



# Club Fit Frog Spring 2018 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)

**Urban Adventure Hikes:** 2.5-3 hour hikes (about 12 km), in Calgary or within a 30 minute drive of Calgary (Sometimes a post-walk cafe stop option)

**Rockies Hikes:** **NEW! MF (Mostly Flat):** 3-5 hours, minimal elevation; **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

### March

Sunday - 18	Monday - 19	Tuesday - 20	Wednesday - 21	Thursday - 22	Friday - 23	Saturday - 24
		<b>CITY WALK: 9 am-10:30:</b> Bridgeland, NE (Café stop in Bridgeland area)				

### April

Sunday - 1	Monday - 2	Tuesday - 3	Wednesday - 4	Thursday - 5	Friday - 6	Saturday - 7
		<b>URBAN ADVENTURE HIKE - 9 AM-</b> Elbow River Communities & River walk, SW				
		<b>CITY WALK: 9 am-10:30:</b> Bowmont Park WEST End, NW (Cadence Café)				<b>CITY WALK: 9 am-10:30:</b> Britannia, SW (Monogram Café)
		<b>URBAN ADVENTURE HIKE - 9 AM-</b> Bow River Communities & River Walk				
		<b>CITY WALK: 9 am-10:30:</b> Nose Hill Berkley Gate, NW	<b>ROCKIES HIKE 8 AM- AL</b> Mount Yamnuska, Kananaskis			
		<b>CITY WALK: 9 am-10:30:</b> Stanley Park, SW (Manuel Latruwe Bakery Café)				
<b>URBAN ADVENTURE HIKE - 9 AM-</b> Glenmore Reservoir, & the Weaslehead SW						

### May

Sunday - 6	Monday - 7	Tuesday - 8	Wednesday - 9	Thursday - 10	Friday - 11	Saturday - 12
		<b>CITY WALK: 9 am-10:30 -</b> Pearce Estate Park & St. Partick's Island, SE (Gravity Café)	<b>ROCKIES HIKE 8:30 AM- MF (Mostly flat)</b> Sulpher Springs/ Riverview Loop, Hwy. 66, Kananaskis			<b>CITY WALK: 9 am-10:30</b> Nose Hill Brisbois, NW (Edelweiss Café)
	<b>Victoria Day Holiday</b>	<b>URBAN ADVENTURE HIKE - 9 AM-</b> Vista Heights, Nose Creek & Renfrew, NE				<b>URBAN ADVENTURE HIKE - 9 AM-</b> Glenbow Ranch Provincial Park, NW
		<b>CITY WALK: 9 am-10:30 -</b> Fish Creek Bebo Grove, SW (The Italian Centre café)	<b>ROCKIES HIKE 8 AM- (AL)</b> Foran Grade / Windy Point Loop, Sheep River, Kananaskis			<b>ROCKIES HIKE 8 AM- MOD</b> Grass Pass Wildflowers, Kananaskis

### June

Sunday - 3	Monday - 4	Tuesday - 5	Wednesday - 6	Thursday - 7	Friday - 8	Saturday - 9
		<b>CITY WALK: 9 am-10:30:</b> Riley Park & Sunnyside (Vendome Café)	<b>ROCKIES HIKE 8 AM-MOD</b> Prairie View/ Jewell Pass, Hwy. 40, Kananaskis			
		<b>URBAN ADVENTURE HIKE - 9 AM-</b> Sandy Cross Conservation Area Wildflowers, SW				
<b>URBAN ADVENTURE HIKE - 9 AM-</b> Fish Creek Bow Valley Ranch (Annie's Café)		<b>CITY WALK: 9 am-10:30-</b> Roxboro-Ramsay, SW (Phil and Sebastian café)				<b>ROCKIES HIKE 8 AM-MOD/INT</b> Cox Hill Wildflowers, Sibbald, Kananaskis
		<b>CITY WALK: 9 am-10:30-</b> Edworthy & Douglas Fir & Wildwood Trails, NW (Angel's or Lazy Loaf Café)	<b>ROCKIES HIKE 8:30 AM- AL/MOD</b> Jumpingpound Summit Wildflowers, Powderface Road, Kananaskis			

