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ALL YOU NEED TO PLAN YOUR PERFECT TRIP



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# Capture the Spirit of Calgary

## **Calgary, 3 Days**

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# Guide Description



**AUTHOR NOTE:** Calgary is a youthful, energetic city with lots going on. If you're lucky enough to have a weekend here, or just a few extra days tacked on to a business trip, here's what to do to make sure you hit a little bit of everything that makes the city unique.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Calgary

**DAY NOTE:** Downtown Calgary is full of character, and it's small enough that you can do your own walking tour and make it as long or short as you like. Begin on Stephen Ave., where you'll find plenty of dining options for breakfast, brunch or morning coffees. While you walk the cobblestone street, you can explore art galleries, shops, historic buildings or the pubs, if that's more your speed. Later, go to the top of the Calgary Tower for a panoramic view of the city - the jury's still out on if the day view is better than the night. Wind up your tour in Chinatown and at the Calgary Chinese Cultural Centre, an architectural tribute to the large international population in our city. Then go for dinner at one of the many downtown restaurants – there are simply too many choices for me to make a recommendation.



### Stephen Avenue Walk

A vibrant stroll through the heart of the city



### Calgary Tower

Calgary's most famous urban landmark features a rotating dining room from which to take in the best view in the city



### Olympic Plaza

A central park for skating, water-wading, and festivals!



### Calgary Chinese Cultural Centre

A vibrant glimpse into the Calgary Chinese community, located in the heart of Chinatown. Make sure you explore the neighborhood afterwards!

go watch a game anywhere on 17th Avenue. And never, ever, wear the colours of the opposing team on game night.



### Canada Olympic Park Bobsleigh Rides

Professionally-driven, public bobsleigh rides



### Canada Olympic Park Ski Hill

Skiing and snowboarding in the city



### Calgary Flames

Go Flames go!

## Day 3 - Calgary

**DAY NOTE:** Alberta is a farming province and we are proud of that. The Calgary Farmer's Market is a great place to sample some of our home-grown products, and to spend the morning shopping, sampling, eating and enjoying the vibe of wholesome Albertans. Local favourites include Saskatoon berry pie, elk, bison and hand-crafted furniture.



### Calgary Farmer's Market

Delicious, locally-grown food, one-of-a-kind gifts, music and more!

## Day 2 - Calgary

**DAY NOTE:** As you meet the locals, you may find a common trend: We love the mountains, and many people here have relocated to be near them. So part of your tour in Calgary must include experiencing the outdoor activities that people here love. Luckily, you can do that right in the city, at Canadian Olympic Park. C.O.P. offers outdoor activities year-round, including bobsleigh rides in the winter and ziplining in the summer, for the more adventurous, and historical tours through the '88 Olympics venues for the less adventurous. But the very best way to tap into the spirit of Calgary is to go see a Flames game. It's incredible how much Calgarians love their team, and the only way to really experience it for yourself is to see a game. Check the Flames website for tickets, or search other websites where people sell privately, such as craigslist.com or eBay. If you can't get tickets,

# Day 1 - Calgary

## QUICK NOTE

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### contact:

tel: 403 215 1566 (Calgary Downtown Association.)  
fax: +1 403 265 1932 (Tourist Information)  
<http://calgarydowntown.com/SAW/>

### location:

8 Avenue Southwest  
Calgary AB T2P 1C2

## 1 Stephen Avenue Walk

**DESCRIPTION:** Stephen Ave.'s cobblestone streets mark the core of downtown Calgary. Not only does it offer restaurants, bars and pubs, cafes, shopping, art galleries and more, several of the buildings along the street are more than 100 years old and beautiful architectural works. Check out the Old City Hall, the Hudson's Bay Company and the old Bank of Montreal Building. Also nearby are the Calgary Tower, the main library, and the downtown shopping mall. © NileGuide



