



# Club Fit Frog Spring 2019 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 10 km), in Calgary or within a 30 minute drive of Calgary (Sometimes a post-walk cafe stop option)

**Rockies Hikes:** 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

## April

Sunday - 7	Monday - 8	Tuesday - 9	Wednesday - 10	Thursday - 11	Friday - 12	Saturday - 13
<b>URBAN ADVENTURE HIKE - 9 AM-</b> Winston Heights, Nose Creek, Rnefrew, NE		<b>CITY WALK: 9 am-10:30</b> Nose Hill Berkley Gate, NW (Edelweiss Café)				<b>URBAN ADVENTURE HIKE - 9 AM-</b> Bowmont Park & Bowness, NW
Sunday - 14	Monday - 15	Tuesday - 16	Wednesday - 17	Thursday - 18	Friday - 19	Saturday - 20
		<b>CITY WALK: 9 am-10:30-</b> Sandy Beach, SW (Bell's Café)			Good Friday	<b>ROCKIES HIKE 8:00 AM-</b> AL- Foran Grade/Windy Point Loop, Sheep River Kananaskis
Sunday - 21	Monday - 22	Tuesday - 23	Wednesday - 24	Thursday - 25	Friday - 26	Saturday - 27
	<b>Easter Monday URBAN ADVENTURE HIKE - 9 AM-</b> Glenmore Reservoir Circumnavigation, SW					
Sunday - 28	Monday - 29	Tuesday - 30	Wednesday - 1	Thursday - 2	Friday - 3	Saturday - 4
<b>URBAN ADVENTURE HIKE - 9 AM-</b> Brentwood & Nose Hill, NW		<b>CITY WALK: 9 am-10:30</b> -Ramsay/Inglewood SE (Gravity Café)	<b>ROCKIES HIKE 8 AM-</b> MOD- Prairie View/ Jewell Pass, Kananaskis			

## May

Sunday - 5	Monday - 6	Tuesday - 7	Wednesday - 8	Thursday - 9	Friday - 10	Saturday - 11
Sunday - 12	Monday - 13	Tuesday - 14	Wednesday - 15	Thursday - 16	Friday - 17	Saturday - 18
			<b>ROCKIES HIKE 8 AM-</b> MOD- Mount Yamnuska, Kananaskis			
Sunday - 19	Monday - 20	Tuesday - 21	Wednesday - 22	Thursday - 23	Friday - 24	Tuesday - 25
<b>URBAN ADVENTURE HIKE - 9 AM-</b> Briar Hill, Hounsfield Heights, Hillhurst, Bow River, NW	Victoria Day Holiday	<b>CITY WALK: 9 am-10:30-</b> Stanley Park, SW (Manuel Latruwe Bakery Café)				<b>URBAN ADVENTURE HIKE - 9 AM</b> -Pearce Estate Park, Riverwalk, Ramsay, SE (Lukes café, Library)
Sunday - 26	Monday - 27	Tuesday - 28	Wednesday - 29	Thursday - 30	Friday - 31	Saturday - 1
		<b>URBAN ADVENTURE HIKE: 9 AM-</b> Glenbow Ranch, NW	<b>ROCKIES HIKE 8:30 AM-</b> MOD- Nihahi Ridge, Kananaskis			

## June

Sunday - 2	Monday - 3	Tuesday - 4	Wednesday - 5	Thursday - 6	Friday - 7	Saturday - 8
<b>URBAN ADVENTURE HIKE - 9 AM-</b> Sandy Cross Conservation Area Wildflowers, SW		<b>CITY WALK: 9 am-10:30-</b> Riley Park & Sunnyside (Vendome Café)				<b>ROCKIES HIKE 8:00 AM-</b> MOD- Grass Pass & Bull Creek Hills Wildflowers, Kananaskis
Sunday - 9	Monday - 10	Tuesday - 11	Wednesday - 12	Thursday - 13	Friday - 14	Saturday - 15
		<b>URBAN ADVENTURE HIKE -9AM</b> -Edworthy, Douglas Fir, Wildwood and Bow River, NW	<b>ROCKIES HIKE 8:30 AM</b> - MOD- Jumpingpound Ridge Wildflowers, Kananaskis			<b>CITY WALK: 9 am-10:30-</b> Bridgeland, NE
Sunday - 16	Monday - 17	Tuesday - 18	Wednesday - 19	Thursday - 20	Friday - 21	Saturday - 22
		<b>CITY WALK: 9 am-10:30-</b> Roxboro-Ramsay, SW (Phil and Sebastian café)	<b>ROCKIES HIKE 8:30 AM-</b> AL- Sulpher Springs/ Riverview Loop Wildflowers			
Sunday - 23	Monday - 24	Tuesday - 25	Wednesday - 26	Thursday - 27	Friday - 28	Saturday - 29
<b>ROCKIES HIKE 8 AM-</b> MOD/INT Cox Hill Wildflowers, Sibbald, Kananaskis		<b>URBAN ADVENTURE HIKE - 9 AM-</b> Fish Creek Bow Valley Ranch - Douglasdale(Annie's Café)				<b>ROCKIES HIKE 7:30 AM-</b> INT Bourgeau Lake & Harvey Pass, Banff National Park

## July

Sunday - 30	Monday - 1	Tuesday - 2	Wednesday - 3	Thursday - 4	Friday - 5	Saturday - 6
	<b>ROCKIES HIKE 7:30 AM-</b> MOD/INT Healy Pass, Banff National Park	<b>CITY WALK: 9 am-10:30-</b> Jackrabbit Trail, SW (Good Earth Café)				

Schedule may change. Subscribe to the Google calendars at [www.fitfrog.ca](http://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

**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.

**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.

**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 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.

**Pearce Estate Park & Riverwalk -** Meet at the official parking lot for the Pearce Estate 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.

**Sue Higgins Park:** Official parking lot at Deerfoot Trail and Southland Drive.

## 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, 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.

**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.

**Edworthy Douglas Fir & Wildwood (B)-** At the corner of Shagannappi 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.

**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

All mountain hikes details are on-line at [www.fitfrog.ca](http://www.fitfrog.ca) on the Google Calendar 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.

- **Hwy 22x and 37 St., SW**- Parking lot is in between 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 Hikes 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.