### July

Sunday - 1	Monday - 2	Tuesday - 3	Wednesday - 4	Thursday - 5	Friday - 6	Saturday - 7
	<b>Holiday</b>	<b>CITY WALK: 9 am-10:30-</b> Jackrabbit Trail, SW (Good Earth Café)	<b>ROCKIES HIKE 8:00 AM- MF (Mostly Flat)</b> Upper Lake Kananaskis circuit, Kananaskis			<b>ROCKIES HIKE 7:30 AM- INT</b> Bourgeau Lake & Harvey Pass, Banff National Park

# City Walks & Urban Adventure Walks

City walk: 1.5 hour + optional coffee shop stop  
Urban Adventure Walk: 3 hour

(B) means bathroom at trailhead

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

## Southwest

**Britannia-** Park at Britannia Plaza, Elbow Dr. and 49 Ave., SW. There is lots of street parking in the area. We will meet up outside Suzette Brittany Bistro, at the intersection of 8 St. and 49 Ave.

**Elbow River Communities & River Walk: 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.

**Fish Creek Bebo Grove-** Park in the official Parking lot at the south end of 24 St., SW (just south of Anderson Road).

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

**Jackrabbit Trail (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.

**Roxboro & Ramsay-** 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.

**Sandy Cross Conservation Area –Meet at the official Sandy Cross parking lot** at Hwy 22X and 160 St., just west of city limits **Description:** Just south of Calgary we'll hike through untouched prairie landscape. This piece of ranchland was given to the province to preserve and protect. Elk, deer and coyotes; grasslands, rolling hills and inspiring mountain views are your reward. [Detailed driving directions](#) to Sandy Cross.

**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 (signed Rouge Restaurant) on 12 St., SW, just north of 8 Ave. SE. This parking lot is just before the bridge crossing the Bow River to the zoo.

**Fish Creek Park Bow Valley Ranch (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.

**Pearce Estate Park & St. Patrick's -** Meet at the official parking lot for the park at 1440, 17 A St., SE.

**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.

**Vista Heights, Nose Creek and Renfrew-** Meet in the community of Vista Heights at Airways Park. Parking is at corner of Valleyview Road and Vista St., NE (street parking). This location is along the escarpment just north of 16 Ave. overlooking Deerfoot Trail.

## Northwest

**Bowmont Park WEST End –** Park in an official gravel parking lot on the north side of the Bow River., at the 85th St and Bearspaw Dam Road intersection. Access this intersection from 1) Nose Hill Dr. to 87th St and left onto Bearspaw 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.

**Edworthy Douglas Fir & Wildwood Trails (B)-** At the corner of Shagannapi and Bowness Road, NW turn onto Montgomery View and continue to one of the many parking lots. Meet near the bathrooms. Description: We'll cross the Bow River, follow the paved path and then climb a hidden hill of stairs through a Douglas Fir forest. The challenging wooded trail dips and climbs and keeps us hidden from the city

**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.

**Nose Hill Brisbois-** Meet at the Brisbois and John Laurie Blvd. official Nose Hill 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 & Sunnyside -** Meet at the OFFICIAL PARKING LOT for Riley Park on at the end of 8 Ave, just east 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.



# Rockies Hikes

Please pre-register.

Check the on-line calendar for real time updates.

Mostly flat (MF)= 2-5 hrs.; minimal climbing, varying distance

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

**Sunday April 29– 8:30 am-** Meet at Allen Bill Meet Place, Hwy. 66: **Sulphur Springs/ River view Loop (AL)** Elbow Falls Trail (Hwy. 66), Kananaskis

**Distance:** 10 km + 250 meters gain, 100 meters loss: 4 hours hiking + café stop in Bragg Creek

**Wednesday, May 16 – 8:00 am-** Meet at Shell Gas Station: **Mount Yamanuska (AL/MOD)**, Hwy. 1A near Canmore

**Distance:** 8 km + 400 meters elevation gain: 3-4 hours hiking **Description:** Mount John Laurie is more usually known as Yamanuska, a Stoney name that means Wall of Stone. We'll hike up on good trails to the base of the wall of stone. This is a good spring warm-up hike!