editor

### contact:

tel: 403 266 7171  
fax: 403 266 7230  
<http://www.calgarytower.com/>

### location:

101 9th Avenue SW  
Calgary AB T2P 1J9

### hours:

October to May daily  
9am-9:30pm; June to  
September daily 7am-  
10:30pm

## 2 Calgary Tower

**DESCRIPTION:** Although some of downtown Calgary's office towers are actually taller, the Calgary Tower remains the city's most distinctive landmark. Officially opened in 1968, it remains a popular visitor attraction, providing a panoramic view of the mountains to the west and the surrounding foothills and prairie. On the observation deck there is access to binoculars, multimedia information kiosks and the thrilling Glass Floor Experience. The dining room rotates, allowing visitors the chance to relax with a meal while viewing the entire city from their window-side tables at the Panorama Dining Room. Tops Grill, located above the observation deck, is open seasonally and offers a light menu. © wcities.com



wcities

### contact:

tel: 403 263 8510  
fax: +1 403 538 6111(Tourist Information)  
<http://www.calgaryplus.ca/portal/profile.do>

### location:

228 8th Ave. SE  
Calgary AB T2N 1J9

## 3 Olympic Plaza

### OUR LOCAL EXPERT SAYS:

Make sure to bring your own skates in winter as rentals are not offered here. Parking downtown is a pain during the day, but it's pretty easy to find in the evening. There's a C-train station at Olympic Plaza for public transit users.



wcities

**DESCRIPTION:** In 1988, Calgary became the first Olympic city to present medals at one specific location, ie. Olympic Plaza, which is in the heart of Calgary's Downtown next to City Hall and Stephen Ave. It is now home to festivals, winter skating, and summer lunch-breaks. Each year there is a famous Stampede breakfast held at the Plaza, and many Calgarians gather for Canada Day firework celebrations on July 1.  
© NileGuide

**contact:**

tel: 403 262 5071

fax: 403 232 6387

<http://www.culturalcentre.ca/>

**location:**

197 1st Street

Calgary AB T2P 4M4

**hours:**

Daily 9a-9p

**4 Calgary Chinese Cultural Centre**

**DESCRIPTION:** The Calgary Chinese Cultural Centre is a 70,000-sq.-ft. Celebration of Chinese culture and multi-culturalism in downtown Calgary. The brightly decorated building features a museum, a library a gift shop and the highlight – a central dome modelled after the Temple of Heaven in Beijing, designed by Chinese artists with 561 hand-painted dragons on the ceiling and blue tiles imported from China. The Chinese Cultural Centre is in a perfect location to include in a tour of downtown. Adjacent are Chinatown, the Eau Claire Market and the river pathway system. © NileGuide



# Day 2 - Calgary

## QUICK NOTE

**DAY NOTE:** As you meet the locals, you may find a common trend: We love the mountains, and many people here have relocated to be near them. So part of your tour in Calgary must include experiencing the outdoor activities that people here love. Luckily, you can do that right in the city, at Canadian Olympic Park. C.O.P. offers outdoor activities year-round, including bobsleigh rides in the winter and ziplining in the summer, for the more adventurous, and historical tours through the '88 Olympics venues for the less adventurous. But the very best way to tap into the spirit of Calgary is to go see a Flames game. It's incredible much Calgarians love their team, and the only way to really experience it for yourself is to see a game. Check the Flames website for tickets, or search other websites where people sell privately, such as craigslist.com or eBay. If you can't get tickets, go watch a game anywhere on 17th Avenue. And never, ever, wear the colours of the opposing team on game night.

### contact:

tel: 403 247 5452 (Park)  
fax: +1 403 286 7313  
[http://www.winsportcanada.ca/cop/activities/bobsleigh\\_ride\\_s.cfm](http://www.winsportcanada.ca/cop/activities/bobsleigh_ride_s.cfm)

### location:

88 Canada Olympic Road  
Southwest  
Calgary AB T3B 5R5

## 1 Canada Olympic Park Bobsleigh Rides

### OUR LOCAL EXPERT SAYS:

These rides are available on afternoons from December-February. It's best to drive to COP, as it's not easily accessible by public transit. Consider trying the luge if the bobsleigh is out of your price range!

