



Club Fit Frog Winter 2019 Programs

Subscribe to the on-line calendars at www.fitfrog.ca for up-to-date programs.

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

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

Rockies snowhoe: 3-5 trail hours (including lunch stop), 1-2 hour drive from Calgary

January

Sunday - 30	Monday - 31	Tuesday - 1	Wednesday - 2	Thursday - 3	Friday - 4	Saturday - 5
						ROCKIES SNOWSHOE 7:45 AM - MOD- Rawson Lake, Kananaskis
9 am-10:30- Sandy Beach, SW (Bell's Bookstore café)		URBAN ADVENTURE HIKE - 9 AM- Pearce Estate Park, Inglewood, Riverwalk (Coffee en route at Lukes Library Café)				
	ROCKIES SNOWSHOE 8:45 AM- MOD- Burstall Lakes & Meadows, Kananaskis	9 am-10:30- Stanley Park, SW (Manuel Latruwe café)				
ROCKIES SNOWSHOE 7:45 AM- MOD - Ink Pots, Banff National Park		URBAN ADVENTURE HIKE - 9 AM-, Bowmont and Bowness, NW	ROCKIES SNOWSHOE 7:45 AM- AL- Black Prince Cirque, Kananaskis			
		9 am-10:30 Riley Park & Kensington, NW (Vendome Café)				URBAN ADVENTURE HIKE - 9 AM- Glenmore Reservoir & Weaslehead, SW

February

Sunday - 3	Monday - 4	Tuesday - 5	Wednesday - 6	Thursday - 7	Friday - 8	Saturday - 9
		9 am-10:30 Roxboro & Ramsay, SW (Purple Perk Café)				
9 am-10:30 Fish Creek Bow Valley Ranch, SE (Italian Centre Café)		URBAN ADVENTURE HIKE - 9 AM- Briar Hill, Hillhurst, Sunnyside and Bow River, NW			ROCKIES SNOWSHOE 7:45 AM- MOD- Chester Lake & Elephant Rocks, Kananaskis	
	Family Day ROCKIES SNOWSHOE 7:45 AM AL/MOD Boom Lake, Banff National Park	9 am-10:30- Inglewood and Riverwalk, SE (Coffee at Simmons Building)				URBAN ADVENTURE HIKE - 9 AM- Brentwood and Nose Hill, NW
ROCKIES SNOWSHOE 7:45 AM - MOD/INT Rummel Lake, Kananaskis		URBAN ADVENTURE HIKE - 9 AM-Sue Higgins Park to Beaverdam Flats, SE			ROCKIES SNOWSHOE 7:45 AM -MOD Burstall Lakes & Meadows, Kananaskis	

March

Sunday - 3	Monday - 4	Tuesday - 5	Wednesday - 6	Thursday - 7	Friday - 8	Saturday - 9
URBAN ADVENTURE HIKE - 9 AM- Fish Creek Park and Douglasdale Escarpment, SE		9 am-10:30 Jackrabbit Trail, SW (Good Earth Café)				
ROCKIES ICE WALK 9 AM -AL Grotto Canyon Ice Walk		URBAN ADVENTURE HIKE - 9 AM- Roxboro, Ramsay, New Central Library (East Village), SW/SE				URBAN ADVENTURE HIKE - 9 AM- Glenbow Ranch Provincial Park, NW
		9 am-10:30 Bowmont Park WEST End.NW (Cadence Cafe)				

Schedule may change. Subscribe to the Google calendars at www.fitfrog.ca for up-to-date programs.



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

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 & Ramsay- Meet in Roxboro, at the corner of 30 Ave and 3 St., SW (just east of Elbow Drive on 30 Ave.) Free street parking.

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.

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.

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.

Pearce Estate Park, Inglewood, River Walk - Meet at the official parking lot for Pearce Estate Park at 1440, 17 A St., SE.

Fish Creek Park and Douglasdale & Fish Creek Bow Valley Ranch (B)- Meet at Bow Valley Ranch parking in Fish Creek Park. 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.

Inglewood & Riverwalk - Park on 8 Avenue and meet at the intersection of 8 Ave and 8 St., SE. *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.

Sue Higgins Park: At the east end of Southland Drive (the road ends) at the intersection of Deerfoot Trail. Park in the LARGE OFFICIAL parking lot.

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.

Winston Heights, Bridgeland, Nose Creek & Bow River- Meet at Winston Heights Community Association, 520-27 Ave., NE (Just east of Edmonton Trail on 27 Ave) Mid- walk stop at Lina's Italian Supermarket & café or Café Rosso

Northwest

Bowmont & Bowness (meet at EAST End Bowmont) - 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!!

Brentwood & Nose Hill Park- Meet at the Nose Hill Library, 1530 Northmount Drive.

Briar Hill: Meet at the intersection of 9 Ave and 22 St., NW. This is a cul de sac, dead end street. Parking is on the street.

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

Edworthy & Parkdale (B)- Meet at the official parking for Edworthy Park on the north side. 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.

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.

Shouldice Park, Bowmont and Bowness: Meet at the Shouldice Aquatic Centre, Bowness Road, and 52 St.,NW

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 for possible schedule changes.



Rockies Snowshoe

AL= 3-4 trail hours MOD= 4-5 trail hours MOD/INT= 5 trail hours

Please pre-register for all snowshoe and 3 hour urban adventure hike outings.

Snowshoeing is as easy as walking but much more fun. You burn off the winter blahs as you follow a well-laid trail or break your own in the endless powder-fresh snow. Snowshoeing is an activity that is accessible to everyone. It takes no technical ability and with Fit Frog you can pace for pleasure as you pounce through powder or relax and enjoy as you follow the beaten track. You learn how to get up and down hills, to pace for endurance and enjoyment, and how to choose safe trails that suit your fitness level.

Snowshoe & Ski Rentals

TRY THEM ON!

Before you accept a piece of rental equipment make sure you learn how it works. Find out about gear problems before you are knee deep in snow!

Mountain Equipment Co-op, SW: 403-269-2420

Snowshoes: \$12-15 **Location:** 830 – 10 Ave. SW. There is parking at the store.

The University of Calgary Outdoor Program Centre, NW: 403-220-5038

Snowshoes: \$10-12: Poles: \$3: Boots: \$5 Ski package: \$17 **Location:** Free 15 minute loading zone for rental customers beside Olympic Oval off 24 Ave. NW

Ski Barn, NW: 403-247-3320 – A good last minute option for snowshoes or skis.

Snowshoes: Approximately \$12 **Location:** The Cedar House, 11 Bowridge Dr, NW (across from COP on Hwy 1)

Snowshoe Logistics

Meet place and time: All mountain snowshoe and hike details are on-line Google Calendar at www.fitfrog.ca on the calendar page. Please refer to this page for the most up to date meet place details.

Changes, Cancellations: 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. If driving conditions are unsafe, we will cancel the outing and reschedule on a day that works for everyone.

What to bring? Please check our website link for a list [what to bring on snowshoe and ski outings](#).

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.

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: \$250

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 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

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 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, 14th 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.