

That's  
the  
Spirit



# Calgary Adventures walkable downtown | 48 hours

## 24 - downtown

### MORNING

#### CalgaryWalks & Bus Tours (1)

Experience Calgary one story at a time on an immersive walking tour. Discover what makes Calgary such an exciting place - history, architecture, public art, secret sculpture gardens and cool public spaces.

#### The CORE (2)

Located just off Stephen Avenue, The Core is a shopper's paradise! Four floors featuring indoor and street level shopping, with unique stores, famous brands and luxury boutiques.

#### Glenbow Museum

The museum is currently undergoing renovations and will be open again in 2024. In the meantime, visit the new satellite exhibition space in **The Edison (3)** where you can experience great art and culture.

### AFTERNOON

#### Chinatown (4)

Calgary's most culturally distinctive neighbourhood, Chinatown is a hot spot for food and shopping.

#### Prince's Island Park (5)

An urban oasis located on the Bow River, Prince's Island Park is home to events throughout the year including the Calgary Folk Music Festival and Shakespeare by the Bow. Take a stroll, enjoy a picnic lunch, or cycle along the river pathway.

#### River Valley Adventures (6)

Go for a memorable glide down the pathways of central Calgary on a guided Segway tour, or rent a bike and cycle along the river.

#### Calgary River Experience (7)

View downtown Calgary from the original highway, the Bow River. Marvel at Calgary's architecture as you float under the modern Peace Bridge and the historic Centre Street Bridge on this guided tour.

### EVENING

#### Calgary Tower (8)

This icon defines the Calgary skyline! Enjoy the 360° panoramic views from atop the Calgary Tower. Step out onto the glass floor and watch the bustle of the city 160 metres below.

#### Arts Commons (9)

Home to five theatres and a world-class concert hall, Arts Commons is a creative arts and cultural institution where you can immerse yourself in music, theatre, dance, visual arts, film and National Geographic Live.



## 24 - unique neighbourhoods

### MORNING

#### Simmons Building (10)

A butcher, baker and coffee maker. Check out this historic mattress factory building in the hip East Village, now re-purposed into three artisanal culinary experiences.

#### St Patrick's Island (11)

Public art, a play park, picnic grove, fishing cove, seasonal beach and an amphitheatre, all in a wilderness setting, make this an island for year-round adventure in the heart of the city.

#### Studio Bell (12)

Home of the National Music Centre, Studio Bell is an architectural masterpiece which features five floors of interactive displays, exhibits and memorabilia celebrating the history of Canadian music.

### AFTERNOON

#### Fort Calgary (13)

Fort Calgary National Historic Site is the birthplace of the city of Calgary, where in 1875, the North West Mounted Police built a fort at the confluence of the Bow and Elbow Rivers.

#### Esker Foundation (14)

The Esker Foundation contemporary art gallery collection reflects on current developments in local, regional and international culture.

#### Smithbilt Hats (15)

Smithbilt Hats is the creator of the official White Cowboy Hat of Calgary. Come in, take a tour, shop and even make your own customized hat.

#### Rocky Mountain Sidescar Adventures

Explore the city and see the sights in a fun and unique way in vintage-style sidescar motorcycles. Cruise with the wind and sun in your face while enjoying a guided tour, with plenty of photo stops along the way.

### EVENING

#### Calgary Food Tours

Eat. Engage. Explore. Calgary Food Tours takes you to eclectic locations to experience culinary delights and meet local food artisans. Each tour visits a different neighbourhood to sip, sample and savour through.

#### Stampede Park & Scotiabank Saddledome (16)

Stampede Park hosts concerts, sporting events and the Calgary Stampede - a 10-day festival held every July. Located in the Park, Scotiabank Saddledome is a multi-use indoor arena and home of the National Hockey League's Calgary Flames.



Downtown Calgary is the first stop for many visitors to Calgary and for good reason. Downtown activity is centred on Stephen Avenue (8th Avenue SW) a unique pedestrian mall. On busy weekdays you will see Calgary's business crowd mix with buskers and street performers. Calgary's arts and culture scene is also anchored in this entertainment district.

Calgary has gained a reputation as a great city to visit for anyone who loves food and drink. From food trucks to fine dining, craft breweries to distilleries, Calgary's vibrant culinary scene reflects fresh farm to table products and passionate food artisans. For excellent dining suggestions check out the Eat & Drink section at VisitCalgary.com or email Tourism Calgary at info@tourismcalgary.com.

There is no better way to experience Calgary than to explore one of its interesting and eclectic neighbourhoods. Wander around, meet the locals and get an insider's view of what makes Calgary such a vibrant place.

Find out more at [visitcalgary.com](http://visitcalgary.com)  
f t i /tourismcalgary

tourism  
**calgary**

That's  
the  
Spirit



# Calgary Adventures out and about | 48 hours

## 24 - explore

### MORNING

#### Calgary Zoo (17)

Get a close-up look at animals that live in the Canadian Wilds, and then enjoy close encounters with penguins and lemurs – and that's just the start. The Calgary Zoo is Canada's most visited zoo, receiving international recognition as one of the world's top zoos for conservation research.

