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For Immediate Release

Book release date: November 20, 2020

Bestselling Alberta author Lori Beattie is back with an expanded and updated 2nd edition of her hugely successful compendium of Calgary's best walks and urban jaunts.

New in this edition:

- 10 new walk routes with full colour maps
- 40+ suggested detours for the urban explorer to extend and expand walking routes
- 35 revised and updated maps
- More off leash dog walking areas featured for pups and their people
- Even more tasty pit stop suggestions: cafes, ice cream and craft beer
- New photos, artwork and new content on topics ranging from First Nations history, geology, archeology, botanical gardens, wetlands and why walking makes us happy!

See **inside** the new edition at www.calgarybestwalks.ca

To set up an **interview** and to get a **review copy** please contact Lori at lorib@fitfrog.ca or 403-390-0155 (cell)

TAKE A MURAL WALK THROUGH THE BELTLINE FOLLOWED BY A CAFE stop along 17th Avenue. Walk from Bowmont Park's Waterfall Valley to the colourful Botanical Gardens of Silver Springs. Disconnect and recharge in the Weaselhead wilderness or alongside the Royal Oak wetlands. Stroll the East Village River Walk before stopping for a craft beer at a microbrewery in Inglewood. Soak up some big sky views from Bridgeland's Tom Campbell's Hill, the Paskapoo Slopes or Glenbow Ranch Provincial Park.

Bring your kids, your dog and your sense of adventure. Detailed maps lead you through neighbourhoods and pocket parks, through off leash areas to hidden staircases, along paved river pathways and onto people-populated walking streets. Calgary's Best Walks has something for everyone, including Lori's favourite coffee shop suggestions for a post-walk treat.

Absorb Calgary's sights, scents and sounds on these 45 urban jaunts.

Calgary's Best Walks

45 urban jaunts and nature strolls

Lori Beattie

Intrepid urban walker Lori Beattie is back with an **expanded edition** of her **best-selling guidebook** now with **45 Calgary walking routes** plus 40 suggested detours. Surprises await!

Lori Beattie is Calgary's urban hike queen, exploring the city on foot in search of big nature, hidden stairways, gardens, cafes, folk art, and murals. She presents to groups on the pleasure of taking a walk and is the host of CTV Morning Live Walks. Lori leads Calgarians on walks, Rocky Mountain hikes and snowshoe days with her company Fit Frog Adventures. Some might call it a walking addiction, a pedestrian passion. Lori (and her dog) would agree.

fitfrog adventures

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Calgary's Best Walks

Lori Beattie

2nd edition, updated and expanded