

# Explore Calgary

---

Calgary is a vibrant city that combines the best of all worlds. It's cosmopolitan but casual; outdoorsy, but urban. There's more than enough to keep its population of over 1.1 million people busy year round.

You'll find cultural attractions, festivals, restaurants, live performances, specialty shops and trendy nightspots. Calgary's wide-open blue skies and moderate climate beckons year-round outdoor enthusiasts with activities ranging from golf to skateboarding, and from fishing to skiing.

With more than 6,000 restaurants, Calgary's ever-expanding cuisine has exceptional diversity and quality including ethnic restaurants and local delicacies such as venison pate, buffalo burgers and our world-famous Alberta beef.

Calgary's parks are some of the finest natural areas in North America. The 32-hectare Inglewood Bird Sanctuary is home to over 250 birds. Just five minutes outside of downtown, in Edworthy Park, you'll find 400-year old fir trees. Travel up to Nose Hill Park for a great panoramic view of the city. Fish Creek Park is Canada's largest urban park, while Prince's Island Park offers year-round recreation in the heart of downtown.

Calgary's a shopper's paradise. You'll find boutiques devoted to local gemstones, handmade arts and crafts, antiques, Inuit art and designer western wear, for starters.

Stephen Avenue Walk is a pedestrian zone lined with shops, galleries and restaurants leading to a four-block shopping complex including Calgary Eaton Centre/TD Square, Bankers Hall and Scotia Centre.

More than 400 stores are connected by Calgary's indoor walkway system (locals call it the Plus-15). Specialty shops, antiques and upscale boutiques can be found at Eau Claire Festival Market, and along the streets of Uptown 17th Avenue, Inglewood, Kensington, Fourth Street and Mission.

Calgary's dynamic arts scene offers an exciting choice of live performances from ballet, opera and musicals to cutting-edge theatre and dance. Immerse yourself in a murder mystery, or with

improvisational comedy or interactive theatre. If you're passionate about art, visit the galleries tucked around the city, and feast your eyes on the works of local and international talent alike.

Festivals keep Calgarians hopping all year, with international events celebrating film, jazz, Shakespeare, the blues, theatre, folk music, wine and food, African culture and even the seasons. Yes, we like to celebrate winter. Why not? It's with us for a good chunk of the year.

## Experience Calgary's Western Heritage

There's no better way to explore the real west than to get back to the land. Head just outside of town, and saddle up for a trail ride to take in our magnificent surroundings from a unique viewpoint.

But you don't have to leave the city to get a taste of Calgary's heritage. Our museums and historical sites all tell the story of a frontier town turned prairie metropolis. Learn about the rich cultural traditions of the Blackfoot people at the Glenbow Museum. Try on a Mountie uniform at Fort Calgary Historic Park. Stroll along pioneer streets at Heritage Park Historical Village. You'll also find museums and interpretive centres dedicated to the contributions of firefighters, police, pilots, soldiers, sailors and the grain industry.

The Calgary Stampede is a 10-day celebration of Western pride and pioneer spirit. For 10 days in July, the Stampede takes over. Calgarians and visitors shine up their belt buckles and flock to the streets (and the midway) in search of pancake breakfasts, Stampede parties and delectable mini-doughnuts.

Let's face it, the West would not be the West without the horse. Spruce Meadows, a world-renowned show-jumping facility in the city's south, pays homage year-round to the beauty of the beast.

For more than 100 years, Alberta's ranches have been famous for the unsurpassed flavour and tenderness of their beef. It's the kind of thing that delights both foodies and meat-and-potatoes types, so make sure to sample some at one of the restaurants around the city. If you can still move after dinner, top off your

exploration of Western heritage by learning the two-step at one of Calgary's Western nightclubs.

Experience a working guest ranch and learn to be a cowboy. After the ropin' and ridin' are done for the day, join in on a barbecue and cowboy tunes around the campfire.

Bunk down in an authentic tipi, dine in a log lodge or enjoy the privacy of your own backcountry cabin.

Western heritage is a proud part of Calgary's vibrant identity – you can't afford to miss it!

### **Play, Indoors and Out**

No matter what your interest, your adventure threshold or your age bracket, there's an attraction in Calgary worth checking out.

Visit the Calgary Zoo and see over 1,200 animals up close. Once you've explored them, continent by continent, go back in time with a wander through Prehistoric Park. It's teeming with life-sized and life-like animatronic dinosaurs.

Push, pull, open, talk and learn at the Telus World of Science, a hands-on science playground for the whole family featuring a multimedia theatre and exhibits that will make you scratch your head in wonder.

Ride 189 metres (626 ft.) to the top of the Calgary Tower and drink in the stunning view of the city and the mountains. If you're the brave sort, step out onto the glassfloored observation deck – it's like you're floating above the city.

Head to the top of the 90-metre ski jump tower at Canada Olympic Park. The premier site of the XV Olympic Winter Games is home to a mountain bike park in summer, ski slopes in winter and the Olympic Hall of Fame all year round.

Remember the trailblazers who made the first flights, the pioneers who developed aviation for commerce and recreation, the heroes who fought and died in the skies for Canada and the adventurers who have soared into space with a visit to Calgary's Aero Space Museum.

The Military Museums complex is one of North America's largest centres dedicated to military history, and includes high-tech displays, galleries, special exhibits, vintage tanks and carriers, and an extensive bookstore.

Calaway Park is Western Canada's largest outdoor family amusement park with over 30 thrilling rides, including a roller coaster and daily stage shows.

See? Something for everyone!

### **Rocky Mountain Relaxation**

You'll find eye-popping views and unbelievable adventure just outside of Calgary, in the Canadian Rockies. Enjoy European-style spas, fitness centres, wood-burning fireplaces, ranches, dinner theater and more, all only an hour's drive from the city's centre. It's the kind of place you can draw in a deep breath and actually feel yourself start to relax.

Kananaskis Country is a 4,000 square kilometre network of three provincial parks and multi-use areas within the Canadian Rockies.

Canmore is a small town in the big wilderness and is the gateway to year-round adventure in the Canadian Rockies.

People from all over the world are drawn to Banff National Park – a designated UNESCO World Heritage Site. Banff town site is alive with more than 200 shops, 75 accommodation choices, 100 cafes, restaurants, bars and nightclubs and a variety of museums and galleries.

Combining wild alpine beauty with first-class amenities, few places in the world have such stunning scenery as Lake Louise. The pace attracts visitors who want to savour

the finer things; a good book in front of the fireplace, the stillness of the outdoors, or a quiet walk after dinner.

Relaxation, adventure and rustic beauty – sounds like a perfect combination, doesn't it?