



Feel the energy of a city on the rise

Regina Welcomes You!

Hang with the locals and feel at home as you revel in our experiences. Take some time to embrace tradition, inspire passion, feed your artists soul, and connect with nature. Regina is a unique blend – home to a the RCMP training centre, a 100-year-old symphony orchestra and the nation's most passionate sporting enthusiasts.

It's a shining city rising from a flat prairie landscape, less than an hour from a stunning valley studded with sparkling lakes. From the inspirational and the historic to the little quirks that give it its charm, Regina will capture your heart and provide every reason to return again and again.

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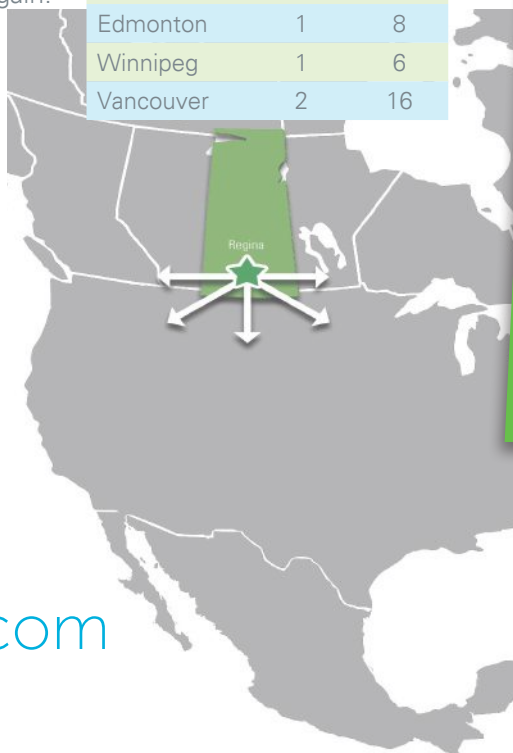
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www.tourismregina.com



Distances by air and land:

Situated on the Trans-Canada Number 1 Highway, Regina is an ideal location to visit while travelling west to Alberta or east to Manitoba

From	Air	Land
Calgary	1	8
Edmonton	1	8
Winnipeg	1	6
Vancouver	2	16



Only in Regina – Let us capture your heart:

RCMP Academy, Depot Division, is the sole training centre for new Mounties in Canada. Visit the galleries, tour the training facilities or view the colourful RCMP Sunset-Retreat Ceremony, a Canadian Tourism Commission Signature Experience, featuring Mounties on parade in their traditional scarlet tunics.

Wascana Centre, North America's largest urban park is located in the heart of the city. Lose yourself in this elaborate park with 2,300 acres of green space, a stunning lake and an urban forest.

See the vibrant arts and culture scene with Canada's only permanent theatre in the round: Regina's Globe Theatre.

Visit our craft breweries and sample award-winning brews made with Saskatchewan ingredients or be tantalized with farm to table cuisine by our many accomplished chefs.

Or experience 'Rider Nation': Regina is home to the CFL's Saskatchewan Roughriders and the Super Fan experience. Come check out our new stadium in 2017!

tourismregina.com

RCMPHC.com



Regina's Crown Jewel

RCMP Heritage Centre

Museum Exhibits

The main exhibit gallery features six long term exhibits of which four take guests on a chronological journey that started by an act of parliament in 1873 in response to a need to maintain law and order in the then vast Northwest Territories. The last two exhibits are more contemporary in nature. "Cracking the Case", turns visitors into crime scene investigators. Learn all about counterfeiting, ballistics, forensic light source technology, and more as you work to solve the crime displayed in this exciting exhibit. The Musical Ride exhibit explores the famed RCMP Musical Ride from a historical and modern day perspective. Learn about the history of the ride and then put yourself in the saddle for a 3D virtual experience from a rider's perspective. Finally, the Feature Gallery never disappoints with a different newly curated or travelling exhibit rotating through on a regular basis.

Theatre and Shopping

A visit to the Centre would not be complete without catching one of the many "Mountie" themed-movies in the state-of-the-art SGI Canada Theatre. Shows are presented every hour on the half hour.



When planning your visit allocate some time to visit the Central Trading Post where guests will find a variety of RCMP licensed products. Our friendly staff will gladly ship your purchase anywhere in the world.

RCMP members are born all over the world, but they are made in Regina, Saskatchewan at RCMP Academy "Depot" Division. "Depot" has been training the brightest and the best since 1885. Located on the front lawn of this historic training facility, the RCMP Heritage Centre brings to life one of Canada's oldest and most iconic stories, the story of the Royal Canadian Mounted Police.

