



Calgary NEIGHBOURHOODS



DOWNTOWN IN 48 HOURS

8th Avenue, also known as Stephen Avenue, is home to some of Calgary's best dining and shopping venues. Much of the street is pedestrian-only from 6 am to 6 pm each day.

Day 1

MORNING

When exploring this hotel district, have brunch at **OEB Breakfast Co.'s** (1) downtown location. Easily one of the most popular breakfast joints in brunch-obsessed Calgary, OEB even maintains its own flock of free-run hens.

AFTERNOON

Take a stroll down the cobbled strip of Stephen Avenue. **The CORE** (2) is a multi-level shopping centre with luxury department stores such as **Holt Renfrew** (3) and Calgary's only **Simons** (4). Get decked out in your western best at **Lammle's Western Wear** (5), which stocks fashion staples for cowboys and cowgirls alike. Visit **The Guild** on the main level of **The Hudson's Bay** (6) to refuel after your spree—they rock one of the largest patios in Calgary with room for 150 diners!

EVENING

Arts Commons (7) is home to some of the best and brightest in Calgary's performing arts scene, including **Theatre Calgary** and the **Calgary Philharmonic Orchestra**. Visit **The Wednesday Room's** (8) swinging basement lounge after the show for '60s inspired small bites and cocktails.

Day 2

MORNING

The Blue Vinny Diner (9) is a perfect choice for breakfast, marrying stylish plates and nostalgic taste for delicious results. Head over to the **Glenbow** (10) museum and art gallery, where meticulous exhibits on Western Canadian history shine alongside displays of art and artifacts from around the world. Don't forget to swing by the gift shop for great local souvenirs!

AFTERNOON

Travel 191 meters to the top of the **Calgary Tower** (11) to discover spectacular views of the city and the majestic Rockies beyond. Afterwards, visit the **Sky 360** restaurant for lunch—the lounge rotates while you dine!

EVENING

Built for the 1988 Winter Olympic Games in Calgary, **Olympic Plaza** (12) is the quintessential place for an evening stroll. From November to March, the park provides outdoor skating. Overlooking the park, **Teatro** (13) serves traditional Italian cuisine with an upscale twist.

Photo Opportunity

www.calgarydowntown.com



PHOTOGRAPH: COURTESY THE GUILD

CHINATOWN

(12 Hours)



Calgary's Chinatown is the largest in Alberta, and among the most expansive nationwide. This riverfront district provides a glimpse into Canada and China's shared history.

AFTERNOON

The noon hour is perfectly spent with a stroll through **Sien Lok Park** (1). Modeled after the Temple of Heaven in Beijing, the **Calgary Chinese Cultural Centre** (2) is the largest of its kind in North America. Travel back to the ancient world with an introduction to an army of Terracotta warriors, a replica of the earliest seismographs and imperial robes from as far back as the Qing Dynasty.

EVENING

Dragon City Mall (3) offers treasures sourced directly from China, including small souvenirs and traditional herbal remedies. Visitors don't have to go far to discover the birthplace of ginger beef—this delicious dinner staple was invented right here in Calgary, at the **Silver Inn** (4).



The Simmons Building is home to Charbar, Phil & Sebastian, and Sidewalk Citizen.



EAST VILLAGE

(12 Hours)

Having just undergone extensive multi-million dollar revitalization, Calgary's oldest neighbourhood has shaped into something of an oasis for urban adventurers.

MORNING

There are few better places to watch the sun rise in Calgary than from along Riverwalk Avenue's waterfront walking path — especially with coffee from **Phil & Sebastian** (1) and a breakfast sandwich from next-door **Sidewalk Citizen Bakery** (1). Take your time as you wander your way over to **Studio Bell** (2), home of the **National Music Centre**, which brings music history from across Canada all under one roof with five floors of interactive exhibit space.

AFTERNOON

Admire the stunning architecture of the new **Central Library** (4) — they offer free tours of the building. Fuel up at **Charbar** (1) and shop at **Liz & Lottie** (5) before you walk off the rich cuisine with a visit to **St. Patrick Island**, an outdoor paradise on the Bow River with many walking paths. Nearby, visit the birthplace of our city: **Fort Calgary** (3). This historic site and museum is home to exhibits on the fur trade, early settler life, the Canadian Pacific Railway, the history of Canada's world-famous Mounties and more.



