171 McDermot Avenue) is a multistory heritage building that houses a basement cocktail bar, café and restaurant and is home to a local coffee roaster Dogwood Coffee.

Along the Eastern edge of the East Exchange is Waterfront Drive and Stephen Juba Park along the Red River. In summers past, riverboats docked at the Alexander Docks (Alexander Avenue and Waterfront). Today, the dock is closed pending repairs and is also a makeshift memorial to Tina Fontaine and Canada's missing and murdered Indigenous women and girls. Take a moment to reflect at the edge of the Red River before continuing your tour.

Further south on Waterfront at Pioneer Avenue, the Winnipeg Goldeyes baseball team plays at Shaw Park, an open air stadium. Walking paths along Waterfront Drive connect you to ***The Forks*** and ***St. Boniface*** (discussed below).

When you are exploring these central parts of Winnipeg you should also contemplate what is no longer there. For instance, between 1892 and 1955 Winnipeg boasted one of the best streetcar systems in North America. It went all the way out to what is now **Assiniboine Forest**, in suburban Tuxedo. Many of the rails are still below the pavement beneath your feet, occasionally exposed during construction or pothole season. So when you see the domination of motor vehicles in downtown Winnipeg today, just imagine, between 1892 and the 1920s, when bicycles, horses, and public transport ruled the streets.

The West End:

Many unique ethnic restaurants and shops can be found in ***The West End***, immediately west of UW. The West End is home to diverse populations and some challenging socio-economic conditions. We personally love exploring areas that are a bit rough around the edges, but please use common sense when out and about particularly after dark. The main commercial streets where restaurants and shops can be found are Portage Avenue (west of UW), Ellice Avenue (immediately north of UW) and Sargent Avenue (1 block north of the UW). All are east-west thoroughfares. You'll find Vietnamese, Caribbean, Greek, Korean, Italian, Portuguese, Ethiopian, Indian, Filipino and Chinese restaurants along

these two streets. Most are small mom and pop affairs, and many are very good. Bronwyn Dobchuk-Land recommends **Shawarma Time** (616 Ellice), **Viva** (505 Sargent), **Nhu Quynh** (609 Ellice), **Sargent Taco** (698 Sargent), **Mercadito Latino** (570 Sargent), **Xcues' Billiards & Café** (551 Sargent) and **Harman's Cafe** (570 Sargent), all located within walking distance of UW. Also walking distance from UW is **The Feast** (587 Ellice Avenue) serving modern dishes rooted in local Indigenous cultures. Just a few steps east of The Feast is **Eadha Bread** (577 Ellice Ave), an organic bakery specializing in sourdough bread and baked goods (Katharina recommends the sourdough cinnamon buns).

In addition to a vibrant and unique restaurant culture, many unique specialty stores can be found along Ellice and Sargent, as well a number of non-profit organizations, pawn shops and discount thrift stores. **The West End Cultural Centre** (586 Ellice), is a non-profit music performance venue located on Ellice Avenue at Sherbrook Street. See their webpage for details on upcoming performances: <http://www.wecc.ca/>

Central Park:

Northeast of the UW is Winnipeg's ***Central Park*** neighbourhood (between Ellice Avenue, Edmonton Street, Cumberland Avenue and Carleton Street). The high density residential neighbourhood surrounding the park of the same name has become the centre of Winnipeg's growing east African immigrant community. **Merkato** (352 Cumberland Ave) and **Kokeb** (266 Edmonton St.) are popular Ethiopian eateries in the area. Central Park was recently refurbished and has become a lively gathering area for the neighbourhood's diverse population. The park features an all-weather soccer pitch (which doubles as a skating rink in winter), a toboggan slide (winter), and an outdoor splash-pad (summer). Also located in Central Park is the recently restored Waddell Fountain, an ornate stone monument built in 1914 by local temperance leader Thomas Waddell as a tribute to his late wife.

West Broadway/South Sherbrook:

Across the street from UW, immediately south of Portage Avenue and extending west to Sherbrook Street is the ***West Broadway*** neighbourhood. West Broadway is a turn of the century residential district with large homes (many converted to apartments) and handsome brick apartment buildings oriented along two commercial streets: Broadway and Sherbrook.

