

Nearby Services – Directions for amenities near the CMSA convention site

Welcome to Regina! To help you enjoy your stay, the Regina Mandolin Orchestra has put together a list of local amenities to help you enjoy your time with us.

Our convention hotel: Executive Royal Hotel: 4025 Albert St. 306-586-6755

Telephone note: dialing any local phone number in Saskatchewan requires the area code 306.

First things first – nearby food!

Besides the food options at the convention hotel. There are quite a variety of nearby grocery stores and eateries.

Grocery Stores – all of these are a short walk from the hotel:

- **Safeway** – an all purpose grocery store which includes pharmacy. This is your closest grocery store. Walk one block north on Albert St. to 3801 Albert St.
- **Extra Foods** – an all purpose grocery store which includes pharmacy – a bit larger than Safeway. This is pretty much the same distance north of the hotel, but requires crossing Albert St and entering the Golden Mile Shopping Centre. 3960 Albert St.
- **Old Fashioned Foods** – good selection of health foods (including gluten free) and other natural products; across the street from the hotel and slightly north at 3976 Albert St.

Restaurants – stroll north on Albert St. to 25th Ave. or south on Albert St. as far as you would like to walk and you will find a variety of restaurants and fast food outlets including:

- **Magpies Kitchen** - 4059 Albert St - Coffee and more! Straight across the South lot of the hotel.
- **Western Pizza** – your closest pizzeria at 3874 Albert St.
- **Original Joes Restaurant and Bar** – 3806 Albert St. www.originaljoes.ca – located in the parking lot of the Golden Mile Shopping Centre; casual fare.
- **Smitty's Golden Mile** – 3806 Albert St.; in the Golden Mile Shopping Centre.
- **Earls** – 2606 28th Ave. www.earls.ca – cross Albert St. and walk south.
- **Brewsters BrewPub** – 4180 Albert St. www.brewsters.ca – casual dining; cross Albert St. and proceed south.
- **Greko's Restaurant and Steak House** – 4424 Albert St. – best known for its Greek food.
- **Pasta Prima** – 4440 Albert St. www.pastaprima.ca – Italian food known locally for its fresh pasta – cross Albert St. and proceed south.
- **Tony Roma's** – 4450 Albert St. – ribs, seafood and steak, www.tonyromas.com
- **Tim Horton's** – 4225 Albert St. – Canada's most popular coffee shop – during the convention, try a Smile Cookie (all proceeds from cookie sales will be donated to the Regina Early Learning Centre).
- **Keg Steakhouse and Bar** – 4265 Albert St. www.kegsteakhouse.com
- **Cottage Restaurant** – 4409 Albert St. – steakhouse.
- **Wok Box** – 4505 Albert St. – popular East Asian and South Asian restaurant and take out.
- **Plum Garden** – 4355 Albert St. – oriental buffet.
- **Montana's** – 2655 Gordon Rd – that's near the Chapters bookstore at the extreme south end of Albert St.
- **Melrose Place** – 4030 Albert St. – hearty family restaurant.
- **Nearby fast food includes:** Dairy Queen, Kentucky Fried Chicken, Wasabi Sushi, Subway, Mr. Sub, and the food court in the Golden Mile Shopping Centre. If you want to order in, check out this delivery service – www.skipthedishes.ca. Remember your postal code at the hotel is S4S 3R6.

Other Services

Bank/ATM Machines The hotel has an ATM machine but it may have a higher service charge. Royal bank has a machine in the Golden Mile Shopping Centre and the Esso Gas station on Albert St. also has a machine.

Liquor/Wine Stores You won't find beer, liquor or wine in food stores, but there are two options within a short walk of the convention hotel:

- **Saskatchewan Liquor Board Store** – 4034 Albert St. – more or less across the street behind the Dairy Queen and Earls Restaurant.
- **Willow Park Wine and Spirits** – 3809 Albert St. – just north of the hotel.
- **Travelodge Hotel Beer and Wine store** – limited selection – in the Travelodge hotel immediately south of the convention hotel.

Medical

- **For serious emergencies** – phone 911.
- **Nearby walk-in clinics:**
 - **Albert Park Family Medical Centre** – 3992 Albert St., 306-584-3833.
 - **Golden Mile Medi-Clinic** – in the Golden Mile Shopping Centre, 306-584-3701.

Transportation

- **Taxis** – check the phone book or the hotel front desk for quick taxi service.
- **City buses** – for Regina Transit information: www.transitlive.com

Other Attractions

- **Wascana Park** – Regina has one of North America's largest urban parks; it surrounds a man-made lake (the legacy of a depression-era make work project) – today it's a spacious, forested home to government, hospital and university building with wide open spaces – a perfect place for a walk or run on an autumn day. While in the park, take of tour of the seat of the provincial government at the **Saskatchewan Legislative Building**.
- **Mackenzie Art Gallery** – Located close by on the southern edge of the Wascana Centre parkland, at the corner of Albert St. and 23rd Ave. in the TC Douglas Building – Regina's largest public gallery, this month featuring some of Canada's original great Aboriginal artists.
- **Royal Saskatchewan Museum** – Explore Saskatchewan past, present and future at Regina's largest museum – a short trip north on Albert Street, across the historic Victoria Bridge – 2445 Albert St.
- **RCMP Heritage Centre** – learn more about the history of Canada's iconic Mounties – on west side of the city, just north of the airport, at the expansive training academy where all Mounties in Canada receive their basic training – 5907 Dewdney Ave. – Admission \$10.
- **Regina Farmer's Market** – Wednesday and Saturday mornings in the City Plaza in the heart of downtown Regina.

Just ask! Members of the Regina Mandolin Orchestra will be wearing an RMO name tag.
Just ask us if you have questions about your stay in Regina!