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## Six Sweet Experiences for Summer

**Winnipeg, Manitoba, Canada**—Manitoba is *the* best place in the world to [swim with beluga whales or see polar bears](#). Beyond the thrill of wildlife, this central Canadian province (a mere day's drive north of North Dakota and Minnesota) is an unexplored gem for a few other things, too.

**1. Hit Up a Summer Festival** - Hot summer days and nights make these some of the coolest fests ever. Tickets sell out fast for [Countryfest](#) (June 30-July 3), attracting a big music-loving crowd to Dauphin, thanks to A-list headliners like Lady Antebellum. Cool vibes and good times emanate from the [Winnipeg Folk Festival](#) (July 7-10), one of North America's biggest and best. At Winnipeg's [Fringe Festival](#) (July 13-24), you'll laugh, you'll cry, you'll raise your brows at the hundreds of shows scheduled at this massive alternative theatre festival in venues throughout downtown. In Gimli, release your inner Viking at [Islendingadagurinn](#) (July 29-Aug 1), also known as the Manitoba Icelandic Festival.

**2. Swim with Beluga Whales** - In Manitoba's northern reaches along the Hudson Bay, the world's largest concentration of beluga whales hang out in the Seal and Churchill rivers throughout July and August. Beluga whales are extremely friendly and curious and will [swim below, beside and under boats, kayaks and snorkelers](#). Add to that glimpses of polar bears swimming or wandering the coast (remember this isn't even high season for bears), blooming carpets of wildflowers, various sea birds, and a possible northern lights viewing and this is a bucket list-worthy Arctic Safari.

**3. Visit a National or Provincial Park** - The boreal forest, aspen parkland, and meadows of [Riding Mountain National Park](#) are crisscrossed by 300 miles of trails. Hike, bike or horseback ride while keeping an eye out for wildlife, including a resident herd of plains bison, elk, moose, black bear and hundreds of species of birds. The park's

strollable resort town features a mix of shops and restaurants along Clear Lake. At [provincial parks](#), bike across granite outcrops, hike across a prairie desert with 30-foot dunes, or boat along clear, blue lakes by motor or paddle. Choose your home away from home, whether camping, staying in a yurt, or secluded resort or cabin.

**4. Try family fun: kid tested, mom approved** - Check out the [Journey to Churchill exhibit at the Assiniboine Park Zoo](#) and its star attractions—nine orphaned polar bears. The bears can be viewed from several vantage points in the exhibit, the most popular and photo-worthy being the Sea Ice Passage underwater viewing tunnel. Plus this summer, life-sized animatronic dinosaurs take over the zoo at Dinosaurs Alive!. With 100,000 lakes, excellent swimming and multiple grand beaches (one of which is actually called that) abound in Manitoba. [Grand Beach's](#) soft white sand is perfect for sand castles and dune climbing. Visit Bruce, the largest mosasaur on display in the world at the [Canadian Fossil Discovery Centre](#) in Morden. Along with his pal Suzy, you'll see loads of other marine reptile fossils dating from 80 million years ago if you go on a guided dig adventure.

**5. Indulge in Winnipeg** - Breakfasts to tapas, with a fusion of culture and innovation, Winnipeg is Canada's newest culinary hot spot. Wild new [culinary walking](#) tours through the Exchange District and [biking tours](#) downtown are also on offer. Pre- or post-eating, visitors should shop the boutiques in the trendy [Exchange District](#) and [Osborne Village](#). Later, relax among the trees at Nordic-style [Thermëa](#) spa, which uses a circuit of hot saunas and warm and cool pools to bring utter relaxation. Or try the [Turkish hamam treatment at Ten Spa](#) located in the historic Fort Garry Hotel.

**6. Discover iconic architecture and messages** - Like the wings of a dove, wings of glass wrap around the façade of the [Canadian Museum for Human Rights](#), the newest iconic building to Winnipeg's skyline. Not only is the building impressive, you'll be blown away by the content about inspiring people and events that have changed and are changing the world. Get to know the secrets of [Manitoba's Legislative Building on the Hermetic Code tour](#). This architectural tour brings to light an undeniable trail of clues—hieroglyphic inscriptions, numerological codes, and ancient religious imagery—that leave you questioning the building's real purpose.

For more information on any of these experiences, check out [www.tourismwinnipeg.com](http://www.tourismwinnipeg.com), [www.travelmanitoba.com](http://www.travelmanitoba.com), and sign up for Travel Manitoba's blog [www.manitobahot.com](http://www.manitobahot.com). Follow us on [Facebook](#), [Instagram](#), [Twitter](#) or [Pinterest](#).

Manitoba

CANADA'S HEART  BEATS

