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48 hours in Calgary for the Foodie Traveler

Trip Summary

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Calgary as a Culinary Destination

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Day 1



Welcome to Calgary

Energetic, kind and engaging – we'd like to warmly welcome you to our city. We're eager to share the people and places that make our city unique, and help you uncover and share the best stories. Sure, we're on the doorstep of the iconic Canadian Rockies and we kick up our heels at the Stampede and numerous festivals every summer, but there's so much more to Calgary.

Great neighbourhoods. Music. BBQ. Bikes. Exhibits. Parks. Breweries. Warm and welcoming people.

Whether you've been to Calgary many times before or are still figuring out how to pronounce it, we welcome you.

(It's pronounced Cal-gree, for the record).

#capturecalgary #loveyyyc

Instagram [@TourismCalgary](#)

Twitter [@TourismCalgary](#)

Facebook [@TourismCalgary](#)



Lindsay Gallant, Tourism Calgary



Calgary as a Culinary Destination

Barley and canola fields to the east, grazing cattle to the west, greenhouse-fresh veggies to the south. No longer a "steak and potatoes" town, Calgary has established itself as a force to be reckoned with when it comes to its culinary choices. Explore the four corners of the world in the city's newest restaurants, and discover how the city is quietly becoming one of the nation's best cities for coffee tourism. See why unique characteristics of Alberta's clean air, fresh glacier water and prairie grown wheat marry perfectly together to create award-winning beer and spirits, sparking a bubbling industry (close to 110 breweries in Alberta), Calgary is upping the culinary ante.



Breakfast at the Beltliner

The Beltliner

The Beltliner, named for the old streetcar that ran down 12th ave in the early part of the last century, is a modern and casual interpretation of the classic diner. Offering a menu crafted with local, seasonal, artisanal and handmade ingredients, the Beltliner takes pride in honest cooking without taking it's self too seriously.

Try The Beltliners Build your own Caesar Bar on Saturdays and Sundays with toppings as crazy as chocolate cake and chicken and waffles!

Twitter: [@TheBeltliner](#)

Instagram: [@thebeltliner](#)

Website: <https://thebeltliner.com/>



Explore Calgary's Central Public Library and grab a coffee from Luke's

Calgary Central Public Library

This new addition in the East Village redevelopment was named one of 2018's most anticipated buildings. There's something for everyone inside this stunning 240,000 square foot building, including on-site café Lukes, a Performance Hall, Children's Library, Teen Space, audio and video recording studios, public computers and Chromebook rentals, public art, and a collection of 450,000 items. This is a must-see piece of Calgary, offering Instagrammable photos from any angle.

Luke's at the Calgary Central Library

Luke's has proudly established strong ties to the community since 1951, the connection to the community will continue to be a value at the forefront of our cafes in the library. Developing and building relationships between the staff, customers, suppliers, and local farmers is crucial. Food is one of the simplest ways to bring people together, and providing healthy dishes while sourcing locally and sustainably produced ingredients is integral to the cafe and catering.

Twitter: [@calgarylibrary](#)

Instagram: [@calgarylibrary](#) [@lukescentrallibrary](#)



Central Library

616 Macleod Tr. SE, Calgary, AB, CA, T2G 2M2
(403) 260-2600



Lukes Central Library

802 3 Street Southeast, Calgary, Alberta, CA, T2G 0E7



Inglewood Edibles: Made by Maverick Food Tour

Join Alberta Food Tours for their Inglewood Edibles Made By Mavericks tour - Engage in the story of Calgary's Mavericks – Indigenous people, pioneer settlers and today's leading-edge culinary innovators – as you dine at some of the city's best restaurants and explore Inglewood's specialty shops.

This event includes a sit down two-course lunch, knife and spice demos and four other tastings that reveal Alberta's signature foods. Guests will toast the city's "Maverick Spirit" and leave with food mementos.

Recently named a Destination Canada Signature Experience.