#### TELUS Spark (18)

This multi-faceted science centre offers visitors of all ages the chance to explore and discover science, technology and art in exciting ways. Ignite your curiosity with over 100 exhibits, programs, multi-media demonstrations, an outdoor adventure park and more.

### AFTERNOON

#### Heritage Park (19)

Canada's largest living history museum is a chance to meet fur traders, First Nations people, railway workers and prairie town folk, while exploring over 180 buildings and exhibits on 127 scenic acres. Heritage Park is 'How the West was Once.'

#### CF Chinook Centre (20)

Calgary's largest shopping and entertainment destination, CF Chinook features over 250 retailers, including iconic Canadian brands and luxury brands, a 17-screen cinema and dining.

### WEEKEND

#### Calgary Farmers' Market (21)

Visit the market to meet the people who grow Calgary's food, and gain an appreciation for the local agricultural bounty. From fresh produce and meat to art and jewelry from local artisans, there are also cooking classes, chef-guided tours, live music and family-friendly entertainment.

#### Grey Eagle Resort & Casino (22)

Grey Eagle Resort and Casino is one of Calgary's newest destinations. It's located on the Tsuut'ina First Nation, and offers gaming, entertainment, authentic Indigenous experiences and dining.

#### Craft Breweries & Distilleries (23)

Discover Calgary's spirited craftsmanship at our local breweries and distilleries. Tours and tastings are featured at a variety of locations throughout the city.



## 24 - further afield

### MORNING

#### WinSport (24)

As the legacy site of the 1988 Winter Olympics, WinSport is a year-round recreational and athletic training facility. In winter, experience skiing, snowboarding, and tubing at Western Canada's largest tube park. In summer, zoom down the zipline, enjoy summer bobsleigh, Downhill Karting and mountain biking.

#### Calgary Farmers' Market West (25)

Calgary Farmers' Market West is a community destination for NW Calgary. A place to enjoy time well spent connecting with makers, bakers, and growers. Gather delicious local ingredients, connect with friends over coffee, dine al'fresco with family... take your time at the market.

### AFTERNOON

#### The Hangar Flight Museum (26)

Showcasing a wide variety of civilian and military aircraft spanning the history of Canadian flight, the Hangar features exhibits, uniforms and scale models, allowing guests to experience the history of Canadian aviation up close.

#### CrossIron Mills (27)

Conveniently located close to the Calgary International Airport, CrossIron Mills features more than 200 specialty stores and premium brand outlets.

### WEEKEND

#### Spruce Meadows (28)

From rider development to the Olympics, Spruce Meadows is a world-class equestrian facility. Featuring indoor and outdoor tournaments, Spruce Meadows offers an unprecedented experience for riders and fans alike.

#### Granary Road Market (29)

From the fresh market where you'll find gourmet ingredients and artisan creations to an active learning park with acres of imagination, Granary Road is the perfect blend of nostalgic ambiance and fun for the whole family.

#### Eau Claire Distillery (30)

Farm-fresh ingredients, unique terroir and hand-crafted methods are the soul of Eau Claire's artisanal, award-winning spirits - defining taste, one 'grain-to-glass' experience at a time. Enjoy a distillery tour and tasting, along with spirit-infused cuisine.

#### Chinook Honey Company (31)

Visit the farm's Country Store for sweet raw Alberta multi-flower honey, award-winning mead and a variety of delicious honey-infused ice creams, truffles, sauces, jams and jellies, as well as giftware and body care products.



Calgary is your basecamp to some of Canada's best preserved cultural and natural heritage sites. From the Canadian Rocky Mountain Parks to the west, to Waterton-Glacier International Peace Park and Writing-on-Stone Provincial Park to the south, the majority of Alberta's UNESCO World Heritage Sites lie close to Calgary.

Located in the Porcupine Hills two hours south of Calgary, Head-Smashed-In Buffalo Jump is an interpretive centre that puts people on the precipice of life from 6,000 years ago. This archaeological marvel, where an 18-metre cliff meets the grassland plains in the shadow of the Rockies, is recognized as one of the oldest, largest, and best-preserved buffalo jumps in the world.

Dinosaur Provincial Park is just over two hours east of Calgary. Recognized as one of Alberta's most identifiable geological formations, the striped and almost alien looking "hoodoos" were carved out by water, wind, and frost more than 70 million years ago. Today, they are simply known as "the badlands". Featuring one of the richest collections of dinosaur fossils in the world, the Royal Tyrrell Museum is just 90 minutes northeast of Calgary. Plan a day-trip or loop from Calgary to experience these unforgettable sites.

Find out more at [visitcalgary.com](http://visitcalgary.com)  
f t i /tourismcalgary

tourism  
**calgary**