With the Downtown core to the north, 17th Avenue to the south, and Victoria Park and Stampede Park to the east, Calgary's "Design District" is certainly surrounded by a ton of top entertainment — but this district also boasts its share of bragging rights.

BELTLINE (24 Hours)

MORNING

For breakfast, **Monki Breakfastclub and Bistro** (1) dishes out hearty eats in a rustic-chic setting, while **Yellow Door Bistro** (2) serves up chef-driven dishes. After you fuel up, pay a visit to **Lougheed House** (3) — the converted mansion of former Senator James Alexander Lougheed is a museum, restaurant, gallery and botanical garden.

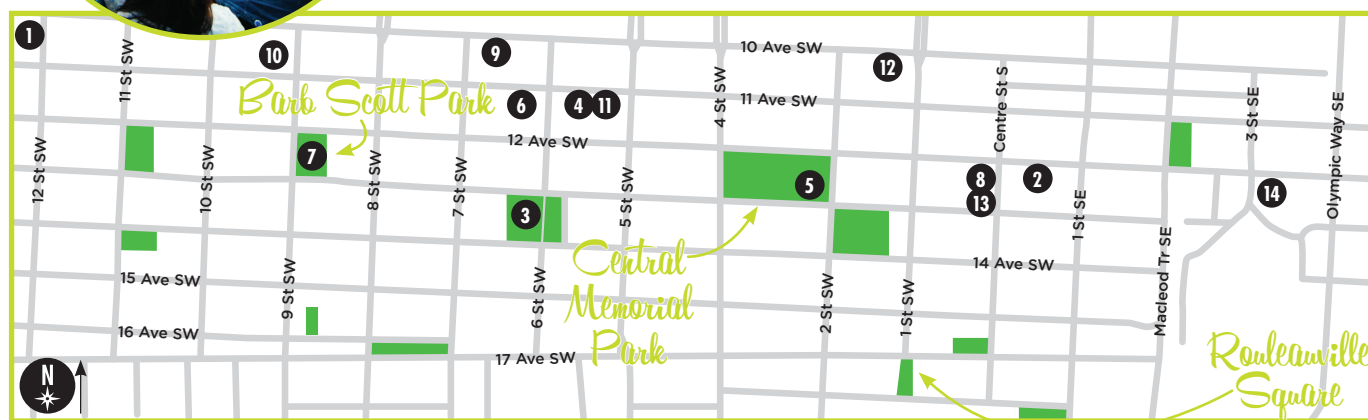
AFTERNOON

Recharge with craft beer at **Last Best Brewing** or a burger and a shake to go from **Re:Grub Burger Bar** (4).

These handcrafted eats can be enjoyed walking through **Central Memorial Park**, home to the **Memorial Park Library** (5). Once you're done browsing the shelves, hit up the racks at **Stuff** (6), a curated collection of gadgets and finery for men. You'll also want to see the public artwork called **Chinook Arc** (7).

EVENING

Keep your dinner fare light with one of the delicious vegetable-focused dishes from **Ten Foot Henry** (8). Nightclubs are a plenty in this district, from trendy **Commonwealth Bar and Stage** (9), **HiFi Club** and **Shelter** to Calgary's LGBTQ+ nightclub **Twisted Element** (10), and live music hub **Broken City** (11). Also visit **National on 10th** (12) — you'll find a bowling alley in the basement! End the night with a laugh at **The Tea House** (13), and don't forget to swing by **Cowboys Casino and Dancehall** (14) for concerts and nightlife.



PHOTOGRAPHS: COURTESY TOURISM CALGARY

4TH STREET (12 Hours)

4streetcalgary.com

This posh inner-city neighbourhood runs from Central Memorial Park down south to the Elbow River and intersects with 17th Avenue. Boutique retail and quaint coffee houses are clustered amidst lush parks and abundant cycle paths.