**DESCRIPTION:** Many consider the 1988 Olympic track to be one of the finest in the world. This is your chance to have a professional driver take you down an Olympic bobsleigh course, which will pull 5Gs around 14 corners at speeds up to 120km/h. Truly, this is an unforgettable, 60-second adrenaline rush and a fine legacy to the Games.  
© NileGuide



thelastminute

### contact:

tel: +1 403 247 5452  
[http://www.winsportcanada.ca/cop/index\\_cop.cfm](http://www.winsportcanada.ca/cop/index_cop.cfm)

### location:

88 Canada Olympic Park Rd.  
SW  
Calgary AB T3B 5R5

### hours:

Tour venues 10am-4pm  
daily, Ski hill Nov 14-Mar  
29 weekdays 9am-9pm;  
weekends 9am-5pm

## 2 Canada Olympic Park Ski Hill

### OUR LOCAL EXPERT SAYS:

You can rent equipment at COP for a fair price. It can be worth shopping around town, if you really want a bargain, but chances are good that COP is the best value.

**DESCRIPTION:** Canada Olympic Park (aka COP) is a major attraction in Calgary, welcoming over 1 million visitors per year from all over the world. It has Canada's second largest ski school, the only urban half-pipe in North America, as well as a host of other unique athletic activities, such as bobsleigh, cross-country, and mountain biking. This is a great spot to learn, if you're a beginner, especially if you want to take on the Rocky Mountains next! It is also a great place to learn about the history of the 1988 Winter Olympics and other Canadian athletic accomplishments.



thivier

**contact:**

tel: 403 777 0000

fax: 403 777 3695

<http://www.calgaryflames.com>

/

**location:**

555 Saddledome Rise SE

Calgary AB T2G 2W1

**3 Calgary Flames**

**DESCRIPTION:** The Flames moved from Atlanta to Calgary's Stampede Corral Arena in 1980, bringing Calgarians their piece of the Canadian obsession with hockey. Three years later, the Flames moved into their new digs in the Olympic Saddledome, one of sport's more oddly shaped shrines. The regular season runs from October to April. The playoffs, in which the Flames have of late been participants, stretch into June. © wcities.com



davidgsteadman

# Day 3 - Calgary

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QUICK NOTE

**DAY NOTE:** Alberta is a farming province and we are proud of that. The Calgary Farmer's Market is a great place to sample some of our home-grown products, and to spend the morning shopping, sampling, eating and enjoying the vibe of wholesome Albertans. Local favourites include Saskatoon berry pie, elk, bison and hand-crafted furniture.

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**contact:**

tel: 4(403) 240-9113

<http://www.calgaryfarmersmarket.ca/>

**location:**

510 77th Avenue SE  
Calgary AB T2H 1C3



## Calgary Farmer's Market

**DESCRIPTION:** The Calgary Farmer's Market is open year-round, with longer hours in the summer. It recently moved from Currie Barracks, in the SW, to Blackfoot Trail, in the SE. The new facility is set to open by February 2011.

The market is home to some of Alberta's best fresh produce, baked goods, homemade products, crafts and much more. It also has restaurants and an eating area, as well as fantastic coffees, so it's a great place to come for brunch or lunch. Come in the morning to avoid a bigger crowd. And don't eat until you've tried all of the many free samples, especially the Saskatoon Berry pie. © NileGuide

# Calgary Snapshot

## Local Info

There are a lot of words that fit Calgary: Youthful. Dynamic. Enterprising. Independent. Pioneering. Innovative. From our spectacular Rocky Mountain backyard to our lively Stampede spirit, Calgary has a pace of life that is vibrant and energetic. Calgary is quickly becoming Canada's economic power-house. It is second only to Toronto in its number of Corporate Head Offices and is clearly the hub of Canada's petroleum industry, making Calgary a boom town like none other.

