

Resources

1. Practice Healthy Habits:

Children and youth should practice healthy habits and behaviours for good sleeping and time management, and participate in a range of physical activities in a variety of environments (e.g., home/school/community; indoors/outdoors; land/water; summer/winter) and contexts (e.g., play, recreation, sport, active transportation, hobbies, and chores).



<http://www.csep.ca/CMFiles/Guidelines/24hrGlines/Canadian24HourMovementGuidelines2016.pdf>

2. Parks and Pathways: Activities for families

- ✓ **Calgary Neighbourhoods with the Best Access to Parks and Pathways.** These neighbourhoods had the highest scores for parks access.
 - ✓ Edgemont
 - ✓ Huntington Hills
 - ✓ Beddington Heights
 - ✓ Varsity
 - ✓ Cambrian Heights, Riverbend (tie)
 - ✓ Sundance
 - ✓ Lake Bonavista
 - ✓ Thorncliffe, Collingwood, Scenic Acres, Lakeview, Woodbine (tie)
 - ✓ Canyon Meadows
 - ✓ McKenzie Lake
- ✓ **Montgomery Bike Park:** <https://www.mcapeople.com/montgomery-bike-park>

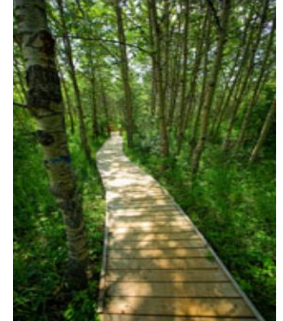


**Pathways,
Bikeways
and
Walkways
Map**



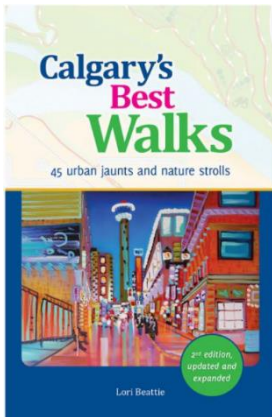


- ✓ **Mobile Parks**
- ✓ **Parks, biking and hiking trails:** <http://www.calgaryarea.com/>
- ✓ **Parks:** <http://www.calgaryarea.com/index.php?p=parkslist>
- ✓ **Biking:** <https://www.google.ca/maps/@51.0404377,-114.0782452,12z/data=!5m1!1e3?hl=en>
- ✓ **Hiking trails in Calgary Parks:** <http://www.mapmyhike.com/ca/calgary-alberta/>
 - **Bowmont park Location:** [85 St. N.W. & 48 Ave. N.W.](#)
 - **South Glenmore Park Location:** [90 Ave. & 24 St. S.W.](#)

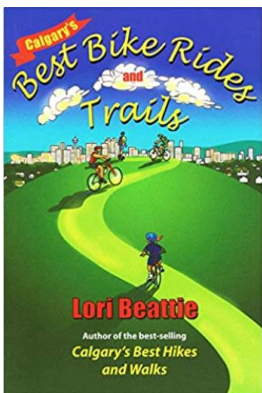
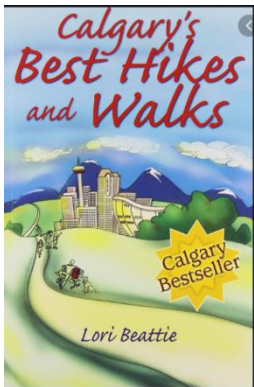


3. Calgary Public Library

Books you can borrow from the Calgary Public Library:



Calgary's Best Walks (2nd edition) is a guidebook with 45 different walks and 40 suggested detours in the city of Calgary, Alberta. Detailed maps lead you on wilderness walking trails, along neighborhood side-streets, to hidden stairways, walking paths, tasty cafe's, craft breweries, street art and viewpoints. Take an urban hike and connect with Calgary on foot. Become a tourist in your own city!

	<p>Get fit while exploring the city. The 'Queen of the Urban Hikes' shares her favourite walks.</p>
	<p>In her first best-selling book, Lori Beattie led Calgarians on foot along forested pathways and through Calgary's unique neighbourhoods. In <i>Calgary's Best Bike Rides and Trails</i>, Lori offers Calgarians the opportunity to explore the city on their bikes, on brand new routes that include smooth pathway pedalling with dips and climbs on hilly side streets, and more adventuresome rides on bumpy dirt paths through wilderness parks.</p> <p>The variety of cycling routes Lori includes in <i>Calgary's Best Bike Rides and Trails</i> ensures there is something for everyone from families, to fit and leisure cyclists. Enjoy a variety of short excursions and full-day tours, on everything from urban streets to nature paths.</p> <p>Accompanying each route description is a detailed, annotated route map that include locations for delicious snack breaks and interesting shopping detours-kind of map that users loved so much in Calgary's Best Hikes and Walks.</p>

Calgary Lakes

There are 8 lakes in Calgary. The 8 man-made lakes that were built-in South-East Calgary are: Lake Bonavista, Lake Bonaventure of Lake Bonavista, Midnapore, Sundance, Chaparral, Lake McKenzie, Auburn Bay & Mahogany. There is one man-made lake N.W. Calgary – Arbour Lake.

