



Parkland Tourism gratefully acknowledges development of the Flavour Trail project.

Parkland Flavour Trail is part of the Parkland Rural Routes series of trails

produced by the Parkland Tourism Association.

2015 for the second contest entry period.

date during the year in which the prize is awarded (2014 for the first contest entry period).

Assessing the year in which the prize is awarded (2014 for the first contest entry period).

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2013-15 EDITION



PARKLAND Flavour Trail part of the PARKLAND RURAL ROUTES series of trails



A Self-Guided CULINARY JOURNEY through Manitoba's Parkland

GET STARTED Visit Participating Merchants to Obtain Entry Forms

YOU COULD WIN a 1-night Stay at The Russell Inn plus River Tubing & Euro-Bungy for 2

(See official rules on the reverse or online for complete details.)

www.flavourtrail.ca

www.flavourtrail.ca



PARKLAND Flavour Trail



A CULINARY JOURNEY through Manitoba's Parkland

LEGEND

S denotes a seasonal / summer business.

See reverse for a complete description of each of these stops along the Parkland Flavour Trail.

1. CHOCOLATE FOX S 112 Wasagaming Dr., Wasagaming. Phone 204-848-4877.

2. ELKHORN RESORT Located next to the southern entrance of Riding Mountain National Park. Phone 1-866-355-4676 or 204-848-2802.

3. FOXTAIL CAFÉ corner of Highway 10 and Victor Ave., Onanole (near south entrance of Riding Mountain National Park). Phone 204-848-2195. Hours: 7 am - 10 pm during summer season until Thanksgiving weekend. Call for winter hour.

4. THE FRIENDLY CORNER BAKESHOP 431 Main Street, Grandview. Phone 204-546-3004. Hours: weekdays, 8:30 am - 4:30 pm.

5. GONE SCRAPPIN' IN BLOOM 20 Victoria Ave. E., Rossburn. Phone 204-859-3334.

6. LITTLEPATH FARM S Find them at the farm or at the store (a full-time farmer's market, north Main Street in Minnedosa). Phone 204-868-5224.

7. THE MARTESE S Clear Lake (Wasagaming) in Riding Mountain National Park. Phone 204-867-7299 or 204-848-1770.

8. POOR MICHAEL'S BOOKSHOP, ART & CAFÉ S Highway 10, Onanole. Open May to October. Summer Hours: 9 am to 9 pm. Phone: Shop 204-848-0336; off-season 204-848-4087.

9. THE RUSSELL INN Russell. Phone 1-800-665-0678 or 204-773-2186.

10. VALLEY MEAT PACKERS Hwy. 10 just west of Minitonas. Phone 204-525-4201.

11. WESTERN BAKERY 19 2nd Ave. N.W., Dauphin. Phone 204-638-3441.

12. WHITEHOUSE S BAKERY & RESTAURANT 104 Buffalo Drive, Wasagaming. Phone 204-848-7700.

13. THE WHITE RABBIT CAFÉ 8 Mountain Avenue, Kelwood. Phone 204-967-2747.

14. WILD THINGS Products are sold from the owner's home in Dawson Bay, 42 km north and 4.4 km east of Mafeking. Phone 204-545-2098.

15. THE WHITE RABBIT CAFÉ 8 Mountain Avenue, Kelwood. Phone 204-967-2747.

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CINNAMON BUN SIDETRAIL

Friendly Corner Bake Shop, Grandview	204-546-3004
Holmstead Emporium, Minitonas.....	204-525-4564
Kneaden Pizza and Baking, Minitonas.....	204-525-3333
Swan River Qwik Stop, Swan River.....	204-734-4140
Western Bakery, Dauphin (2 varieties).....	204-638-3441
Whitehouse Bakery, Wasagaming (6 varieties).....	204-848-7700

SOME PRODUCTS FOUND IN LOCAL STORES

- Shellmouth Sausage, Roblin
- Wiebe's Meats, Gilbert Plains
- Rossman Country Meats, Rossburn
- Bluemoon Saskatoon jam and jelly, Rossburn
- Triple Creek Black Angus beef, McCreary
- Rosie's Pizza, McCreary, Riding Mountain, and Laurier
- Wild Rice, Pine River, Rorketon
- Dauphin Meat Processors, Dauphin
- Yummy Stuff maple products, McCreary
- Oaknook Honey, Ashville
- Raven Creek Honey and beeswax products, Oakburn/Rossburn
- Wendell Honey Farms, Roblin
- Russell Inn, Russell
- Silver Creek B&B, Russell
- Maple Grove B&B, Rossburn
- 9 Finger Ranch, Rossburn
- Elkhorn Resort, Spa and Conference Centre, Onanole
- Whirlpool Road B&B, Onanole
- Many resorts and cabins in Wasagaming
- Super 8, Dauphin
- Super 8, Swan River
- Harvest Moon Inn, Roblin
- Stay Easy, Roblin
- F&J Bed & Breakfast, Mafeking
- Yurts in Assessippi Provincial Park and Riding Mountain National Park, and near Rossman Lake
- Check the Manitoba's Parkland Explorer Guide, Travel Manitoba website (www.travelmanitoba.com), or Bed and Breakfast Manitoba (www.bedandbreakfast.mb.ca) for more details.

