

# Perfectly Pampered Day Trip

*Situated in the picturesque Pembina Valley, Carman offers visitors a prairie oasis with an abundance of unique and tranquil outdoor and indoor experiences in which to immerse yourself.*

*Note: Some of the activities in this day trip package require a reservation. Be sure to check schedules and call ahead where applicable.*

## Morning: Awaken with Asanas

Calm your mind, open your heart and energize your body with a yoga class at **Eunique Yoga**. Eunique offers hatha yoga, physiologic yoga and restorative yoga for students of every level, with a calming, meditative focus. Class schedules are available online, and pre-arranged drop-ins are welcome, or you can book individual sessions. Visit the Eunique Yoga website for more information or call 204-745-7945.

## Embrace Nature

Carry that yogic calm with you as you are surrounded by nature. Removed from traffic, **Carman's Community Pathway** is fully surrounded by nature as it winds through the community. Part of the pathway features a river path, in the centre of which is the tall grass prairie, which follows along the meandering Boyne River. The pathway is perfect for walking, jogging, biking or simply enjoying getting in touch with nature.

Plan your garden while perusing the perennials, fruit trees and more at **Aubin Nurseries Garden Centre**. A Manitoba mainstay, Aubin has been growing a stellar selection of plants since 1927. Or you can stop and smell the flowers at **Vanderveen's Greenhouses**, famous for supplying Manitobans with bedding plants and poinsettias for more than 30 years and for its 800,000 square feet of greenhouse space offering a dazzling array of plants.

## Lunch: Dine Al Fresco

Stop by the **Carman Co-op** and pick up a fresh made sushi bento box, made specially for you by an on-site professional sushi chef at the Bento Sushi kiosk, along with any other treats and staples to suit your palate. Then kick back and enjoy a relaxing picnic lunch among the beautiful foliage at **King's Park**, located within Carman.



## Afternoon: Say "Ahhhh..."

Relax at the capable hands of **Whitney's Massage Therapy**. A registered massage therapist, Whitney's offers many modalities, such as Swedish massage techniques, pre-natal massage and paraffin wax treatments. Call 204-745-8143 to book your appointment.

After your massage stroll down Main Street, ducking into **Knockabouts** for designer fashions, **Evensong Accents & Gifts** for exquisite accessories, art and decor, and The Stepping Stone for handcrafted woodworking and crafts. Fancy a snack? Head a block over to 1st Avenue and satisfy your sweet tooth at the **Carman Bakery & Pastry Shop**. With an extravagant variety of treats and traditional Dutch dainties, you'll be unable to resist taking some home with you. While you're on 1st Avenue, check out the designer label pieces and second-hand treasures at **Nine Lives Fashions** consignment store.

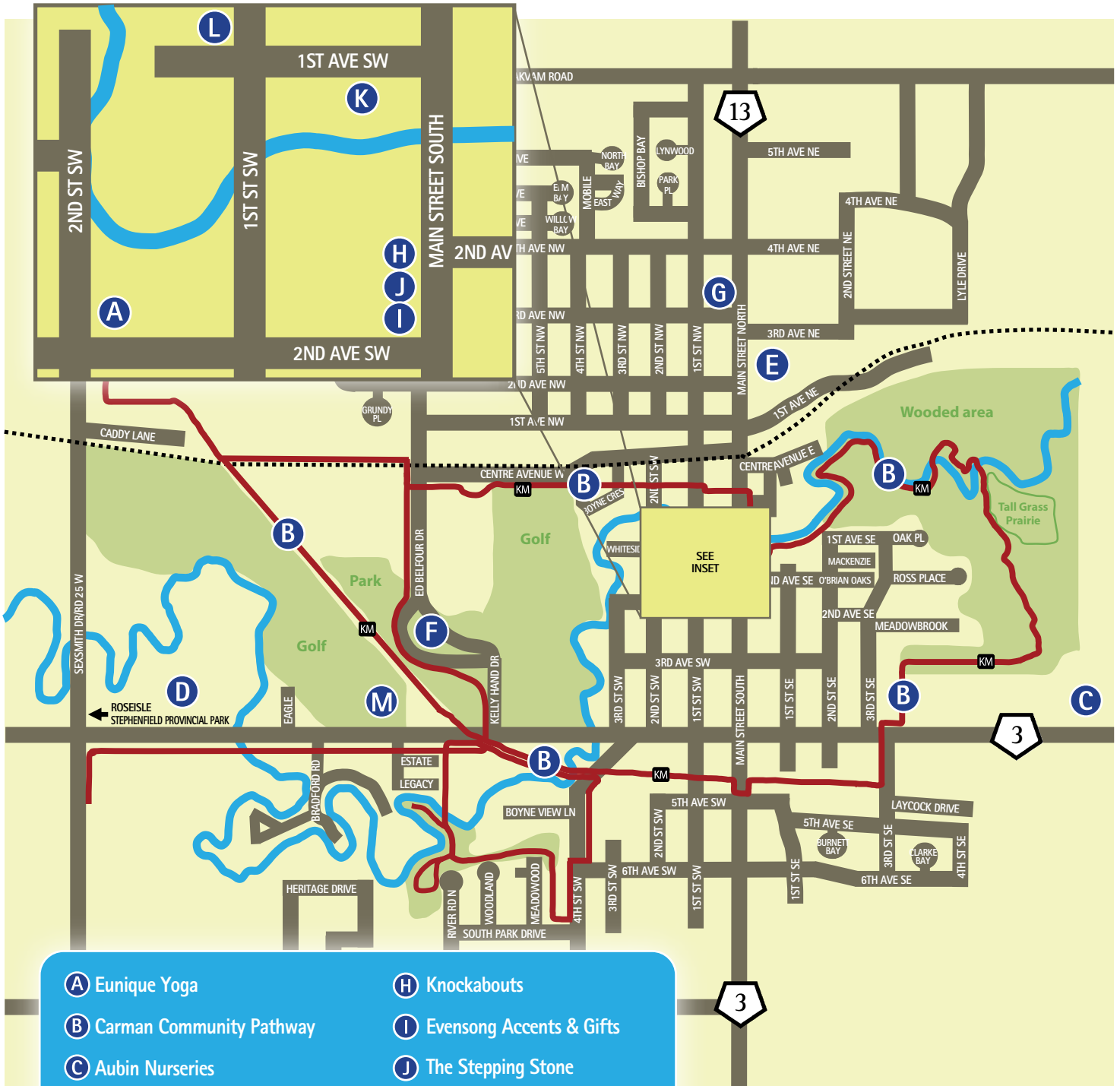
## Dinner: Enjoy Classic Country Fare

Put your feet up and enjoy a hearty platter with a gorgeous view from the outdoor terrace of **McGee's Restaurant** at the scenic **Carman Golf & Curling Club**. Or, you can chow down and enjoy the traditional drive-in experience at nearby Spark's Drive Inn, just outside of Stephenfield Provincial Park (open May long weekend through September long weekend).



[carmanmanitoba.ca/visiting](http://carmanmanitoba.ca/visiting)





- |                               |                                 |
|-------------------------------|---------------------------------|
| (A) Eunique Yoga              | (H) Knockabouts                 |
| (B) Carman Community Pathway  | (I) Evensong Accents & Gifts    |
| (C) Aubin Nurseries           | (J) The Stepping Stone          |
| (D) Vanderveen Greenhouses    | (K) Carman Bakery & Pastry Shop |
| (E) Carman Co-op Food Store   | (L) Nine Lives Fashion          |
| (F) King's Park               | (M) McGee's at the Golf Course  |
| (G) Whitney's Massage Therapy |                                 |