South Sherbrook Street (between Broadway and Wolseley Avenue) is an emerging destination with a growing number of cafés, restaurants, late night drinking establishments, and unique shops. **Bella Vista** (53 Maryland, one short

block west of Sherbrook at Wolseley) is a popular live music venue and Italian eatery, while **Cousins** (55 Sherbrook) is a more laid back late night watering hole. Unique restaurants include **Sherbrooke Street Deli** (102 Sherbrook), **Charisma of India** (83D Sherbrook), **Bistro Dansk** (63 Sherbrook), **Tallest Poppy** (103 Sherbrook), **Boon Burger** (Vegan, 79 Sherbrook), and **Stella's Café and Bakery** (116 Sherbrook). The family run **Nook Diner** (43 Sherbrook) offers home cooked meals at affordable prices and serves a diverse clientele of neighbourhood hipsters and down-and-outers. **Thom Barga Coffee & Tea** (64 Sherbrook) is a boutique cafe popular with hipsters and caffeine aficionados. On nearby ***Broadway***, you'll find **Wannabees Diner** (693 Broadway), a quirky hole-in-the-wall neighbourhood diner and **Wasabi Sushi** (588 Broadway), an upscale sushi restaurant on 2 levels in a century-old character home. **Art City** (616 Broadway) is a not-for-profit community arts centre dedicated to providing programming free of charge to people of all ages. Founded by local artist Wanda Coop in 1998, the colorful exterior of the building makes it a neighbourhood landmark. Broadway is an eclectic mix of high end and hipster hair salons, social services, pawn shops, and other local businesses. Our friends at **Fernwood Publishing** (748 Broadway) have their storefront office on this diverse inner city avenue.

Tucked away from the hustle and bustle of Broadway and Sherbrook is **Langside Grocery** (164 Langside Street), a cocktail bar and small plates restaurant housed in a converted turn-of-the-century corner grocery store. Be on the lookout for hipsters drinking Manitoba's own Standard Lager.

South Memorial/Osborne Village

Heading south from the Holiday Inn following Memorial Blvd/Osborne Street, you'll pass the **Winnipeg Art Gallery [WAG]** (300 Memorial Blvd.) on your right (<http://wag.ca>) and the **Manitoba Legislative Building** on your left. Check out the latest exhibit at the WAG, explore the landscaped grounds of the Legislature, or continue walking south across the Assiniboine River.

Just over the Osborne Bridge you will enter ***Osborne Village***; Winnipeg's most eclectic downtown neighborhood with numerous unique shops, restaurants, cafés, and late night establishments (<http://www.osbornevillage.com>). Voted Canada's Best Neighbourhood by the Canadian Institute of Planners in 2012, "The Village" is an edgy neighborhood district with lots to see and do late into the night. Some notable restaurants include **Segovia Tapas Bar** (484 Stradbrook near Osborne), **Nuburger** (472 Stradbrook at Osborne), **Bangkok Thai** (100 Osborne), and **Meiji Sushi** (454 River Avenue at Osborne). The latter includes the **Martini Lounge** on the second level, a great spot for drinks and late night

sushi cravings. **OV Club** (2-108 Osborne) is a late night spot for DJs and dancing – or so we’ve been told. Sate your thirst for karaoke at **Agit Karaoke Bar** (second floor, 110 Osborne). **Toad in the Hole Pub and Eatery** (112 Osborne) is a lively and popular spot for drinks and pub grub and the **Cavern** downstairs is a live music venue. **The Cornerstone** (93 Osborne) is a neighbourhood pub and restaurant located prominently at the corner of River and Osborne. **Baked Expectations** (161 Osborne) serves up comfort food and a wide array of desserts and cheesecakes. Our friends at **Arbeiter Ring Press Books** (748 Broadway) have an office at 121 Osborne. You may spot Steven browsing for collectables at **Vintage in the Village** (194-A Osborne).