Instagram: [@albertafoodtours](#)

Twitter: [@AlbertaFoodTour](#)

Website: https://albertafoodtours.ca/tour_category/calgary-food-tours/



Calgary Food Tours

327 Whispering Water Bend, Calgary, AB, CA, T3Z 3T3
(844) 535-5239



Inglewood

Calgary, Alberta, CA



Learn how to mix the perfect cocktail at Shelter

Learn the in's and out's of cocktail creation at one of Calgary's top cocktail lounges, Shelter. The experts at Shelter take you through cocktail and spirit theory and history, the proper techniques to use when stirring, muddling, shaking and smoking and even glassware knowledge to pull the entire creation together. You will be making three different cocktails using all the knowledge you have learned and the best cocktail may win a little something in a final cocktail contest. Don't worry, you will receive a takeaway *Cocktail Survival Guide* to help bring your new found mixology skills back home!

Instagram: [@shelter.yyc](#)

Website: <https://shelteryyc.com/>



Shelter

1210 1 St SW, Calgary, AB, CA, T2R 0V4
(403) 233-7730



Dinner at Ten Foot Henry

Ten Foot Henry is a casual, fun and friendly neighborhood restaurant and will showcase bold flavors prepared with attentive simplicity, local produce and approachable, family style service. Simply put, they are very passionate about making people happy through their food, service and atmosphere.

Instagram: [@tenfoothenry](#)

Twitter: [@10foothenry](#)

Website: <http://www.tenfoothenry.com/>



Ten Foot Henry

1209 1 Street Southwest, Calgary, Alberta, CA, T2R 0V3
(403) 475-5537



Catch a show and grab a late night bite at Tubby Dog

Open day and night, serving beers, dogs, twinkies and T-rings, Tubby Dog has become a Calgary staple. It's a unique environment filled with eye candy, arcade games, projected cartoons, movies, customers and staff from all walks of life. Tubby Dog transforms into a hip late night music venue on the weekends! Try a insanely creative hot dog, grab a beer, chill out and enjoy this unique space.

Twitter: [@TubbyDogCalgary](https://twitter.com/TubbyDogCalgary)

Instagram: [@tubbydog](https://www.instagram.com/tubbydog)



Tubby Dog

1022 17 Avenue Southwest, Calgary, Alberta, CA, T2T 0A5
(403) 244-0694

Day 2



Breakfast at Pigeonhole

From the outside, Pigeonhole is seemingly a hole in the wall but there is so much more to this hidden gem. Globally inspired cuisine finds its way to the mismatched, vintage china plates. Travel to destinations like Russia, Asia and Europe as each dish offers a different culinary journey. Their new breakfast menu is fresh, crisp and mouth-watering just to read. One dish they're excited to share is the Arepas Benedict, which is gluten-free (arepas are made with corn). Meat options include country shaved ham or smoked salmon, or you can make it vegetarian by ordering it with spinach.

Instagram: [@pigeonholeyc](https://www.instagram.com/pigeonholeyc)

Twitter: [@pigeonholeyc](https://twitter.com/pigeonholeyc)

Website: <http://pigeonholeyc.ca/>



Pigeonhole

306 17 Avenue Southwest, Calgary, Alberta, CA, T2S 0A8



Macarons 101: Baking Class with Ollia Macarons and Tea

Classic macarons meet a modern twist at Ollia. Using traditional French methods and modern techniques (utilizing locally sourced and organic products) Ollia has carved out a name for itself in Calgary's culinary world by not only by selling pristine pastries, but also by teaching the masses how to cook the perfect macaron. By embracing the old and the new, and offering some different classes, like tea blending and macaron/wine pairing, Ollia has made itself a beautiful addition to the Beltline neighbourhood.

Instagram: [@byollia](https://www.instagram.com/byollia)

Twitter: [@ByOllia](https://twitter.com/ByOllia)

Website: <http://www.byollia.com/>



Ollia Macarons & Tea

810C 16th Ave SW, Calgary, AB, CA, T2R 0S9
403-457-9775

We are a Calgary based French patisserie specializing in macarons & organic loose-leaf teas.