AFTERNOON

Art lovers should browse two of the city's top galleries, **Loch Gallery** (1) and **Masters Gallery** (2). Head to **Purple Perk** (3) for an afternoon pick-me-up of coffee and delectable pastries. Calgary is also the only city in North America with **Neal's Yard Remedies** (4), a British chain of organic beauty products.

EVENING

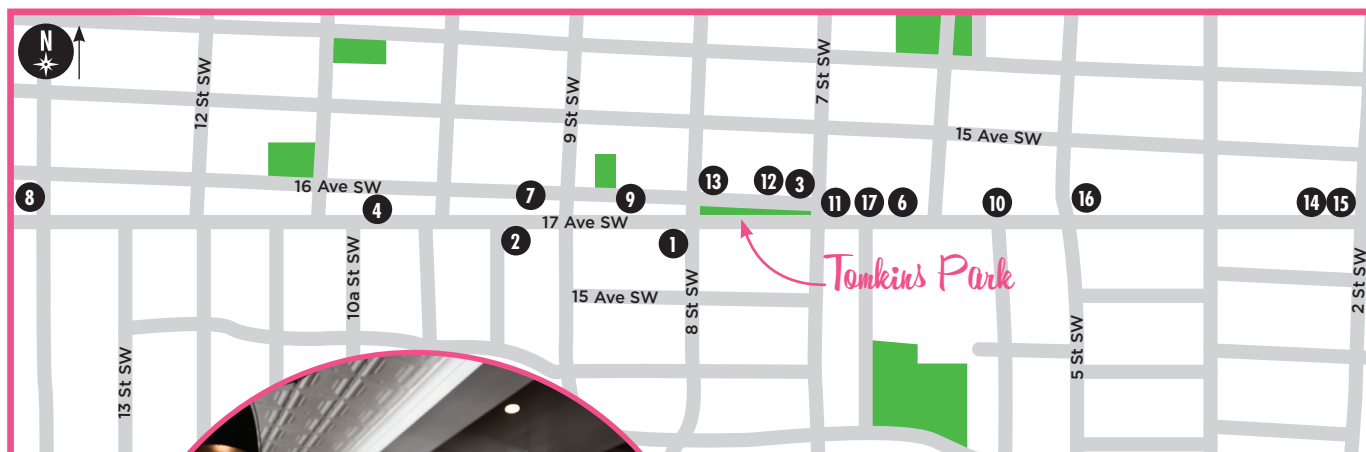
You don't have to look very hard to discover extraordinary cuisine in this district, at restaurants such as **Mercato** (5) and **Vin Room** (6). Sample upscale Korean tapas and signature cocktails at **Anju** (7), or feast on tacos at **Añejo** (8), which also has a large selection of tequila. If you're craving Japanese food, the sushi, sake and yakitori at **Shokunin** (9) will more than satisfy. Whatever your choice, end the evening with a night cap at **Milk Tiger Lounge** (10) or **Wurst**, which boasts a lively music scene.



17TH AVE (24 Hours)

17thave.ca

Calgary's central strip has it all, from adventurous dining to top of the line shopping—not to mention world-class sports and entertainment hotspots. Get ready for thrills when you explore the retail and entertainment district.



Pigeonhole



MORNING

Nellie's Cosmic Café (1) dishes out comfort food in a fun setting. Shop **Blondie Boutique** (2), or **Kit and Ace** (3) for some form-fitting Canadian apparel, or **Gravity Pope** (4). Gear up for activity at **Arc'teryx Calgary** (5), while **Rubaiyat** (6) can help you complement your finds with exquisite accessories. To shop unique home décor, visit **Steeling Home** (7), where you can purchase local products, or **Passion for Glass** (8).

AFTERNOON

Pair creative vegetarian takeout from **The Coup** (9) or classic pizza from **Una Takeaway** (10) with coffee from **Analog** (11) and dessert from **Ollia Macarons and Tea** (12), and you have everything you need for a picnic in Tomkins Park! Take a trip to **Exit Calgary** (13) — it might take you a while to break out of its five different escape rooms.