A variety of unique boutiques specializing in clothing, jewelry and knickknacks can be found along Osborne, River and Stradbrook, as well as tattoo parlours, cannabis dispensaries, coffee shops, and galleries. It’s definitely worth checking out for an evening. A 15 minute walk, or a very short taxi ride from UW.

Broadway/Manitoba Legislature/Union Station

From the hotel, follow Memorial Boulevard 3 blocks south to the **Manitoba Legislative Building** (450 Broadway). The landscaped grounds, including fountains and statuary, are popular for springtime wedding photos. Around the back, you can gain access to the river walk system and walk all the way to the Forks along the Assiniboine River. Follow tree-lined Broadway east past the **Manitoba Law Courts** and stop at the many food trucks and carts along the way. Many office buildings line Broadway, but there is also a dense residential neighbourhood to the south. **Dalnavert** (61 Carlton Street, 204-943-2835) is a restored Victorian-era mansion operated as a museum by the Manitoba Historical Society. If you’re hungry, stop at **Oh Doughnuts** (326 Broadway) serving over 100 flavours of gourmet doughnuts. You’ll also pass the historic **Fort Garry Hotel** (222 Broadway, 204-942-8251), a grand old railway hotel reputed to be haunted. Take a peek at the grand lobby or have a drink at the elegant Palm Lounge. Broadway reaches its end at Main Street where you will find **Union Station** (260 Main Street). Walk through the historic railway station to connect to **The Forks** or visit the **Winnipeg Railway Museum** (204-942-4632), upstairs at the station, tracks 1 and 2. Free admission.

Other Winnipeg Attractions

The Forks (<http://www.theforks.com>)

Approximately 25 minute walk from UW, or a short taxi ride. Or take the free Downtown Spirit bus from the Balmoral Transit Station, adjacent to the UW AnX. The Forks is must see when visiting Winnipeg! National Historic Site,

Public Market, and river walkway system. Seasonal boat tours, boat rentals, and bike rentals. Restaurants, pubs, shops, and an antique mall. Location of the controversial **Canadian Museum of Human Rights (CMHR)**. The mammoth building designed by American architect Antoine Predock is a striking feature in the Winnipeg skyline. Designed, some say, to resemble a cloud, an iceberg, or a tree with roots extending from the base, the unique building sparks a range of reactions from visitors and locals. It cost more than \$300 million dollars.

The Forks is the location of **The Children’s Museum** and **Manitoba Theatre for Young People**. It is also the site of many outdoor festivals and gatherings, and offers a large open-air stage and a large urban skate park christened by skateboarding legend Tony Hawk. Walk across the **Esplanade Riel** pedestrian footbridge to Winnipeg’s French quarter *St. Boniface*.

St. Boniface is located on the east side of the Red River directly across from The Forks. A number of historic points are found here, including Louis Riel’s grave located on the grounds of the historic **St. Boniface Cathedral** (190 Avenue de la Cathedrale). The nearby **St. Boniface Museum** (494 Taché Avenue, <http://msbm.mb.ca/en>) tells the story of French settlement in the Red River Valley. Also, stroll down Provencher Boulevard past the old **St. Boniface City Hall** (Hotel de Ville) and the **Centre Culturel Franco-Manitobain** (340 Provencher). There are a number of shops, cafes and restaurants along Provencher Boulevard. **Le Garage Café** (166 Provencher) is a popular eatery and live music venue open late every day except Sunday (<http://www.garagecafe.ca>). **Café Postal** (202 Provencher) is an artisan coffee shop located in the historic St. Boniface post office building. **Fromagerie Bothwell** (136 Provencher) specializes in cheeses and local Manitoba products and **Constance Popp** (180 Provencher) is an artisan chocolatier.

Assiniboine Park (<http://www.assiniboinepark.ca>)

Take a taxi, or take the 21 Portage bus 15 minutes westbound and enter across the footbridge at Portage Avenue and Overdale Street. Winnipeg’s premier city park. 283 acres of river bottom forest carved out in 1904. Contains a zoo with polar bears (<http://www.assiniboineparkzoo.ca>), pavilion gallery museum (free), restaurants, seasonal bike rentals, Leo Mol Sculpture Garden, walking and biking trails, sports fields, gardens, and children’s playground. A great way to spend a warm spring afternoon or evening.

