



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



# High Energy Calgary

## Calgary, 2 Days

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# Guide Description



**AUTHOR NOTE:** Calgary is a fast-paced city that offers lots to do for the active family, couple or individual. Spend a few days trying to keep up with the pace here!

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Calgary

**DAY NOTE:** Today you're going to enjoy the outdoors in Calgary. Depending on what you like, there are many options. For the walker/hiker/biker/rollerblader: Get onto a Calgary Bow River pathway at whichever point is closest to you. The pathway system runs alongside the river and through many of the city's beautiful parks, and there isn't a bad spot along it all. Bring along a picnic lunch from a grocery store, or stop by a Thi Thi Vietnamese sub restaurant before you go for some take-out food to bring along. The pathways go for many kilometres, so you can spend many hours enjoying! Note: My favourite trail is the Douglas Fir in Edworthy Park. Climb to the top of the hill for an amazing view of the city. For the more adventurous: You can book a river rafting tour with Chinook River sports, or just rent your own raft from a sporting store and spend the day on the river – a very popular activity for the locals. Make sure you rent lifejackets as well, and leave the beers at home, as the police are always patrolling the busy river during rafting season. After your active day, go for a healthy and carb.-filled dinner at Hana Sushi.



### Calgary Pathway System

Take a stroll through the city's vast network of scenic nature walks



### Chinook River Sports

Wild white water



### Thi Thi Vietnamese Submarine

Small but Great



### Edworthy Park & Douglas Fir Trail

A river-side picnic area with hiking trails



### Hana Sushi

Generous portions of sushi

can do via ticketmaster. One of the best parts of hockey games is experiencing the energy of the crowds as you walk into the Saddledome building, so leave time for that. And don't forget to wear your team colours – red and white. After the game, hit any bar of 17th Ave., where many game-goers will go afterwards to discuss the game and badmouth the opposing team over beers. If you aren't able to get tickets to the game, watching the game at any of these venues is your second-best option.



### Calgary Flames

Go Flames go!



### Canada Olympic Park Bobsleigh Rides

Professionally-driven, public bobsleigh rides



### Canada Olympic Park Ski Hill

Skiing and snowboarding in the city



### Good Earth Cafe

Natural Atmosphere



### Canada Olympic Park Cross-Country Ski Trails

2km of groomed trails, great for beginners

## Day 2 - Calgary

**DAY NOTE:** Your active day today begins at Canada Olympic Park, where you have many choices. COP is a great spot for beginner skiers or snowboarders, or for anyone who can't make it out to the mountains for the day. COP also offers cross-country skiing and bobsledding fun. There's also an audio tour of the park, for those wanting a slower-paced activity, and food and drink available onsite. After a tiring day at the park, head to the Good Earth Cafe for healthy, wholesome and delicious foods. You might want to have a coffee as well, because next you are heading to a very exciting event – a Flames hockey game! You'll need to book your hockey tickets well in advance, which you

# Day 1 - Calgary

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### contact:

tel: 403 263 8510 (Tourist information)

fax: +1 403 538 6111 (Tourist Information)

[http://www.calgary.ca/portal/server.pt/gateway/PTARGS\\_0\\_0\\_766\\_234\\_0\\_43/http%3B/content.calgary.ca/CCA/City+Transportation/Get+Around+Calgary/Cycling/Pathway+and+Bikeway+Plan.htm](http://www.calgary.ca/portal/server.pt/gateway/PTARGS_0_0_766_234_0_43/http%3B/content.calgary.ca/CCA/City+Transportation/Get+Around+Calgary/Cycling/Pathway+and+Bikeway+Plan.htm)

### location:

1st Street South East  
Calgary AB T2P 2M5

## 1 Calgary Pathway System

**DESCRIPTION:** Calgary boasts the largest pathway system in North America. Nearly every day of the year, regardless of the weather, you can find Calgarians running, walking, riding, rolling and even skiing along 360 kilometres of paths. The network twists its way through countless municipal parks, alongside rivers and reservoirs, past skyscrapers, into valleys and through mini-forests, fields of wildflowers and other surprises. Use of the pathways is absolutely free. Maps are available from several outlets. Contact Calgary Parks and Recreation for information. © wcities.com



D'ARcy Norman

### contact:

tel: 403 263 7238

fax: 403 241 6462

<http://www.chinookraft.com/>

### location:

40 Edgeland Road NW  
Calgary AB T3A 2Y4

## 2 Chinook River Sports

**DESCRIPTION:** This white water rafting company offers trips that range from mild to wild. They specialize in expeditions on three of Alberta's best rafting rivers: Red Deer River, Highwood River and Ram River. The programs offered include scenic half-day float trips, thrilling one- or two-day white water adventures, and five-day expeditions up the Ram River. Trips include all necessary gear, and on overnight trips enjoy volleyball games, river body surfing and sauna-inspired relaxation. © wcities.com