EVENING

Model Milk (14) and sister-restaurant **Pigeonhole** (15) are renowned for their seasonal menus, served in a chic setting. **Ricardo's Hideaway** (16) offers inventive cocktails. A little further down, **Trolley 5 Brewpub** (17) delivers a true craft brewery experience, complete with BBQ, burgers and pizza.

The Coup



Day 1

MORNING

Sidewalk Citizen Bakery (1) uses traditional, centuries-old, methods to create innovative flavour combinations in their breakfast (and lunch) menu. After your meal, head over to neighbouring **Livingstone & Cavell Extraordinary Toys** (2)—they sell the most popular modern delights alongside vintage toys.

AFTERNOON

Stock up on snacks at the **Gummi Boutique** (3) before browsing vinyl at **Hot Wax** (4). Swing by **Vendome Café** (5) for some caffeinated fuel, then shop for vintage-inspired women's wear, jewelry and accessories at **Purr** (6) or discover finds from far away at **Mañana Imports and Gifts** (7).

EVENING

Be sure to stop by **Pulcinella** (8). Carrying on generations of Italian tradition, this was the first place in Calgary to serve authentic Neapolitan pizza, made from the finest imported ingredients. Have a glass of vino at intimate **Winebar Kensington** (9) to end the evening.

Day 2

MORNING

Wake up with a coffee or tea at quaint and cozy **Higher Ground** (10), and then head over to **Pages Bookstore** (11). This place has become a haven for bookworms of all ages. Stop off at **InGear** (12) for travel accessories and beautiful handcrafted goods from local artists.

AFTERNOON

Stroll down to **Poppy Plaza**, an 86,100 sq. ft. war memorial, then head west to the iconic red **Peace Bridge**, one of Calgary's most photographed locations. After your walk, head to **Hexagon Board Game Café** (13) to play hundreds of board games while enjoying specialty coffee, wine, beer and snacks.

EVENING

Check out **Hayden Block** (14), a Southwest-inspired barbecue place with plenty of whiskey, and **Modern Steak** (15), which serves creative cuts of Alberta Beef in a sleek cocktail lounge. Head to **Oak Tree Tavern** (16) for the local craft brews and stay for the live music, or grab tickets for the latest indie show or cult classic at **The Plaza Theatre** (17).