Fort Whyte Alive (1961 McCreary Road, <http://www.fortwhyte.org>).

Accessible by car, bicycle, or taxi. Interpretive centre and wetlands. Prime staging area for waterfowl migration. A network of hiking trails and boardwalks

crisscross a series of lakes and marshes reclaimed from former industrial lands. Accessible by bicycle from Assiniboine Park.

Corydon Village/Little Italy (<http://www.corydonbiz.com>)

Corydon Avenue between Osborne and Stafford. Pedestrian friendly strip of shops, restaurants, cafés, and sidewalk patios. Originally an Italian neighbourhood, the Corydon strip is now a multi-ethnic affair and only a few original Italian businesses remain. A great evening spot to stroll and take in the neighbourhood, particularly during patio season. Numerous spots to eat, drink, shop, and be merry.

Food Options Near the University of Winnipeg

There are lots of places eat within a short walk of the Hotel/UW:

Coffee:

Long Island Café, 500 Portage. Directly across from UW. Open weekdays only.

Stella's Café and Bakery, 460 Portage Avenue, 204-772-1556. Directly across from the hotel in the Buhler Centre, Portage and Memorial. Open 7 days a week.

Tim Horton's – 428 Portage Ave, 2 blocks east of UW, south side of Portage Ave

Thom Barga Coffee & Tea – 250 Kennedy Street, 4 blocks East of UW, South of Portage Avenue at Graham Avenue.

Second Cup - 254 Edmonton Street, about 5 blocks from UW, south of Portage Avenue at Graham Avenue.

Starbucks, 393 Portage Avenue, about 3 blocks from UW in Portage Place.

Nearby Quick Bites

Banh Mi King – 510 Portage Ave. Pho, subs and Vietnamese salads. Close, well priced and good quality.

Booster Juice/Pitas – 491 Portage Ave. Smoothies, sandwiches and pitas.

Chosabi Asian Eatery – 520 Portage Ave. Famous for their sushi burrito.

Juniors – 558 Portage Ave. Local Winnipeg burger joint with a loyal following. Greasy, but delicious. Home of the fatboy.

Azalea Restaurant – 600 Portage Ave. Local Chinese eatery.

Pizza Pizza – 600 Portage Ave. Canadian discount pizza chain.

Harvey's – 600 Portage Ave. Canadian burger chain.

Shaba Thai – 561 Portage Avenue. Moderately priced Thai food.

Sushi Gen – 500 Portage Avenue. Close and relatively cheap.

Sultan's Shawarma – 540 Ellice Avenue. Shawarma and Middle Eastern fare.

Subway – 570 Portage Avenue. What can I say? Eat fresh.

Portage Place Food Court – Portage Place Mall, 393 Portage Ave. Shopping mall food court with many fast food options. About 3 blocks east of UW, north side of Portage Avenue.

Nearby Restaurants

Homers Restaurant – 520 Ellice, at Young Street, next to the UW Duckworth Centre. Family run Greek restaurant with a diverse menu.

Rudy's Eat and Drink - 375 Graham Ave, 204-421-9094. Upscale casual dining, located in the Manitoba Hydro Building, 4 blocks west of UW, south side of Portage. <http://www.rudyseatanddrink.com>

Sorrento's – 529 Ellice Ave. Family run Italian restaurant. Large portions, great value. 1 block east of UW on Ellice.

Storm Bistro – At the Winnipeg Art Gallery (WAG), 300 Memorial Blvd. 1 block south of Portage Ave. 204-948-0085. Lunch only.

Tavern United - 260 Hargrave Street, next to the MTS Centre, (204) 944-0022. Three level British style pub. Open late, caters to sports fans, serving pub grub. Outstanding rooftop patio is a must if the weather is nice. 5 blocks east of UW, 1 block south of Portage at Graham Ave and Hargrave Street.

A little further afield, but worth it!