The city is a massive urban-sprawl, taking up approximately 215,000 acres (4.6 persons per acre), which is divided up into four quadrants (NE, NW, SE, SW) which meet in the Downtown Core. It can make getting around town difficult, but it's easy to navigate with a car. Calgary has huge open parkland, including Fish Creek Park, Nose Hill Park, and the Bow River pathways, and maintains world-class athletic facilities, which are remnants of the 1988 Winter Olympics.

## Downtown Core

Downtown Calgary is always on the move. From Stephen Ave. to Eau Claire Market, there's always business being done. While you enjoy a coffee at a Starbucks, it's very likely the group next to you is putting together a deal to drill for oil! The industry operates at a frenetic pace. But for 10 days in July, that is. Downtown ceases working during Stampede week, as there's a party on every corner! Don't even think about wearing professional business attire; it's jeans and cowboy duds, only!

The Calgary Tower remains an icon from the Olympic era, although it's now dwarfed by other buildings, including the newly built Bow Tower. A trip up the Calgary Tower is still great, though, especially on clear days when the Rocky Mountains look close enough to touch. Olympic Plaza is ideal for skating in December, as the city drapes Christmas lights over the trees. It's an easy stroll to get a coffee or hot chocolate on Stephen Ave. In the summer, the Eau Claire Market and the trails around Prince's Island Park provide a refreshing break from downtown, and are popular lunch spots with downtown office workers.

## Southwest

The Southwest is the most affluent quadrant of the city. It includes the haute couture shopping of 17th Ave, aka the Red Mile, and 4th Street. The Elbow River winds its way from the Glenmore Reservoir to the Stampede Grounds, where it meets up with the Bow River. It's a fun afternoon to float from Sandy Beach past Stanley Park to the Talisman Centre. North Glenmore Park is also a great spot for a picnic, and Heritage Park is a favorite for locals. And, don't miss out on the world famous Spruce Meadows!

## Southeast

The Southeast is largely an industrial center. The Scotiabank Saddledome and the Stampede Grounds are in the SE near the Core, and are easily accessible by the C-train. There's also the shopping district of Inglewood, which has some unique stores, as well as Fort Calgary. Just down McLeod Trail from the Saddledome, you can find Chinook Centre, which is one of Calgary's best shopping malls.

## Northeast

Sadly, the Northeast is a largely 'forgotten' about quadrant, separated from the rest of the city by Deerfoot Trail. It is a largely residential area, except for the Calgary International Airport. Also, the Calgary Zoo is in the NE, near the Core. If you want shopping, Canada's largest mall, CrossIron Mills, recently opened in Balzac, just a few minutes north of the airport.

## Northwest

The Northwest is home to the University of Calgary, which boasts over 30,000 students! The Calgary Stampeders, our beloved Canada Football League team, play at McMahon Stadium, which is the home of the U of C Dinos, as well. Canada Olympic Park is an in-city ski hill and world-class athletic training facility. Nearer to the Core you can find Kensington Village, a small collection of shops, galleries and restaurants. It's one of Calgary's most trendy, artistic areas. Check out Crave Cupcakes for something uniquely Calgaryian (and delicious!).

© NileGuide

## History

Experts believe that humans have inhabited the Bow River Valley for at least 11,000

years, having made their way down the Bering Straight from Siberia at the end of the last Ice Age. The Piikani (Peigan), Siksika (Blackfoot), Kainai (Blood), Nakoda (Stoney) and Tsuu T'ina (Sarcee) nations lived in what is now Southern Alberta, where they hunted bison and other plains/woodlands animals. David Thompson was the first European to document his interaction with the native peoples, having wintered along the Bow with the Piikani in 1787.

The Hudson's Bay Company, who owned the lands which comprised the Hudson's Bay watershed, set up trading posts around what was then called Rupert's Land. They traded for animals pelts with the natives, which were transported to Paris, London, and New York and commanded high prices for their quality. The native way of life would not change drastically until the 1870's, when the bison were hunted almost to extinction.