Our macarons make a beautiful addition to any occasion: weddings, dinner parties, corporate functions, fundraisers, or just because!

Wholesale inquiries for macarons & teas welcome.

We are a division of Ollia Fine Foods Inc.



Afternoon pick-me-up from Made by Marcus

Offering some of the most creative and unexpected flavors in the city, Made by Marcus takes a foodstuff that's typically viewed as a kids' dessert and turns it into an adult-worthy treat. The flavors often change but can include unique concoctions like cardamom rice horchata or almond butter concord grape as well as safer bets like chocolate fudge brownie or cookies and cream. The scoop shops also do elaborate sundaes and monthly soft serve flavors.

Instagram: [madebymarqus](#)

Website: <https://www.madebymarqus.ca/>



Made By Marcus - 17th Ave

1013 17 Avenue Southwest, Calgary, Alberta, CA, T2T 0A7



Taste your way around Calgary's Brewery Scene with the Pedal Pub

For people looking for an amazingly fun, totally unique, and differentiated shared experience, Pedal Pub is the purveyor of happiness that offers a wholly different, head-turning way to see Calgary, because it's mobile, fun, exciting, exhilarating, inclusive, and completely shareable.

Hop aboard a 15 person pedal powered patio and get ready for a hyper-local, crazy-fun, shared experience. Get a glimpse of Calgary's best and brightest breweries, bars, and restaurants for one of the coolest forms of transportation you may ever take.

Instagram: [@pedalpubcanada](#)

Twitter: [@PedalPubCanada](#)

Website: <https://www.pedalpub.com/calgary-ab/>



Pedal Pub Calgary

1417 9 Avenue Southeast, Calgary, Alberta, CA, T2G 0T4



Dinner at River Cafe

Located in the middle of Prince's Island Park, on the lagoon where the trout-heavy Bow River passes through downtown Calgary, River Café features 'Seasonal Canadian Cuisine' featuring the trout that call the river home. We have created a beautiful place in an extraordinary setting and have tended to the details that make you feel at home: staff who care, chefs who are passionate about quality and the regional seasonal ingredients that bring to your palate a taste of place.

Twitter: [@RiverCafeYYC](#)

Instagram: [@rivercafeyyc](#)

Website: <https://river-cafe.com/>



River Cafe

25 Prince's Island Park, Calgary, AB, CA, T2P 0R1
403-261-7670

We are dedicated to sourcing the best tasting local ingredients in season. We connect directly with growers and producers at their farms, gardens and ranches, and carefully choose those purveyors who are responsible stewards of the land. We support and honor the connection to these farms by always identifying the provenance of our ingredients on menu.

Our style of cuisine is rooted in honouring simple quality ingredients. These whole foods are transformed by the artistry and innovation of our accomplished culinary team. At the heart of our kitchen is our orchard wood burning grill and oven.

Chefs and sous chefs practice artisanal techniques; we butcher, brine, cure and smoke by tradition, and add to that a contemporary approach and sensibility. The culinary experience is a journey through our region and through time, a taste of place.



Late night tacos at Native Tongues

Authenticity is on the menu at Native Tongues. Diners are hooked on Native Tongues' respectfully elevated takes on the street taco, exemplifying the menu's tradition-meets-innovation approach to cuisine. There is a feeling of having made a run for the border without leaving the boundaries of Calgary.

Check out there reverse Happy Hour daily from 10:00pm to close for \$2.50 tacos, \$9.00 hamburguesa al carbon, \$4 Alberta Genuine Draft Beer and \$5 Buffalo Trace Bourbon.

Twitter: [@NativeTongueYYC](https://twitter.com/NativeTongueYYC)

Instagram: [@nativetonguesyyc](https://www.instagram.com/nativetonguesyyc)

Website: <https://www.nativetongues.ca/>



Native Tongues

235 12 Ave SW, Calgary, AB, CA
(403) 263-9444