Other Amenities & Services

- Large public washrooms
 - Coatroom
 - Vending machines
 - Seating areas for bagged lunches
 - Wheel chair accessible
 - Wheel chairs and strollers available for guest use
 - Free parking
 - Motor coach and RV parking
 - Facility rentals
 - French and German services available upon request *
- * with a pre-booking

Telling the Story of the RCMP



Tours and Live Events

AVAILABLE EVERY DAY

Self-guided audio tours of the Main Exhibit Gallery. Proudly sponsored by The Mosaic Company. Be led through our galleries by an audio tour portraying Sir Sam Steele. One of the original members of the North West Mounted Police and arguably one of the best known Mounted Policemen in history, Steele takes you through some of the pivotal moments in the history of the Mounted Police, of the Canadian West, of the Far North and of the late British Empire.



STARTING MAY 23, the Force's Birthday, until Labour Day

Monday to Friday at 12:45 p.m. Sergeant Major's Parade at RCMP Academy, "Depot" Division. Watch as drill staff put cadets through their paces. The parade includes a roll call and inspection of the troops, accompanied by the cadet band. During the rest of the year, the Sergeant Major's Parade is held every Monday, Wednesday, and Friday at 12:45 p.m.



Daily driving tours of RCMP Academy, "Depot" Division.

Proudly sponsored by the Regina Hotel Association. Hop on one of our "people movers" and experience the RCMP in a whole new way. Get a comprehensive view of where one of the world's most renowned police forces trains their cadets. Learn about both the history and modern

day workings of the Force. Special private tour times can be arranged for groups of 10 or more. Please consult our friendly staff for details.



LAUNCHING JULY 1, Canada Day, and continuing every Tuesday until mid-August

Tuesdays at 6:30 p.m. Sunset Retreat Ceremony, member of the Canadian Signature Experience Collection. A great display of the iconic red serge and dismounted cavalry drills to the delight of locals and tourists alike. Retired horses from the famed musical ride are often in attendance. Don't forget to bring a lawn chair.



Hours of Operations

11 a.m. – 5 p.m. 7 days a week

Access to the Heritage Centre is granted prior to regular hours of operation to groups of 10 or more who pre-book. See rcmphc.com for closure dates.

RCMP Heritage Centre
5907 Dewdney Ave, Regina, SK
S4T 0P4
www.rcmphc.com
[Facebook.com/RCMPHC](https://www.facebook.com/RCMPHC)
[Twitter @RCMP_HC](https://twitter.com/RCMP_HC)

Travel Trade & Fit Admission Rates

Kinder (5 and under) – Free
Child/Youth (6-17) - \$5.00
Adult - \$9.00
Seniors (60+) - \$7.00

Experience Our Many Stories

Tradition

Government House
governmenthouse.gov.sk.ca

Built in 1981, venture through this national historic site and provincial heritage property. This museum and historic Edwardian Gardens lets you glimpse into life at the at turn of the 20th century. Guided, self-guided and picnics available.



Saskatchewan Legislative Building
legassembly.sk.ca

Explore our marble palace - the Saskatchewan Legislative Building. Completed in 1912, it is the largest legislative building in Canada and features 34 different types of marble from around the world. Guided tours available.

Passion

Rider Nation invites you to leap to your feet.
riderville.com

A Rider home game is an experience like no other, find yourself getting caught up in the energy and excitement of the Saskatchewan Roughrider Super Fans. Wear green and instantly become part of a community whose roar can be heard across the country.



Feed your Artist's Soul

The Music Scene
mcnallystavern.ca
creativecitycentre.ca

Located in a restored heritage building in the heart of downtown Regina, the Creative City Centre provides a place to experience creativity in all forms – visual arts, music, theatre, film, and literary arts. Want to hit up another local music scene? Try McNally's Tavern, which offers live bands and open jam nights.



Hang with the Locals
tourismregina.com

Savour the essence of the prairies with locally grown, raised, brewed and distilled tastes of Regina. Feel the prairie hospitality and foodie passion while touring our Farmers' Market, famous breweries, and unique restaurants.



Globe Theatre
globetheatrelive.com

Say goodbye to reality and enter a world of fantasy as you take a seat in Canada's only permanent theatre in the round: Regina's Globe Theatre. This is the province's largest performing arts organization and the regional theatre for Regina and southern Saskatchewan.



Nature

Wascana Centre
wascana.sk.ca

Located in the heart of the city, this elaborate park has 2,300 acres of green space, a hand planted urban forest and wildlife reserves. Wascana centre is home to over 10km of walking and bike trials, marsh areas and a bird sanctuary.



Just Beyond Regina, Lumsden
tourismregina.com/beyond-regina

Just a 25 minute drive from Regina through the scenic rolling hills of the Qu'Appelle Valley you will find the beautiful town of Lumsden. A charming prairie town that is home to Over the Hill Orchards, Last Mountain Distillery and a variety of vegetable farms. Guided and group tours are available daily.