Just a few of the accommodations along the trail:

Check the Manitoba's Parkland Explorer Guide, Travel Manitoba website (www.travelmanitoba.com), or Bed and Breakfast Manitoba (www.bedandbreakfast.mb.ca) for more details.



The Parkland region is already known for its 10,000 sq km of parks, its variety of outdoor activities and its many heritage sites. Now we are introducing another of Parkland's attractions — food! Throughout the region, there are unique spots with “foodie” treats and treasures to be discovered. We are giving you “easy-to-find” pictures of the trail stops and when you visit, please submit photos of what you enjoyed most for our website; details available online.

S denotes a seasonal/summer business.



1 THE CHOCOLATE FOX WASAGAMING, MANITOBA

Since 2008, this family-run “log cabin” store has featured an eclectic selection of treats and treasures for all ages and tastes. It is unique in the Parkland due to its fresh gelati, made on site with fresh fruit and a good selection of dairy-free choices. Add to that eight flavours of popcorn popped on site. Also, there's Thelma's Frozen Lemonade, a great selection of creamy fudge, and Morden's Chocolates (a Manitoba family-run company for more than 40 years). Spend some time shopping in the other half of the store—Manitobah Mukluks, Sanuk Footwear, Baggalini and Mosey bags, Leopards and Roses clothing, an amazing selection of hats and cozy Clear lake clothing. **Location:** 112 Wasagaming Dr., Wasagaming. **www.chocolatefox.ca**



2 ELKHORN RESORT ONANOLE, MANITOBA

The Mountain Grill Dining Room & Bar at Elkhorn Resort is pleased to invite you to its newly renovated lounge and dining room. A fresh menu featuring classic favourites, innovative dinners and the Elkhorn's famous thick crust pizza awaits! Northern Manitoba pickerel, wild rice, saskatoon berries and other Manitoba specialties make this a memorable taste experience. Executive Chef, Kyle Andreasen, strives to use as many local products as possible and is proud to support the neighbouring farmers and producers. **Location:** Next to the southern entrance of Riding Mountain National Park. **Phone:** 1-866-355-4676 or 204-848-2802. **www.elkhornresort.mb.ca.**



3 FOXTAIL CAFÉ ONANOLE, MANITOBA

With a passion for fresh produce and local producers, and a commitment to serving local farm to fork food, the Foxtail is a new and refreshing destination on the Parkland culinary scene. With an outdoor wood-fired stone oven and the skills of the chefs, pizzas featuring locally sourced chorizo sausage and goat cheese; paninis with caramelized onions, Bothwell smoked gouda and local bison; vegetarian lasagna, and homemade soups, salads and sandwiches are just some of the menu items. **Location:** Situated on the corner of Highway 10 and Victor Ave in Onanole, close to the southern entry to Riding Mountain National Park. **Hours:** Open 7 am - 10 pm until Thanksgiving. Call for winter hours. **Phone:** 204-848-2195. Check Facebook for more details.



4 THE FRIENDLY CORNER BAKESHOP GRANDVIEW, MANITOBA

This is a very special place. The food is down-home good, and the cinnamon buns and baked goods are exceptional. Fresh bread and buns daily along with a variety of pastries and desserts complement the soups, salads, sandwiches and other lunchtime favourites. A busy place indeed! The “bakers” reside at the local group home for people with intellectual disabilities. Everyone approaches the baking duties very seriously and patiently. Great care goes into preparation and every item is handmade. Arrive early as daily output of bakery items is limited and reputation is widespread! Open 8:30 am to 4:30 pm weekdays. **Location:** 431 Main St., Grandview. **Phone:** 204-546-3004.



5 GONE SCRAPPIN' IN BLOOM ROSSBURN, MANITOBA

Discover fresh flowers, a large selection of the latest scrapbooking supplies, unique quality gifts, local and Manitoba crafted products, and a specialty café at Gone Scrappin' In Bloom, located in a 1940 general store in Rossburn. Enjoy fresh homemade lunches, espresso drinks, ice cream, desserts and more, made from local products whenever possible. **Location:** 20 Victoria Ave. E., Rossburn. **Phone:** 204-859-3334. **www.gonescrappin.ca** and find us on Facebook.

6 LITTLEPATH FARM NEAR MINNEDOSA, MANITOBA



Littlepath is a small yet intensively managed and sustainably-focused farm producing natural vegetables. Visit Littlepath three days a week for fresh picked local produce: Friday Farmers Markets and Saturday sales out of the Littlepath Market in downtown Minnedosa, and Sundays at the bustling Red Barn Market in Onanole near the south entrance to Riding Mountain National Park. Littlepath also runs a Farm to Fork program—a direct-to-customer delivery service in the Riding Mountain area on Wednesdays through the growing season. **Contact:** Wes at littlepath@hotmail.com. **Phone:** 204-868-5224.