In 1870, the Dominion of Canada purchased Rupert's Land from the Hudson's Bay Company for 300,000 pounds sterling. In 1873, the federal government created the Northwest Mounted Police to protect the native peoples and the fur trade from American whiskey traders. They established Fort Calgary in 1875 and helped to restore order to the region.

Meanwhile, homesteaders began moving westward into Alberta's fertile prairies. Historians consider John Glenn to be the first settler in Calgary in 1873. By 1884, Calgary incorporated into a town. Ten years later, it incorporated again into "the City of Calgary," which was at that time a part of the Northwest Territories. Hundreds of settlers continued to come west, forever changing the region.

Due to fears of American expansion into the Northwest Territories, the Canadian government proposed the creation of the Canadian Pacific Railway, which would connect the Atlantic to the Pacific. The Rocky Mountains posed a huge obstacle, but they managed to work through the Kicking Horse Pass. This decision routed the railroad through Calgary in 1883, dramatically increasing the profile of the city by making it the 'jumping off' point for settlers to the area. The land around

## Calgary Snapshot continued

Calgary was ideal for homesteaders to grow grains and herd cattle.

In 1914, oil and gas were discovered in Turner Valley, and by 1919 many of the local ranchers had become wealthy supplying the First World War effort. It was Calgary's first, but certainly not last, oil boom.

In 1912, Guy Weadick, an American entertainer, founded the Calgary Exhibition and Stampede. It did not continue through the war years, but did come back in 1919 as a celebration of the returning troops. After 1923, it became an annual celebration of western culture and rodeo, dubbing itself the "Greatest Outdoor Show on Earth." It is now one of the most famous aspects of summer in Calgary, attracting 1.2 million visitors per year.

The oil and gas industry did not assert itself in Alberta until 1948, when Imperial Oil discovered the Leduc formation. This proved to be one of the greatest discoveries of oil in Alberta's history. It also introduced seismic technology to the region, which would lead to major discoveries all over Alberta. Calgary became the financial hub of the oil industry in Alberta in large part because of its proximity to the railroad and is now home to many of the largest energy companies in the world. The industry now employs about 30% of Calgaryans.

During the 1990's, many of Canada's largest corporations also moved the head offices to Calgary from more traditional centers, such as Montreal and Toronto. It is not just oil and gas, anymore, as Calgary has growing electronics and e-commerce sectors. Tourism is also a major industry in Calgary, thanks to the Stampede, the 1988 Winter Olympics, and the nearness of Banff National Park.

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### Hotel Insights

Because Calgary is so spread out, you will have to consider where your desired activities are located before choosing your accommodations.

Definitely the highest quality and most luxurious hotels are Downtown. These are surrounded by Calgary's finest dining, entertainment, and business districts, too. You can choose from major brands, such as Hyatt, Sheraton, and Westin, or stay in the

historic (and beautiful) Palliser Hotel. There are also many options for hotels near the airport and all throughout the city.

### Downtown

The first major hotel in Calgary was the Palliser Hotel, built by the Canadian Pacific Railway (they also built the Banff Springs Hotel, among many others). The Palliser is a testament to the railroad history that put Calgary on the map in the 1880's. Most travelers come to Calgary by plane, now, but the Fairmont Resorts company has continued to provide excellent quality and service at these classic hotels. Other top end choices include the Eau Claire Sheraton Suites, the Westin, and the Hyatt Regency.

### Airport

Calgary International Airport is in the NE part of Calgary, a fair distance from the Core. There is a Delta hotel at the airport, but there are a lot of options near the airport that offer shuttle service, including the Sheraton Cavalier and the Holiday Inn Express Airport.