Lake Sikome (Fish Creek Provincial Park) Admission / Rates

- Family (up to 2 adults and children living at the same residence): \$10
- Persons with disabilities (Aides enter for free): \$2
- Adult (18-64): \$5
- Senior (65+): \$4
- Child (6-17): \$3
- Child (0-5): Free



Lakes near Calgary

Lake Newell is the warmest lake in Alberta. It is located 14km south of the City of Brooks and is perfect for swimming, sailing, fishing, canoeing & water sports.

Chestermere Lake

The 4.8 km long Chestermere Lake is among the most stunning lakes in Calgary area. Famous for its various water activities, includes boating, wakeboarding, water skiing, canoeing, kayaking, swimming, sailboating, and paddleboarding. In winters, you can try ice skating and riding snowmobiles here. It's also a great place to go fishing, but you will need a license if you wish to go fishing here.



Location: 105 Marina Rd, Calgary, Alberta T1X 1V7

Timings: 9 AM – 6 PM

Lake Sundance

Lake Sundance is one of the most scenic private lakes in Calgary with a park and is owned by the community of Lake Sundance. If outsiders wish to see this beautiful lake area and enjoy the park facilities they would need special permission from the authorities of Sundance Lake in Calgary. If you are granted access, you can enjoy activities such as boating, fishing, canoeing, kayaking, and windsurfing at the lake. Near the lake area, you can play tennis, basketball, and volleyball.



Location: Sundance Lake Residents Association Ltd., 63 Suncrest Way S.E.

Times: 9 AM – 9 PM

4. Calgary City Attractions

Calgary Zoo

- ✓ Calgary Zoo Kids Camp : <https://www.calgaryzoo.com/events/kids-camps>

Amusement Park

- ✓ **Calloway Park** – Season Pass Sales
2021 Spring Season Pass Sale Information:
Online: March 7 to May 25, 2021
Calgary Co-op: April 4 to May 25, 2021
During the Spring Season Pass sale, 2021 Season Passes are available for purchase for \$57.95 plus GST per pass. You save 54%! This sale ends on May 25th, 2021.

Farms

- ✓ **Calgary Farmyard:** <https://www.calgaryfarmyard.com/>
OPENING MAY 21.21* (*Permitting Covid-19 restrictions are lifted).
Pricing: \$47 per pass, \$65 per flex guest pass. Valid anytime during the 2021 season (June through October) and are available for ages 3+ (ages 2 and under are free).

Spring is the perfect time to meet our newly born barn babies and explore all the great attractions at the Calgary Farmyard. We have the cutest Barnyard Animals in Calgary (YES you can pet, play with and feed almost all of them!) Visit with our Llamas, Miniature Horses, Donkeys, Lambs, Goats, Rabbits, Piglets, Ducklings, Chicks, Calves, Kittens, AND MORE!) Most of the animals on our farm are born here, and remain here so you can visit them from year to year!

Summer: Capture the perfect photo in our Sunflower Fields and be the first to take our 11 Acre Corn Maze Adventure for a spin! Summer is the perfect time to come and see the barnyard babies that aren't all grown up just yet! From the young to the young at heart, there's hours of fun for everyone. Zip through our zip lines, jump on our jumping pillows and play on our 25+ attractions!

- ✓ **Butterfield Acres the real farm experience.**



- ✓ **Cobs Adventure Park:**
Meet the Baby Roos!
Be first to meet, pet and hold our brand-new baby kangaroos and wallabies! They are adorable!



- ✓ **Saskatoon Farm:** <https://www.saskatoonfarm.com/>



- ✓ **Day Trips discounts:** <https://calgaryattractions.com/attractions/>

Nature exploration Day Trips to explore nature (*Easy and popular trails outside of Calgary*)

- ✓ Troll Falls near Kananaskis
- ✓ Grassi Lakes Canmore
- ✓ Cave and Basin Banff
- ✓ Tunnel Mounting Banff
- ✓ Johnson canyon Banff
- ✓ Cataract Creek – Titan Falls
- ✓ Mann Mount Only to canyon 20-30 min walk
- ✓ Red Rock Canyon, Waterton Park;
- ✓ Bear's Hump, Waterstone Park
- ✓ Cat Creek Falls
- ✓ Cataract Creek – Titan Falls. Before you go it's a good idea to check the status of the Highway on the drive in, just to be sure the trip's a go.

