



# Club Fit Frog Fall 2017 Programs

Subscribe to the on-line calendars at [www.fitfrog.ca](http://www.fitfrog.ca) for up-to-date programs.

## Programs

**City Walks:** 1.5 hours, 7-8 km (plus optional post-hike coffee shop stop)

**Walk 150:** Learn more about FREE Walk 150 walks at [www.fitfrog.ca](http://www.fitfrog.ca). Register at [www.calgarylibrary.ca/walk150](http://www.calgarylibrary.ca/walk150) (if full, come anyway!)

**Urban Adventure Hikes:** 2.5-3 hour hikes, in Calgary or within a 30 minute drive of Calgary

**Rockies Hike:** AL: 4+ hours, good trail; MOD: 5+ hours, 600 meters, trail varies; INT: 6+ hours, 700+ meters, trail varies; ADV: 7+ hours, 1000 meters, challenging terrain

### August/September

Sunday - 27	Monday - 28	Tuesday - 29	Wednesday - 30	Thursday - 31	Friday - 1	Saturday - 2
10-12 pm- <b>WALK 150</b> Free walk: Bowness Park			10-12 pm- <b>WALK 150</b> Free walk: Southwood Library			10:15-12 pm- <b>WALK 150</b> Free walk: Memorial Park Library (Library volunteer led)
<b>URBAN ADVENTURE HIKE</b> - 9 AM- Glenmore Reservoir, & the Weaslehead SW	<b>Labour Day Holiday</b>					10:15-12 pm- <b>WALK 150</b> Free walk: Memorial Park Library (Library volunteer led)
<b>ROCKIES HIKE</b> 8 AM- MOD/INT Buller Valley & Pass, Spray Lakes, Kananaskis		<b>URBAN ADVENTURE HIKE</b> - 9 AM- Fish Creek and Douglasdale Escarpment, SE		6:30-8:30 <b>WALK 150</b> Free walk: Alexander Calhoun Library		<b>ROCKIES HIKE</b> 7 AM- MOD Helen Lake Larch, Banff National Park
		<b>CITY WALK: 9 am-10:30-</b> Roxboro, SW (Purple Perk café)	<b>ROCKIES HIKE</b> 8 AM- MOD Stanley Glacier, Banff National Park			<b>ROCKIES HIKE</b> 8 AM- MOD/INT Chester & Three Lake Valley Larch
10:15-12 pm- <b>WALK 150</b> Free walk: Nicholl's Family Library		<b>URBAN ADVENTURE HIKE</b> - 9 AM- Glenbow Ranch Provincial Park, NW	<b>ROCKIES HIKE</b> 8 AM- MOD Burstall Pass Larch, Spray Lakes, Kananaskis			

### October

Sunday - 1	Monday - 2	Tuesday - 3	Wednesday - 4	Thursday - 5	Friday - 6	Saturday - 7
1-3 pm- <b>WALK 150</b> Free walk: Central Library		10:15-12:00- <b>WALK 150</b> Free walk: Bowness Library				<b>URBAN ADVENTURE HIKE</b> - 9 AM- Sandy Cross Conservation Area, SW
	<b>Thanksgiving</b>					
<b>CITY WALK: 9 am-10:30-</b> Bridgeland, NE (Luke's Drug mart Café)		<b>URBAN ADVENTURE HIKE</b> - 9 AM- Bow River Communities (mid walk café stop at Alforno Bakery Café)	<b>ROCKIES HIKE</b> 8 AM- MOD/INT Cox Hill, Sibbald Flats, Kananaskis			0:15-12 pm- <b>WALK 150</b> Free walk: Louise Riley Library (Library Volunteer led)
<b>ROCKIES HIKE</b> 8 AM-AL Prairie View & Jewell Pass, Kananaskis		<b>CITY WALK: 9 am-10:30-</b> Bowmont Park WEST End, NW (Cadence Café)				