### Bowness/ Banff Trail

Bowness is conveniently located near the western end of 16th Ave (the Calgary section of the Trans-Canada Highway). It makes this part of town an easy location to jump off from in order to get to Banff. Bowness is across the highway from Canada Olympic Park and only about 10 minutes from the Core. These areas, though, are difficult to access without your own vehicle.

The Banff Trail is closer to the Core than Bowness, but it is also near 16th Ave. These hotels are near McMahon Stadium and the U of C, and they have a C-train station very nearby.

### MacLeod Trail

MacLeod Trail runs from the Core to southbound Highway #2. There are many hotels along this strip, all of which are moderately priced franchises, such as Best Western and Howard Johnson. The C-train runs along MacLeod, making it easy to get back and forth to the Core and the Stampede Grounds. MacLeod also has many restaurants, nightclubs, and malls.

### B&B

Calgary has a few excellent options for B&B, including Along River Ridge B&B, Bankview House B&B, and Betty's Bed & Breakfast.

© NileGuide

## Restaurants Insights

Calgary, like most major North American cities, has a wide variety of food and beverage options.

### Stephen Avenue Walk

Stephen Ave. is a pedestrian only section of 8th Ave. that runs from City Hall through the Core. There is a huge selection of restaurants in this area. For up-scale dining, Teatro, the Belvedere, and Catch are great choices. For ethnic food, The Rose Garden has good Thai and Mango Shiva has Indian. James Joyce is a great pub, and don't forget about Flames Central!

### 17th Avenue/Fourth Street

This district, known mostly for its shops, has a number of restaurants. The Ship and Anchor is one of Calgary's best pubs. Kashmir and the Spicy Hut offer an ethnic twist. And, the Living Room is a trendy, casual spot. There are also a lot of big franchises, too, such as Subway, Wendy's, etc.

Fourth Street offers more variety and is known as Calgary's restaurant row with 35 different restaurants offering all kinds of styles of food: Sushi, Indian, Greek, Pub, Diner, etc. A great district for foodies.

### Kensington

Kensington is known for its coffee shops. The House is a unique one. But, it also has a lot of restaurant options, too. Pulcinella serves authentic neapolitan-style pizza. Broken Plate serves Greek. In Kensington, you can get Vietnamese, Ethiopian, sushi, or traditional pub fare. There's a lot of choice.

### Inglewood

Inglewood is next to Calgary's 'east village', which is a largely run-down side of the Core. There are plans to revive the area, soon. Still, there are some goodies in this part of town. Club Paradiso is a piano bar, and The Hose and Hound Pub is a deserted fire-hall turned restaurant.

### MacLeod Trail

## Calgary Snapshot continued

MacLeod Trail has standard, chain restaurants and fast food for the most part. However, one great restaurant is Bolero, a Brazilian steak house.

© NileGuide

### Nightlife Insights

Although its not renown for world-famous nightlife, Calgary loves to party, particularly during the Stampede. Cowboys Nightclub is especially famous for its Stampede week festivities, among others, such as Ranchman's and Nashville North (which is set up on the Stampede Grounds every year). There are plenty of other nightclubs, too: the Whiskey, the Back Alley, the Roadhouse. If you want nightclubs, they aren't hard to find.

But, there's other sources of entertainment in Calgary, too. Check out the Scotiabank Saddledome for some Calgary Flames (or Hitmen) hockey, or any number of musical acts who come through town. The Calgary Stampeders (and U of C Dinos) play Canadian Football at McMahon Stadium. There's nothing else quite like an Canadian outdoor stadium in November! Or, if you want comfort and good food, try Flames Central on Stephen Ave.

Calgary's Jubilee Auditorium is world-famous for its acoustic quality, and it hosts many Broadway favorites, such as Mamma Mia!, Les Miserables, and The Lion King, among others. It also regularly shows opera and other artistic performances. The Epcor Centre for the Performing Arts and the Jack Singer Concert Hall hosts a wide variety of entertainers, from classical musicians to comedians, and it makes for a great evening downtown, as you can enjoy the best of Stephen Ave and a top-notch show. The Loose Moose Theatre is well liked for its improv, or try the Comedy Cave for stand-up.

