

# Welcome to The Forks



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

[www.theforks.com](http://www.theforks.com)

## Dining

### The Forks Market

#### 5 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>

#### 6 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](http://www.originalpancakehouse.ca)

#### 7 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.sydneysattheforks.com](http://www.sydneysattheforks.com)

### Johnston Terminal

#### 8 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](http://www.oldspaghettifactory.com)

#### 9 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](http://www.wowhospitality.com)

### On Site

#### 10 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](http://www.wowhospitality.com)

#### 11 SMITH Restaurant Inn at the Forks

A culinary experience built on craftsmanship with a menu created from the diversity of the lands and waters of Canada.  
Ph. (204) 944-2445 [www.smithrestaurant.ca](http://www.smithrestaurant.ca)

#### 12 ERA Bistro Canadian Museum for Human Rights

ERA invites guests for a momentary respite, a long lunch, or a vibrant supper that carries on well into the evening. A place for good food, sharing and reflection.  
Ph. (204) 289-2190 [www.erabistro.ca](http://www.erabistro.ca)

## Shopping

### 3 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).

### 4 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

## Main Buildings

### 13 Canadian Museum for Human Rights

Come see this stunning international architectural icon in Winnipeg. The Canadian Museum for Human Rights is the only Museum in the world devoted to human rights awareness and education; its variety of content and programming means there will be something appropriate for visitors of all ages.  
Ph. (204) 289-2000 [www.humanrights.ca](http://www.humanrights.ca)

### 14 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](http://www.childrensmuseum.com)

### 15 Citytv

Citytv Winnipeg is a reflection of the city and the entire province. Citytv delivers Winnipeg's 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](http://www.citytv.com)

### 16 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](http://www.mtyp.ca)

## Attractions, points of interest, etc.

### 17 Arrival Square

### 18 Baja Beach Club (seasonal)

### 19 Balance of the Spirit Within Rock

### 20 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.

### 21 Buskers Lookout

### 22 Canadian Heritage River Interpretive Panel

### 23 Environment Canada Automated Weather Station

### 24 Esplanade Riel

### 25 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](http://www.travelmanitoba.com)

### 26 The Forks National Historic Site - Parks Canada - Gambling Sticks

### 27 Gandhi Statue

### 28 Gateways to Festival Park

### 29 Muddy Waters Patio (seasonal)

### 30 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.

### 31 Pan Am Cauldron

### 32 Parkade (200-250 FREE spaces)

### 33 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.

### 34 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.

### 35 Festival Park and Stage

Festival Park and Stage are the epicentre for many of Winnipeg's finest concerts and events including Canada Day, 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.

### 36 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.

### 37 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. (Dependent on river levels.)  
Ph. (204) 783-6633 [www.splashdash.ca](http://www.splashdash.ca)

### 38 Sugar Mountain Express

### 39 River Walk (dependent on river levels)

### 40 The CN Mainline

### 41 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 Red River Mutual Trail.

### 42 The Forks Historic Rail Bridge

### 43 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.

### 44 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](http://www.parksCanada.gc.ca/forks)

### 45 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.

### 46 Path of Time Sculpture - Parks Canada

### 47 Amphitheatre - Parks Canada

### 48 Boat Dock - Parks Canada

### 49 The Forks Market Tower

### 50 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.

### 51 The Provencher Bridge

### 52 Upper Fort Garry Provincial Park

Upper Fort Garry is the place where Winnipeg and Manitoba was born and the site of significant historic events.  
[www.upperfortgarry.com](http://www.upperfortgarry.com)

### 53 Union Station

### 54 Wall Through Time

### 55 Forks Public Orchard - in collaboration with Winnipeg CORE

The orchard contains 61 fruit trees including apple, apricot, cherry, pear and plum, and as many as 75 fruit bearing shrubs. Fruit is available for you to harvest and take home.

### 56 Forks Urban Garden - In collaboration with Citigrow

The Urban Garden contains vegetables and herbs to be harvested by the Inn at The Forks and integrated into their menu.

The Forks Port in Winter



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](http://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 1**

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

**SEPTEMBER 1 - JUNE 30**

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

### Johnston Terminal

**JULY 1 - SEPTEMBER 1**

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

**SEPTEMBER 1 - 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
- Paid Parking
- 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