### contact:

tel: 403 265 5452

### location:

209 1st Steet SE  
Calgary AB T2G 2G3

## 3 Thi Thi Vietnamese Submarine

**DESCRIPTION:** This tiny restaurant across the street from the Government Building makes delicious Vietnamese food and submarine sandwiches. It is a pleasant change from the run-of-the-mill, and you can choose from a variety of dishes. The submarine sandwiches are their biggest sellers, and you can choose from sate beef, chicken, combo or clubhouse. If you like food with a little bite to it, ask them to add a healthy squirt of chili sauce. © wcities.com

**contact:**

tel: 403 268 2300

fax: +1 403 538 6111(Tourist Information)

<http://www.calgary.ca/CSPS/Parks/Pages/Locations/SW-parks/Douglas-Fir-Trail.aspx>

**location:**

Off Sarcee Trail Southwest  
Calgary AB T2N 0C0

**4 Edworthy Park & Douglas Fir Trail**

**DESCRIPTION:** With about 70 acres of natural parklands within the city limits, and adjacent to the river pathway system, Edworthy is a beautiful spot to walk and relax during the winter or summer. The pathway system is popular with walkers, runners, rollerbladers and cyclists, and the Douglas Fir trail leads off the main path into a forested hike with a fantastic viewpoint at the top. There is also an off-leash park here, at the top of the hill, where your dog can meet, play and run around with other dogs. Bring along your camera because there are many beautiful sites in the area. © NileGuide



Dawn - Pink Chick

**contact:**

tel: 403 229 1499

**location:**

1803 Fourth Street SW  
Calgary AB T2S 1W2

**hours:**

Lunch: M-F 11:30a-2p,  
Dinner: M-Sa 5p-10p, Su  
5p-9p

**5 Hana Sushi**

**DESCRIPTION:** Presentation is everything at Hana Sushi, where preparation and attention to detail characterizes all of their food. The fish is cut generously into thick slices, with none of the spare servings usually associated with sushi houses. The specialty of the house is the lacquered Bento Box, which contains noodles, a salad, a meat dish, sushi and a rice dish. It provides a full meal for even the largest eater. The food is ready almost immediately, and the servers are always prompt and courteous. © wcities.com



# Day 2 - Calgary

## QUICK NOTE

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### contact:

tel: 403 777 0000

fax: 403 777 3695

<http://www.calgaryflames.com/>

### location:

555 Saddledome Rise SE  
Calgary AB T2G 2W1

## 1 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 often been participants, stretch into June. © wcities.com



davidgsteadman

### contact:

tel: 403 247 5452 (Park)

fax: +1 403 286 7313

[http://www.winsportcanada.ca/cop/activities/bobsleigh\\_rides.s.cfm](http://www.winsportcanada.ca/cop/activities/bobsleigh_rides.s.cfm)

### location:

88 Canada Olympic Road  
Southwest  
Calgary AB T3B 5R5

## 2 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

**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

### 3 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.

© NileGuide



thivier

**contact:**

tel: 403 228 9543  
http://www.goodearthcafes.com/webpage/1001070/1000405

**location:**

1502 11th Street SW  
Calgary AB T2R 1G9

**hours:**

Daily 6:30a-9p

### 4 Good Earth Cafe

**DESCRIPTION:** There are usually hundreds of little cafes in every city, most of them nearly identical. The Good Earth, however, stands apart in this city. Patrons are assaulted with a solid wall of heavenly aroma as they walk in the door which is a mix of fresh baking, crushed coffee beans and a hint of vanilla from the famous steamers. The interior resembles a log cabin, with warm pine paneling on the walls and a loft above for diners who want privacy from the busy main floor. The bulletin boards are a hotbed for fitness enthusiasts, with notices for yoga, martial arts, and aerobics classes and seminars lining the walls. There are also dozens of beautifully-framed pictures of local scenery, most notably the Rocky Mountain foothills. © wcities.com



wcities

**contact:**

tel: 403 247 5452 (Park)  
fax: +1 403 286 7213  
http://www.winsportcanada.ca/cop/activities/crosscountryskiing.cfm

**location:**

88 Canada Olympic Road  
Southwest  
Calgary AB T3B 5R5

### 5 Canada Olympic Park Cross- Country Ski Trails

**OUR LOCAL EXPERT SAYS:**

Cross-country tickets cost between \$12-\$20 for adults and about the same for rental equipment. You can also rent gear from a few stores in Calgary, such as the Outdoor Centre at the U of C, but the price at COP is fair.