### November (no walks)

### December

Sunday - 3	Monday - 4	Tuesday - 5	Wednesday - 6	Thursday - 7	Friday - 8	Saturday - 9
			<b>ROCKIES SNOWSHOE</b> 8 AM-MOD Chester Lake & Elephant Rocks, Spray Lakes, Kananaskis			
			<b>CITY WALK: 6:30-8 pm- CHRISTMAS LIGHTS WALK:</b> Alexander Calhoun Library			<b>ROCKIES SNOWSHOE</b> 8 AM-MOD- Lake Louise Snowshoe, Banff National Park

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# City Walks & Urban Adventure Walks

City walk: 1.5 hour + optional coffee shop stop  
Urban Adventure Walk: 3 hour  
(B) means bathroom at trailhead

## Southwest

**Alexander Calhoun Library, Christmas Lights Walk:** Meet at the library, 3223 14 Street Southwest

**Elbow River Communities: Meet at Sandy Beach Park,** At the intersection of 14A Street and 50 Avenue, SW continue past the River Park parking area, down the hill (past the Emily Follensbee Centre), to the last parking lot at the bottom of the hill near the playground. A sign reads Sandy Beach.

**Glenmore Reservoir Circumnavigation:** Meet at the Weaslehead Parking Lot, 66 Avenue and 37 Street, SW.

**Glenmore Reservoir and the Weaselhead:** Meet at Glenmore Landing, 90 Avenue SW, outside the Good Earth Café.

**Roxboro** - Meet at the corner of Roxboro Rd. and Roxboro Glen Rd. Access Roxboro Rd. off 4th St just south of 26 Ave. over the Mission Bridge. Description: Hidden pathways, stairs and hills, river trails, interesting architecture and some great gardening ideas.

**Sandy Beach Park,** At the intersection of 14A Street and 50 Avenue, SW continue past the River Park parking area, down the hill (past the Emily Follensbee Centre), to the last parking lot at the bottom of the hill near the playground. A sign reads Sandy Beach.

**South Glenmore Park (B)**– Park if the large official parking lot for South Glenmore Park at the intersection of 90th Avenue and 24th Street, SW. Leave 90 Avenue and turn left to get to the public parking area. Park facing the picnic shelter at the far north end of the large parking lot. Description: We'll follow the Jackrabbit Trail as it skirts the Glenmore reservoir along a hidden wooded pathway with rolling hills.

**Stanley Park-** Meet at the official parking lot on 42nd Ave. just west of 1 A Street. Description: We'll walk through treed hillsides to reach ridge-top views of the Elbow River. We'll explore the stairs and hills of Parkhill, Roxboro and Elbow Park. Our post-hike pit-stop is Manuel Latruwe Patisserie and Bakery for some truly decadent European cappuccinos and pastries.

**Weaselhead (B)**– From Glenmore Trail take Crowchild Trail or 37th St. south to 66 Avenue. Park in the Weaselhead Parking Lot" at the 66 Avenue / 37 Street intersection. Description: This mostly flat route follows the gravel trails in the Weaselhead trail system along the Elbow River. An immersion in nature.

## Southeast

**Bow River Communities:** Meet at the official city parking lot on 12 St., SW, just north of 8 Ave. (and Rouge Restaurant), SE. This parking lot is just before the bridge crossing the Bow River to the zoo.

**Fish Creek Park and Douglasdale (B)**- Take Bow Bottom Trail into Fish Creek Park. Park in the Bow Valley Ranch parking lot; the first parking lot you come to when you enter. Description: A combination of paved path and narrow dirt paths weave along Fish Creek into wide-open grasslands and up to hilltop viewpoints on the Rockies.

**Ramsay/Inglewood** - Meet at the official parking lot on 12 St., SW, just north of 8 Ave. (and Rouge Restaurant), SE. This parking lot is just before the bridge crossing the Bow River to the zoo. Description: This relatively flat hike starts with a climb to a spectacular view of the Saddledome and the downtown core. Historic neighbourhoods, the Bow River and some funky window shopping are all part of this walk.