**Wednesday, May 30 - 8:00 am-** Hwy 22x and 37 St., SW: **Foran Grade and Windy Point Loop (AL)**- Sheep River, Kananaskis

**Distance:** 10 km + 400 meters elevation gain: 4 hours hiking. **Description:** This foothills trail offers fantastic views of the Sheep River and the Rockies beyond.

**Saturday, June 2– 8:00 am** - Meet at parking lot on 22 X and 37 St., SW- **Grass Pass (MOD)** – Highwood Trail (Hwy. 541), Kananaskis

**Distance:** 10 km + 400 meters elevation gain: 4-5 hours hiking **Description:** Grass Pass is in the Bull Creek Hills in the southern part of Kananaskis, not far from Longview. You'll hike along grassy slopes, past limber pines and spring flowers to a vast panorama of prairie and peaks.

**Wednesday, June 6 - 8:00 am-** Meet at Shell Gas Station: **Prairie View/ Jewell Pass (MOD)**- Elbow Falls Trail (Hwy. 66), Kananaskis

**Distance:** 10 km + 500 meters elevation gain: 5 hours hiking

**Saturday, June 23 –8:00 am** - Meet at Shell Gas Station: **Cox Hill Wildflowers (MOD)** - Powderface Road, Kananaskis

**Distance:** 13 km + 600 meters elevation gain: 5 hours hiking **Description:** A switchback climb leads to outstanding views of the foothills, prairies and surrounding peaks.

**Wednesday, June 27 - 8:30 am-** Meet at Allen Bill Meet Place, Hwy. 66: **Jumpingpound Summit Wildflowers (AL/MOD)**-Powderface Road, Sibbald, Kananaskis

**Distance:** 10 km + 500 meters elevation gain: 4 hours hiking time **Description:** This scenic trail takes you to breathtaking views of the front ranges and fields of wildflowers.

**Wednesday, July 4- 8:00 am** - Meet at Shell Gas Station: **Upper Kananaskis Lake Circuit (MF- Mostly Flat)**

**Distance:** 16 km plus 400-500 meters elevation gain: 5-6 hours hiking **Description:** A trail surrounded by mountain peaks, the lake route offers tremendous views without much climbing. Waterfalls and lush vegetation, and never ending photo ops!

**Saturday, July 7- 8:30 am** - Meet at Shell Gas Station: **Bourgeau Lake & Harvey Pass (INT/ADV)**- Banff National Park

**Distance:** 20 km + 1000 meters elevation gain: 7-8 hours hiking **Description:** A steady climb through lush forest and across rushing mountain streams leads to Bourgeau Lake, the closest subalpine lake to the town of Banff. A glacially-carved amphitheatre provides a dramatic backdrop to the lake, with large boulders providing the perfect perch for a picnic lunch. Although most hikers make Bourgeau Lake their final destination, a 2.2 km slightly more difficult trail continues upwards to Harvey Pass, from where exceptional views extend to snow-capped peaks along the Continental Divide.

## 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.

- **Hwy 22x and 37 St., SW-** Parking lot is inbetween the east and westbound lanes of Hwy. 22 at 37 St., SW



## **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.

### **Session Passes: All walks and hikes: \$490**

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: \$325**

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

### **“The Sampler” Pass Options: \$325**

**Only mountain:** Any 5 mountain (full day) hikes

**City and Mountain:** Any 3 Mountain Outings + Any 6 City Walks

**Urban and Mountain:** Any 3 Mountain Outings + Any 4 Urban Adventure Walks

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

## **A la Carte Options**

**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

**Calgary's Best Walks Guidebook: \$25**

## **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 e-transfer**, 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.