For the indie movie lover, the Plaza and Uptown Stage and Screen are a must. The Calgary International Film Festival usually runs in late September. There are huge multi-plex cinemas in Calgary, too, for the mainstream movie lovers. They can be found in most of the major shopping malls, Chinook Centre, Market Mall, CrossIron Mills, etc.

There are a number of shopping districts, such as 17th Ave SW, Inglewood, and Kensington, and there are five major shopping malls. Downtown there is TD Square, Banker's Hall, and Eau Claire Market. Many communities have large shopping areas, too, such as 130 Ave SE, Westhills, etc.

The Calgary Folk Music Festival is a summer-time favorite, attracting an eclectic assortment of musicians. There's also the Calgary Jazz Festival every July. The Calgary Philharmonic Orchestra performs on a regular basis, as well. And, there's a steady stream of popular acts that come to town to perform at the Dome or one of the many clubs in Calgary.

© NileGuide

### Things to Do Insights

Much of Calgary's appeal is its nearness to the Rocky Mountains, and many of the best things to do in Calgary are mountain related. Kananaskis Country, or K-country, is a local favorite. This provincial park is not as famous as Banff National Park (and not even half as touristy), but it may be the most beautiful area in Canada. There is a profound amount to do in K-country, miles of hiking or biking, fishing, golfing at Kananaskis Country Golf Course (probably the best value for your dollar in Alberta), camping, sightseeing, horseback riding... and, it's only 45 minutes out of town!

In Calgary, there are plenty of ways to keep active. Try jogging or biking along Calgary's Bow River bike paths or Fish Creek Park or Nose Hill Park. Prince's Island Park is Downtown Core's peaceful spot and is great for a picnic or frisbee toss. Canada Olympic Park is fantastic for the sport lover. Try bobsledding, cross-country skiing, downhill skiing, ski jumping, or mountain biking, or the Olympic Oval on the U of C's campus is a great place to skate! Chinook River Sports can help you take advantage of the Bow River, if you want to raft or fish.

You can also learn the history of Calgary at Heritage Park Historical Village or Fort Calgary. The Glenbow Museum is also a neat place to learn about the First Nations or the geological history of Alberta. The Royal Tyrrell Museum in Drumheller is a world-class paleontology museum. Check out the Calgary Zoo, which has a wide

range of animals and will soon include Pandas!

Spruce Meadows is a famous show jumping facility, and it is a must for horse lovers. It has been host to Queen Elizabeth during some of her visits to Alberta, and is truly a great facility.

© NileGuide

### Travel Tips

#### Getting There

##### By Air

Calgary International Airport (+1 403 735 1200/ <http://www.calgaryairport.com>) offers service on numerous airlines. Its terminals house the following airlines:

Alaska Airlines (+1 800 426 0333/ <http://www.alaskaair.com>) American West Airlines (+1 800 235 9292/ <http://www.americawest.com>) Air Canada (+1 800 776 3000/ <http://www.aircanada.ca>) American Airlines (+1 800 433 7300/ <http://www.aa.com>) Canadian North (+1 800 661 1505/ <http://www.canadiannorth.com>) Continental (+1 800 525 0280/ <http://www.continental.com>) Delta (+1 800 221 1212/ <http://www.delta.com>) Jetsgo (+1 866 440 0441/ <http://www.jetsgo.net>) Northwest (+1 800 225 2525/ <http://www.nwa.com>) QuickAir (+1 800 551 7845/ <http://www.quickair.ca>) United (+1 800 241 6522/ <http://www.ual.com>) US Airways (+1 800 428 4322/ <http://www.usairways.com>) WestJet (+1 800 538 5696/ <http://www.westjet.com>) Zoom Airlines Inc (+1 866 359 9666/ <http://www.flyzoom.ca>)

Calgary Transit (+1 403 262 1000/ <http://www.calgarytransit.com>) offers service from the airport to destinations throughout the city.