A short taxi ride, or a longer walk away, cafés, restaurants and pubs can be found in Osborne Village, the Exchange District, or at the Forks. Further still, but accessible by taxi or bike, a number of notable places are mentioned in the neighbourhood descriptions above.

Coffee:

Parlour Coffee – 468 Main St. Reputed to be the best coffee downtown.

The Fyxx Espresso Bar – 310 Broadway at Donald.

Restaurants:

529 Wellington – 529 Wellington Crescent, (204) 487-8325. Very upscale steakhouse in a turn-of-the-century mansion on Winnipeg's ritziest residential street. River Heights.

Affinity Vegetarian Garden – 100-208 Edmonton Street (204) 943-0251. Chinese vegan-friendly restaurant. Downtown.

Bailey's – 185 Lombard Ave, Near Portage and Main, (204) 944-1180. An old downtown favorite with English style pub downstairs and plush eatery upstairs. Diverse menu with Mediterranean influences and focused on meat and seafood. A great place for a drink and a snack or a more elaborate meal.

BMC Taco – 722 Osborne Street South. Fort Rouge/South Osborne.

Cafe Carlo – 243 Lilac Street - (204) 477-5544. Located in the Corydon village area, reservations are a must for this popular neighbourhood bistro.

Café Dario – 1390 Erin Street, (204) 783-2813. Modestly priced, creative prix-fixe menu with South American influences. Quirky décor and eccentric chef. This place has everything. West End.

Carnaval Brazilian Barbeque – 270 Waterfront Drive, (204) 505-0945. Brazilian “Churrascaria” or steakhouse. All you can eat meat served at your table. East Exchange.

Corrientes Argentine Pizzeria – 137 Bannatyne Ave, (204) 219-5398. Argentine inspired pizza and empanadas. East Exchange.

Deer + Almond – 85 Princess Street (204) 504-8562. Small plates. Globally-influenced, playful and creative food. West Exchange.

East India Company Pub and Eatery – 349 York Ave (204) 947-3097. Fine Indian cuisine in a casual atmosphere. Downtown.

Famena’s Famous Roti/Curry – 295 Garry Street, Downtown.

Fusion Grill – 550 Academy Road, (204) 489-6963. Intimate space serving upscale fusion and regional cuisine. River Heights.

Hy’s Steakhouse – 1 Lombard Place, (204) 942-1000. Well-known, upscale purveyor of red meat. Located at Portage and Main in the Richardson Building. Pricy, but well regarded among steak connoisseurs.

Infernos Bistro – 312 Des Meurons St, (204) 262-7400. French-Canadian comfort foods in a funky atmosphere in St. Boniface.

Ivory Restaurant – 141 Donald Street (204) 944-1600. Fine Indian cuisine in an upscale modern atmosphere. Downtown..

Kum Koon Garden – 257 King St (204) 943-4655. Popular dim sum restaurant located in Winnipeg’s small historic Chinatown. Extremely busy on the weekends so get there early, or don’t get seated.

Peasant Cookery – 283 Bannatyne Ave (204) 989-7700. Upscale casual French comfort. West Exchange.

Pizzeria Gusto – 404 Academy Road, (204) 944-8786. Authentic Italian cuisine and traditional wood fired pizza. River Heights.

Rae & Jerry’s Steakhouse – 1405 Portage Avenue, (204) 783-6155. Vintage 1960s steakhouse with authentic 1960s décor and menu. A Winnipeg institution frozen in time. West End.

Downtown Pubs

Bailey’s Bar – 185 Lombard Avenue, (204) 944-1180. East Exchange.

King’s Head Pub – 120 King Street, (204) 957-7710. West Exchange.

Shannon’s Irish Pub – 175 Carlton Street, (204) 943-2302. Downtown.

Toad In The Hole Pub – 112 Osborne Street, (204) 284-7201. Osborne Village.

Yellow Dog Tavern – 386 Donald Street (Behind Burton Cummings Theatre), 204-775-6676. Downtown.

Live Music Venues

Times Change(d) High and Lonesome Club – 234 Main Street, 204-957-0982. Eclectic and quirky live music venue with many local and touring acts.