**DESCRIPTION:** Open from November to April, this 2km track is perfect for any level of cross-country skier, and the track is lit so it is open for both day and night time (to 9PM) skiing. Expert instructors are available for lessons, and this is one of the best tracks to learn on in Calgary. It's very easy to get to COP, and it's only a few minutes from Downtown.



wcities



**contact:**

tel: 403 268 3888

<http://content.calgary.ca/CCA/City+Hall/Business+Units/Parks/Find+a+Park+or+Pathway/Major+Parks/NW+Parks/Bowness+Park.htm>

**location:**

8900 48th Avenue Northwest  
Calgary AB T3B 2B2

## 1 Bowness Park

**DESCRIPTION:** Just another of Calgary's many beautiful parks, Bowness Park is a great location for some outdoor fun in any season. Just beside the Bow River, it features an outdoor skating rink, cross-country skiing and a concession in the winter. In the summer, there's a wading pool, a cafe, picnic area and canoes and paddleboats for rent, and mini golf. This is also a good spot to put your raft in the river if you're planning to 'float the Bow,' a popular summer activity for locals and visitors. You can rent rafts from many sporting good stores in the city. © NileGuide



wcities

**contact:**

tel: 403 268 2300 (City Information)

[http://www.calgary.ca/portal/server.pt/gateway/PTARGS\\_0\\_2\\_771\\_203\\_0\\_43/http%3B/content.calgary.ca/CCA/City+Hall/Business+Units/Parks/Parks/Major+Parks/SW+Major+Parks/SW+Major+Parks.htm](http://www.calgary.ca/portal/server.pt/gateway/PTARGS_0_2_771_203_0_43/http%3B/content.calgary.ca/CCA/City+Hall/Business+Units/Parks/Parks/Major+Parks/SW+Major+Parks/SW+Major+Parks.htm)

**location:**

90 Avenue and 24 Street  
Southwest  
Calgary AB T2N 1J4

## 2 South Glenmore Park

**OUR LOCAL EXPERT SAYS:**

The water-park at South Glenmore is one of Calgary's best for little kids in summer.

**DESCRIPTION:** South Glenmore Park is an unspoiled park and grassland that line's the south side of Calgary's Glenmore Reservoir. Tennis courts and a playground are available, too, but the primary attraction is the set of docks of a small, city-run sailing school. On weekends, landlubbers can rent sail boats and take to the water. Walking or cycling leads into the largely-wild Weaselhead Natural Area, where lucky visitors can catch a glimpse at such wildlife as beavers, deer and various breeds of waterfowl. South Glenmore Park is truly worth a visit! © wcities.com



jon\_a\_ross

**contact:**

tel: 403 257 2255

fax: 403 257 3725

<http://www.mckenziemeadows.com/>

**location:**

17215 McKenzie Meadows Drive  
Calgary AB T2Z 2T9

## 3 McKenzie Meadows Golf Club

**DESCRIPTION:** Set in a basin below the ever-expanding South Calgary suburb of McKenzie, this course runs alongside the Bow River and while those famed waters are never in play, there are plenty of ponds on the layout to feed balls. One of the newest public access courses in the city, the 6,500-yard layout was designed to challenge players of all levels, but frustrate none of them. Warm up at the driving range or refresh at the clubhouse, which is complete with pro shop and lounge. © wcities.com



McKenzie Meadows website

**contact:**

tel: 403 253 8301

fax: 403 250 9545

<http://www.kartworldcalgary.com>

**location:**

5202-1st Street Southwest  
Calgary AB T2H 0C8

**4 Kart World Family Fun Centre**

**DESCRIPTION:** Kart World Family Fun Centre has Calgary's fastest go-kart track and over 100+ karts to choose from, including the Tom Cat racing kart, which promises to be very fast. The miniature golf is one of the few remaining mini-golf locations in Calgary. And, the bumper boats are pretty rare in Calgary, too, but ideal for hot summer days! The laser tag is also a big hit. Kart World is great for parties because of its BBQ area, picnic tables, and variety of things to do.

© NileGuide



MyLifeStory

**contact:**

tel: 403 209 2226

fax: 403 236 1127

**location:**

634 17th Avenue SW  
Calgary AB T2S 0B4

**hours:**

Mo to We from 11:00 AM to  
10:00 PM, Th to Fr from 11:00  
AM to 03:00 AM, Sa from  
11:30 AM to 03:00 AM, Su  
from 11:30 AM to 09:00 PM

**5 Extreme Pita & California Yogurt**

**DESCRIPTION:** Like the name suggests, look for healthy and delicious food at Extreme Pita & California Yogurt. They offer healthy 'build your own' pitas with fillings like fresh vegetables, gourmet meats, the classic falafel and other vegetarian selections and freshly made pitas. As an added bonus, they reserve a section of the grille strictly for their vegetarian customers. The dessert menu features a dozen different types of yogurt ice cream with their promise of no added chemicals or water in any of the ingredients. © wcities.com

# 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 Calgaryan (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.

© NileGuide

### 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.

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### 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.

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### 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.

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### 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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