Shuttle services are provided by Allied Limousine (+1 403 299 9554), Ambassador Limousine (+1 403 299 4910), Air Linker Limousine Service (+1 403 250 8300), and Limojet (+1 403 863 5268).

##### Rental Cars

Avis (+1 800 831 2847/ <http://www.avis.com>) Enterprise (+1 800 736 8227/ [http://www.enterprise.com/car\\_rental/home](http://www.enterprise.com/car_rental/home)) Budget (+1 800 527 0700/ <http://www.budget.com>) Hertz (+1 800 654 3131/

## Calgary Snapshot continued

<http://www.hertz.com>) Thrifty(+1 800 367 2277/ <http://www.thrifty.com>)

### By Train

Calgary is serviced by VIA Rail Canada(+1 888 842 7245/ <http://www.viarail.ca>) and Royal Canadian Pacific(+1 403 508 1407/ <http://www.cprtours.com>).

### By Bus

Calgary can be reached by Greyhound(+1 800 661 8747/ <http://www.greyhound.ca>), Red Arrow Motorcoach(+1 800 232 1958/ <http://www.redarrow.ca/home>), and a number of regional providers.

### By Car

Calgary can be reached by Trans-Canadian Highways 1, 2, and 72. Cab facilities from reputed companies like Associated Cabs Limited and Mesi Executive Limousine are available.

### Getting Around

Calgary Transit(+1 403 262 1000/ <http://www.calgarytransit.com>) offers extensive public transportation throughout the city.

©

### Fun Facts

1. In 2010, the Mercer Quality of Living survey ranked Calgary as the #1 Eco-City in the world, based on water availability and drinkability, waste removal, quality of sewage systems, air pollution and traffic congestion.

2. 2. Interesting fact: Calgary recently elected Naheed Nenshi as mayor. He is the first Muslim mayor in North America.

3. 3. Fun fact: The 1988 Calgary Winter Olympic Games Torch Relay lasted 88 days and spanned over 18,000 kilometers, making it one of the longest relays ever.

4. 4. At 58 stories, The Bow will be the tallest office tower in Canada outside of Toronto, when completed.

5. 5. Random fact: Downtown Calgary's Plus-15 system is North America's largest indoor network of walk-ways.

6. 6. Interesting fact: the Trans-Canada Pipeline, completed in 1958, was the longest pipeline in the world for more than two decades. It nearly bankrupted the federal government but it helped make Calgary a petroleum hub.

7. 7. The Calgary Flames moved from Atlanta to Calgary in 1979, winning the Stanley Cup in 1989.

8. 8. Founded by Guy Weadick, the first Calgary Exhibition and Stampede was in 1912. It has become one of the richest rodeos in the world and attracts over 1.2 million visitors per year.

9. 9. Calgary's population has increased nearly 35% since hosting the Winter Olympics in 1988 and crossed the 1 million mark in 2007.

1010. Random fact: Deerfoot Trail is named after the legendary long-distance runner,

Api-kai-ees, aka Deerfoot, who couriered messages on foot between forts in southern Alberta.

1111. Weird fact: Calgary's urban sprawl covers a geographical footprint the same size as New York City but with only about 10% of the population.

1212. Calgary is the hometown of Canada's current Prime Minister, Stephen Harper, whose riding is Calgary SW.

as Calgary, Alberta, Canada- **Quick Facts**

Population: 1,071,515

Elevation: 3556 feet

Average Winter Temperature: 19 degrees F  
Average Summer Temperature: 62 degrees F

Electricity: 110 volts, 50 cycles, AC

Time Zone: GMT-7

Country Dialing Code: 1  
Area Code(s): 403, 587

Calgary is located at the foothills of the Canadian Rocky Mountains.

The city is located 151 miles north of the U.S./Canadian Border, 246 miles east of Jasper, and 176 miles south of Edmonton.

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