<http://www.highandlonesomeclub.ca/>

The West End Cultural Centre – 586 Ellice Ave. Local and touring acts.

<http://www.wecc.ca/>

Le Garage Café – 166 Provencher Blvd. (<http://www.garagecafe.ca>)

The Palm Lounge – Fort Garry Hotel, 222 Broadway, 204-942-8251. Live jazz.

The Pyramid Lounge – 176 Fort St. Come on, feel the noise.

The Windsor Hotel – 187 Garry St. Character bar with Punk, Blues, you name it.

Club 200 – 190 Garry Street. GLTBQ friendly.

The Good Will – 625 Portage. Hipsters.

Numerous nightclubs/dance bars operate Downtown and in the Exchange District. Some may feature live DJs. Check the free Uptown Magazine for what's going on in Winnipeg (<http://www.uptownmag.com>).

Grocery Store

Shoppers Drug Mart in Portage Place Mall (393 Portage Avenue) has a small selection of basic grocery items and a full drug store.

Liquor Store

The closest liquor store is in City Place Mall, behind the MTS Centre. Hargrave Street & Graham Avenue. <http://www.cityplacewinnipeg.com>

Other Special Places around Town – Selected by Kevin Walby

The best place to buy an electric razor: Eddies Sharpening (202 Wallasey Street).

Kyu Bistro (185 Isabel Street) is rumoured to have the best ramen in MB.

Wheelie's (210 Enniskillen Avenue) is the best place to try roller-skating.

A good place to heal after roller-skating: Thermea Spa (775 Crescent Drive).

Uptown Lanes (1301 St Matthews Avenue) is a fine place to bowl.

Bridge Drive-In (766 Jubilee Avenue) and Dairi-Wip Drive-In (383 Marion Street) are competing for best drive-in grub and ice creams.

The Woodbine Hotel (466 Main Street) has an amazing exhibit of old photographs and Winnipeg artifacts.

Enoteca (1670 Corydon Avenue), Chew (532 Waterloo Avenue).

Gunn's Bakery (247 Selkirk Avenue), the former Merchant's Hotel (541 Selkirk Avenue), Ukrainian Labour Temple (595 Pritchard Avenue), Luda's Deli (410 Aberdeen Avenue), St. John's High School (401 Church Avenue, where Erving Goffman went to highschool 1937-39), Gimli Fish Market (596 Dufferin Avenue), Thunderbird Drive-In (1970 McPhillips), Baraka Pita Bakery (1783 Main Street), Ukrainian Museum of Canada and Holy Trinity Ukrainian Orthodox Church (1175 Main Street), and more, are all possible stops on our pre-conference bike tour. Stops downtown including the City Archives (380 William Avenue) as well as the Arlington Bridge may also be incorporated into the tour.

'Secrets' of South Winnipeg and Beyond – Selected by Katharina Maier (a new Winnipegger)

Walk along the Seine River, Winnipeg's "hidden gem" according to the Winnipeg Free Press. Ask to use Katharina's canoe if you want to paddle down the Seine.

Visit the Royal Canadian Mint (520 Lagimodière Boulevard) and add to your coin collection.

If you have a day to spare, drive another 60 minutes east to visit Whiteshell Provincial Park. Great for hiking and swimming. You'll pass the "Longitudinal Centre of Canada" on the way.

The Crusty Bun (1026 St. Mary's Rd.) serves some of the best European-style breads and baked goods in Winnipeg.

If you have access to a car, keep driving south on St. Mary's Rd. for another 15 minutes to see the Red River Floodway (nicknamed "Duff's Ditch"). Enjoy the beautiful Prairies and the Prairie sky.

Harth Mozza and Wine Bar (1-980 St. Anne's Rd.) has some of the best pasta in town. Great for an evening dinner and drinks.

Take a tour of the Riel House (330 River Road) to learn about Métis politician and activist Louis Riel.

If you have kids, visit St. Vital Park (190 River Rd.) or Tinker Town Amusement Park (621 Murdock Rd.).

Once again, we hope you will enjoy your time in this fine city. Please let us know if you have any questions or concerns.

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