7 THE MARTESE WASAGAMING, MANITOBA

Experience fine dining aboard The Martese on picturesque Clear Lake in Riding Mountain National Park. The menu for the four-course supper cruise has been a “must do” experience for visitors to the Parkland region for many years now. Fresh breads and salads start the meal followed by a choice of beautifully prepared entrées. Dessert & coffee round out the meal, or indulge in a little something from the fully stocked bar. Prior booking is required. **Phone:** 204-867-7299 or 204-848-1770.



8 POOR MICHAEL'S BOOKSHOP, ART & CAFÉ ONANOLE, MANITOBA

The café offers organic and fair trade coffee, specialty teas, other refreshing drinks. Wholesome homemade lunches, snacks and delicious desserts are a priority. Enjoy the ambience of post-and-beam inside or sit outside on the patio. The bookshop has a fine selection of quality used books. The Art and Gift Shop features beautiful work by Manitoba artists and many unique handmade world crafts. **Location:** Highway 10, Onanole, Manitoba, at the southern edge of Riding Mountain National Park. **Season:** Open May to October. Summer Hours: 9 am to 9 pm. **Phone:** Shop 204-848-0336; off season 204-848-4087. Visit www.poormichaelsbooks.ca. Find us on Facebook for summer events.



9 RUSSELL INN RUSSELL, MANITOBA

The Inn's diverse menu appeals to everyone, from those loving a light summery salad to others yearning for a hearty Manitoban barbecue. Try a bison burger or some of the AA+ Manitoba beef. Chef Wes Osborne believes that quality increases as distance decreases. Good food and wine should be part of an enjoyable mealtime, so please ask the staff for some interesting wine pairings. For a fresh and fun group activity, be sure to pick up information on Theme Christmas Parties based on Dickens' *Christmas Carol*, a Medieval Feast and Arabian Nights. **Location:** Hwy 16 and 83, Russell. **Phone:** 1-800-665-0678 or 204-773-2186. **www.russellinn.com**

10 VALLEY MEAT PACKERS MINITONAS, MANITOBA



To experience old-fashioned goodness and small town flavour, visit Valley Meat Packers, Highway 10 east of Swan River. This family-run business with more than 80 years of experience, is just the right combination of Old World recipes and trendy specialties, sure to delight the palate. Find everything in this rural meat shop from locally-produced meat to imported chocolates. Don't miss the opportunity to treat yourself to something wonderful from Valley Meat Packers. **Location:** Highway 10 just west of Minitonas. **Phone:** 204-525-4201.



11 WESTERN BAKERY DAUPHIN, MANITOBA

Western Bakery is a homestyle bakery where many products are still made from scratch. The bakery produces a variety of multigrain breads, bagels, buns, pastries, cookies, cakes, muffins, a large selection of dainties and a few unique items. The sticky buns alone are worth the drive! A wide selection of exceptionally delicious product combined with friendly service, makes Western Bakery a satisfying stop. The staff look forward to meeting and treating you. Schauzz Honey products available. **Location:** 19 2nd Ave. N.W., Dauphin. **Phone:** 204-638-3441.

WHITEHOUSE BAKERY & RESTAURANT WASAGAMING, MANITOBA



The Whitehouse is famous for delicious cinnamon buns—original or topped with maple or cream cheese, pecan, and whole wheat—all baked daily on site. These and other savoury and sweet items including gluten-free bread are available. Both traditional and unique menu items for breakfast and lunch include paninis, salads, wraps, salads, burgers, sandwiches and much more. Also available are vegetarian options and specialty coffees. Licensed and open daily for breakfast and lunch, table service and take-out. Season: Beginning of May until the end of September. **Location:** 104 Buffalo Drive, Wasagaming. **Phone:** 204-848-7700.



13 THE WHITE RABBIT CAFÉ KELWOOD, MANITOBA

The newest eating spot in Kelwood serves absolutely delicious soups, sandwiches, coffee and confectionery items. Most popular is the local black Angus burger with old-fashioned hand-cut fries. History and hospitality are apparent. Experience old movies projected on the wall while you dine and buy the White Rabbit's own Burrows Blend Coffee by the pound (Forbidden Flavours) to take the memory home. By the way, Jennifer spent quite some time managing the kitchen at Lady of the Lake in Brandon! **Location:** 8 Mountain Ave, Kelwood. **Phone:** 204-967-2747 or email whiterabbitcafe37@gmail.com.



14 WILD THINGS DAWSON BAY, MANITOBA

Wild Things began with a berry picking hobby and a lot of wild fruit around Dawson Bay and Mafeking. All jellies and jams are made from wild product — rose hips, rose petals, dandelions, mint, hawthorns and moss berries, as well as the wild varieties of cranberry, pincherry, chokecherry, blueberry, saskatoon, raspberry, strawberry and red and black currants. Syrups are also made from these wild fruits. Manitoba maple and birch trees are tapped to make tasty syrups. **Location:** Products are sold from Shirley's home in Dawson Bay, 42 km north and 4.4 km east of Mafeking. **Phone:** 204-545-2098 or email sleask@xplornet.com.