## Northeast

**Bridgeland** –Meet at the intersection of 7A St and Centre Avenue, NE, at the **free 3 hr. parking**. This meeting place is just south of the main street in Bridgeland, 1 Ave.. Description: Fantastic city views from Tom Campbell's Hill are mixed with stairs, hills and the Bow River.

**Tuxedo, Bridgeland, Nose Creek & Bow River-** Meet in the at the corner of 22 Ave. and 1 St., NE (post-lunch at Lina's Italian Supermarket & café)

## Northwest

**Bowmont Park EAST End** - At the intersection of Home Road and 52nd Street, NW (one way), turn west (downhill) onto 52 Street and take the first right into the parking lot for Bowmont Park. Meet at the first parking lot you come to after you turn onto 52nd St. from Home Road. Once in the parking lot you will see a sign near the chain link fence that say Bowmont Natural Environment Park. Description: A flat start on paved paths follows the Bow River. The terrain becomes earthy and hilly as you climb to views of the Rockies and river valley.

**Bowmont Park WEST End** – Park in an official gravel parking lot on the north side of the Bow River., at the 85th St and Bears paw Dam Road intersection. Access this intersection from 1) Nose Hill Dr. to 87th St and left onto Bears paw Dam Rd. At the "sharp turn" sign you turn left onto what used to be a road but now has car access to an official gravel parking area. OR 2) Bowness Road becomes 85th St – continue over the Bow River and an overpass bridge. At the sharp turn to the left you continue straight onto what used to be a road but now has car access to a gravel parking area. Park in this parking area. Description: The best-kept secret in the city!! Rolling hills and ridge walks; waterfalls and hills that will make your mouth water! Really!!

**Confederation Park-** Meet at the official parking lot on the west side of 10 St., just north of 23 Ave.

**Glenbow Ranch Provincial Park (B)**- Access to the Park is from Glenbow Road, off of Highway 1A. The Park is 34 km west of downtown Calgary and 5 km east of Cochrane. Park in the official parking lot at the end of Glenbow Road. Please check the website for a [Park Map](#) Description: Glenbow Ranch Provincial Park is one of Canada's newest Provincial Parks, protecting over 1300 hectares of foothills fescue parkland along the Bow River Valley, between Calgary and Cochrane.

**Nose Hill Berkley Gate-** Meet at the Berkley Gate (a road) and 14th St. official parking lot. Description: Rockin'and rollin' hills make elevation gain the focus of this trek. The panoramic views, wildlife and sweeping green grasses make it hard to believe all this is in the heart of the city.

**Riley Park & Kensington** - Meet at the OFFICIAL PARKING LOT for Riley Park on 8 Ave just south of 12 St., NW. Description: We'll zigzag our way from parkland to ridge-top, past the stunning abodes of Crescent Heights and overlooking the cozy community of Sunnyside. Views of the Rockies, Calgary's downtown core and the Bow River are the treats on this outing.

**For drop-in urban hikers, please check [www.fitfrog.ca](http://www.fitfrog.ca) for possible schedule changes.**



# Rockies Hikes

Please pre-register

**All Level (AL) = 3-4 hr.; 400 metre or less elevation gain; official trail**

**Moderate (MOD) = 4-6 hr.; 400-600 metre elevation gain; official and unofficial trails**

**Intermediate (INT) = 4-8 hr.; 600-800 metre elevation gain; unofficial trail**

## Hike Details

All mountain hikes details on on-line at [www.fitfrog.ca](http://www.fitfrog.ca) on the calendar page. Please refer to this page for the most up to date meet place details.

## Hike Logistics

**Hike Changes:** We hike in all types of weather. Sometimes we have to change the planned route due to unsafe trail conditions, wildlife closures or forecasted bad weather that would make the hike unsafe. We always have another hike, with a similar level of difficulty, in mind for these situations.