Other Attractions

- ✓ Bow habitat Station - Learn to Fish Clinics
- ✓ Discovery Centre admission for the day
- ✓ All fishing equipment provided for the day
- ✓ No fishing license required for the day
- ✓ Famous Five Statues, 8 Ave SE | Olympic Plaza
- ✓ Stephen Avenue Walk, 340 8 Ave SW
- ✓ Olympic Plaza, 228 8 Ave SE
- ✓ Calgary Tower, 101 9 Ave SW
- ✓ Glenbow Museum, 130 9 Ave SE
- ✓ Studio Bell, home of the National Music Centre, 850 4 St SE
- ✓ Barb Scott Park, 1211 9 St SW
- ✓ Sien Lok Park- best view of Calgary
- ✓ Riverfront Avenue & 1 Street Southwest

- ✓ Peace Bridge, "It's a great tourist attraction, people who visit Calgary normally go ..."
- ✓ The Military Museums, 4520 Crowchild Trail SW
- ✓ Tomkins Park, "a great location right in the middle of the city and it is just a great ..."
- ✓ Tomkins Park; 7 St SW
- ✓ Armengol Statues; 515-577 1 St SE
- ✓ Lougheed House, Historic 19th-century mansion & museum with tours, public gardens, a restaurant & a gift shop; 707 13 Ave SW
- ✓ Reader Rock Garden "A beautiful garden in the middle of the city. The Union Cemetery ..."
- ✓ Skyline View; 2022 Salisbury St SE
- ✓ TELUS Spark Science centre with interactive museum exhibits, a children's play area & an HD planetarium theatre; 220 St Georges Dr NE;
- ✓ Exit Calgary Amusement center in; 880 16 Ave SW #60;
- ✓ Shaw Millennium Park Skateboard park ; 1220 9 Ave SW
- ✓ Central Memorial Park; 1221 2 Street Southwest;
- ✓ Scotsman's Hill; McHugh Bluff Crescent Rd NW & Centre Street N; Sandy Beach Park; 4500 14a St SW
- ✓ Cognito Escape Games - Calgary Escape Rooms; 805 14 St NW
- ✓ Elboya Park; "One of the best community playgrounds in the city."
- ✓ Bottomlands Park; 8248 32 Ave NE,
- ✓ Calgary Chinese Cultural Centre; 197 1 St SW;
- ✓ The Hangar Flight Museum; Commercial & military aircraft, plus flight history exhibits, in a former WWII training hangar; 4629 McCall Way NE
- ✓ Beaver Dam Flats; 3A6, Bow River Pathway
- ✓ The Locked Room – Southeast; 5330 72 Ave SE #191
- ✓ Escape Capers YYC; 4235 16 St SE
- ✓ Confined Escape Rooms; 2020 32 Ave NE
- ✓ Granary Road - Active Learning Park; 226066 112 Street West, Foothills No. 31

5. Alberta Campgrounds, Hikes and Nature

(<http://albertawow.com/hikes.htm>; www.visitcalgary.com)

- ✓ The 5 best family campgrounds in Southern Alberta
 - ✓ Dinosaur Provincial Park Campground
 - ✓ Writing on Stone Provincial Park Campground. www.albertaparks.ca/writing-on-stone.aspx
 - ✓ Waterton Springs Campground
 - ✓ Little Bow Provincial Park Campground
 - ✓ Peter Lougheed Provincial Park Campgrounds

Campground entertainments: A variety of one-hour, FREE shows. Great for children and adults alike Include entertaining aspects like storytelling, drumming, dancing, games, hands-on activities and informative wildlife presentations

6. Olympic Park

- ✓ Skyline Luge
- ✓ Zipline
- ✓ Mini Golf
- ✓ Bungee jumping without the risks of taking a free fall
- ✓ Climbing Wall and Spider Web

7. Fee Assistance Programs for low income families

- ✓ **City of Calgary Fee Assistance** <http://www.calgary.ca/CSPS/CNS/Pages/Neighbourhood-Services/Programs-and-services-for-low-income-calgarians.aspx>
- ✓ **YMCA Opportunity Funds**
- ✓ **Jump Start** <http://jumpstart.canadiantire.ca/en/what-we-do/want-to-apply>
- ✓ **Kid Sport** <http://www.kidsportcanada.ca/alberta/calgary/apply-for-assistance/>
- ✓ **Bursary Programs at the Universities**
- ✓ **Pedalheads bursary:** <https://www.pedalheads.com/Camp>
- ✓ **Calgary Zoo bursary:** Applications must be emailed to vickis@calgaryzoo.com
- ✓ **For immigrants :** FANS Fondation <https://fansfoundation.com/>
- ✓ **Partners in the Categories** <https://www.calgary.ca/CSPS/CNS/Documents/City-Partners.pdf>
- ✓ **Calgary Public Library Sun Life Financial Arts + Culture Pass** Free event tickets and admission passes: <https://calgarylibrary.ca/arts-and-culture-pass/>