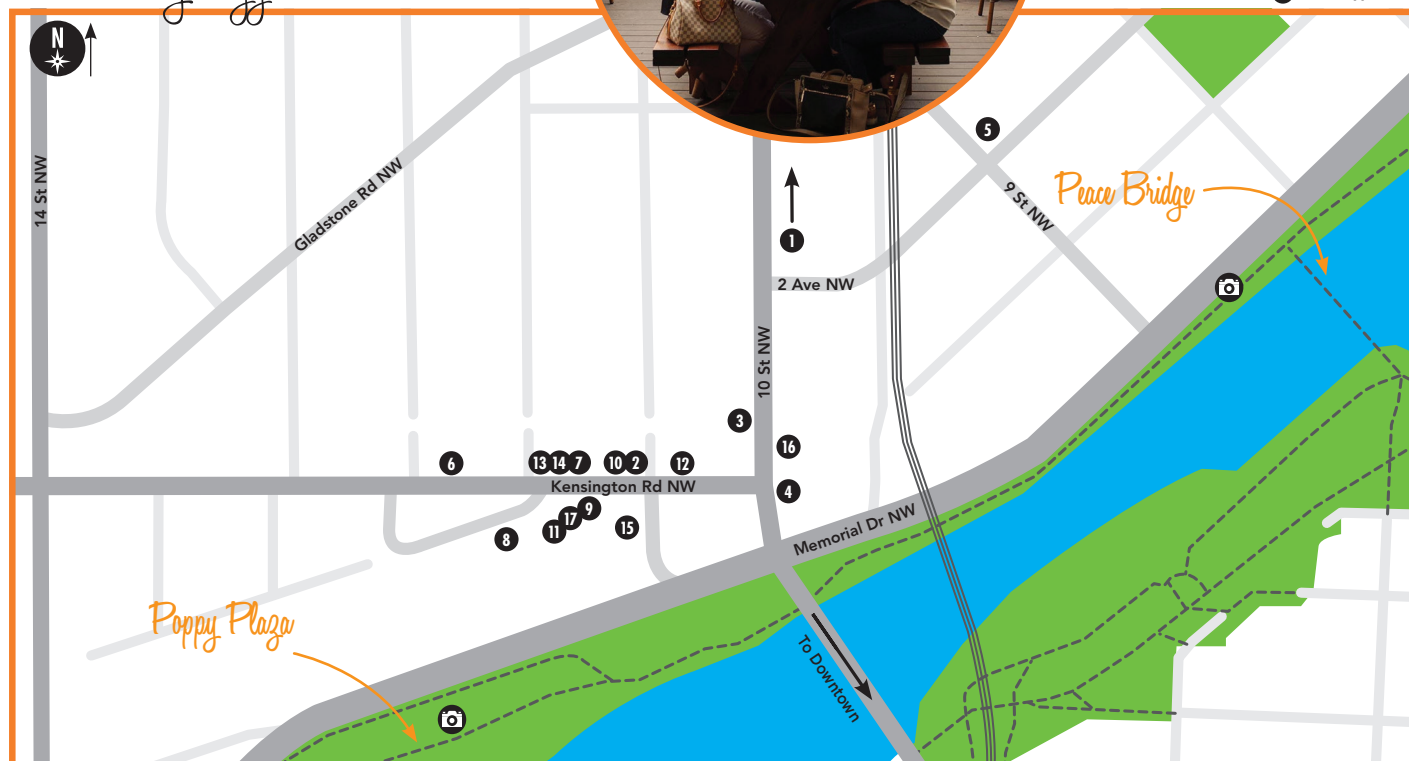
Hayden Block



This eclectic neighbourhood is home to everything from the creative to downright kitschy. Located across the Bow River and connected to Downtown by the iconic Peace Bridge, this area is an easy favourite for the artists in the crowd.

📷 Photo Opportunity

www.kensingtonnyc.com



INGLEWOOD IN 48 HOURS

The main street in one of Calgary's oldest heritage neighborhoods is home to an abundance of locally owned boutiques and restaurants, as well as several live music venues.

The Deane House



Day 1

MORNING

The Deane House (1) has a weekend brunch that offers a truly exquisite selection of plates showcasing local flavours. Hop across the river to **Fort Calgary** (2), Calgary's birthplace that was originally built in 1875.

AFTERNOON

Shops in this district share a certain flare for the nostalgic. Cooking enthusiasts will adore **The Silk Road Spice Merchants** (3) selection of hand-blended spices. **Recordland** (4) carries vintage tunes for vinyl lovers, while **Kent of Inglewood** (5) offers boutique shaving services and products for gents. **The Hose and Hound** (6) provides a spot to dine, drink and recharge midday.

EVENING

Located in the historic home of A.E. Cross, **Rouge** (7) offers a truly farm to table experience, using produce from the garden behind the restaurant. Wander over to **The Blues Can** (8) for bar bites and live jazzy beats.

Day 2

MORNING

After a creative twist on traditional breakfast from the **Monki Breakfastclub & Bistro** (9), visit **Dept.** (10) for giftware and accessories, and **The Livery Shop** (11) for Canadian fashion brands. Pick out one of Calgary's signature white cowboy hats at **Smithbilt Hats** (12), or take home authentic Indigenous moccasins and more from **Moonstone Creation** (13).

AFTERNOON

Sample micro-brewed suds at **Cold Garden Beverage Company** (14) (dogs are welcome too!) along with takeaway from **Without Papers Pizza** (15) before taking a stroll through the **Inglewood Bird Sanctuary** (16)—the park educates visitors on local wildlife and their natural habitat. Admission is free at contemporary art gallery **The Esker Foundation** (17).

EVENING

Enjoy shared plates of rustic Canadian comfort foods from local favourite **The Nash** (18) for dinner. But make sure to save room—the **Ironwood Stage and Grill** (19), serves up everything from folk to classical jazz, along with pub treats.

Photo Opportunity

www.inglewoodyyc.ca