**What to bring?** Please check our website link for a list of [what to bring on day hikes](#)

**Transportation & Meeting Points:** Allow for 1-1.5 driving hours. Whenever possible, we carpool from the meet place. There is no charge for carpooling however it is common for passengers to chip in and buy the driver a post-hike refreshment and snack.

- **Shell Gas Station:** Hwy 1 and Bowfort Rd., NW intersection. Across from Canada Olympic Park.

- **Petro Can / Humpty's** on Trans Canada (HWY 1) at Cochrane turnoff. (Hwy. 22). We meet outside (or inside if it's cold!) the doors to the Petro Can Store.

- **Allen Bill Meet Place, Elbow Falls Trail (Hwy.66) Kananaskis** - This trailhead is about a 45-55 minute drive from Calgary. Access Hwy. 66 from Hwy. 22 (Hwy. 22 becomes Hwy. 66) or from Hwy. 8 (Glenmore trail West). Follow Hwy. 66 into Kananaskis Country, pass the Information Centre and watch for the "Allen Bill" sign. The sign and parking is just past the Elbow River Crossing at the bottom of long gradual hill.



## **Club Fit Frog Membership Options**

All club membership fees are per person and are valid in this session

For more information on [Club Fit Frog](#) please see our website.

**Kids** who can walk at an adult pace or are babes being carried can come with their adult for no charge.

### **Bring a first time friend to a city walk for FREE!**

Register for a package that includes city walks and bring a first time friend to a 1.5 hour city walk for free!

### **Session Passes: All walks and hikes: \$450**

Attend any or all City Walks (1.5 hr), Urban adventure Walks (3 hr.) or mountain outings (full day) in the session.

### **City Walks and Urban Adventure Walks Passes: \$250**

Attend any or all City Walks (1.5 hr) and Urban adventure Walks (3 hr.) in the session.

### **“The Sampler” Pass Options: \$275**

**Only mountain:** Any 4 mountain (full day) hikes

**City and Mountain:** Any 3 Mountain Outings + Any 3 City Walks

**A Mix of Everything:** Any 2 Mountain Outings + Any 2 Urban Adventure 3 hr. walks + Any 3 City Walks

## **A la Carte Options**

### **SAVE 15% - bring your friends or colleagues**

Register in advance for 2 or more people on any scheduled walk, hike or snowshoe and receive 15% off!

**Single Urban Hikes** (1.5 hours): \$25

**Single Urban Adventures Hikes** (3 hours): \$40

**Single Rockies Hikes/ Snowshoe** (full day): \$80

## **Custom Options**

Ask Lori to design a custom walk, hike or snowshoe for you and your group.

-Calgary walkabout and café stop. Any neighbourhood, park or combination and any distance

-Christmas Lights Walks in December

-Mountain Hike

-Mountain snowshoe. Snowshoes and lunch included or not- your choice

## **FREE WALK!**

**When you buy a copy of Calgary's Best Walks Guidebook: \$25**

*Buy a book from Lori, online or in person, and get a gift certificate for a FREE walk (any 1.5 hour Fit Frog scheduled city walk).*

## **Join Now!**

### **EMAIL MEMBERSHIP REQUEST**

**Send me an email to join (or give me a call)**

The easiest way to join is to send me an email to [lorib@fitfrog.ca](mailto:lorib@fitfrog.ca) with your registration details.

**Please be sure to include your Rockies Snowshoe/ ski and Urban Adventure hike dates if applicable.**

### **PAYMENT**

**Pay on-line!** with your **credit card, interact etransfer,** or mail a **cheque** payable to **Fit Frog Adventures**

Fit Frog Adventures, 3028, 14<sup>th</sup> Street, SW Calgary, AB T2T 3V7

I can also create a detailed invoice for you (payable on-line only) so you can pay with credit card in a single transaction.