

OFFICIAL ALBERTA TRAVEL PLANNER



ALBERTA

Travel
Alberta
Canada 

(remember to breathe)



HOW TO USE THIS PLANNER

If you're looking for inspiration on how to plan a memorable Alberta vacation, you'll find it here.

Be sure to visit travelalberta.com for lots more information on adventures, road trips, accommodation and travel deals.

05 PLACES TO GO

Divided into six geographical regions of the province, each section features highlights, local communities, parks and road trips.

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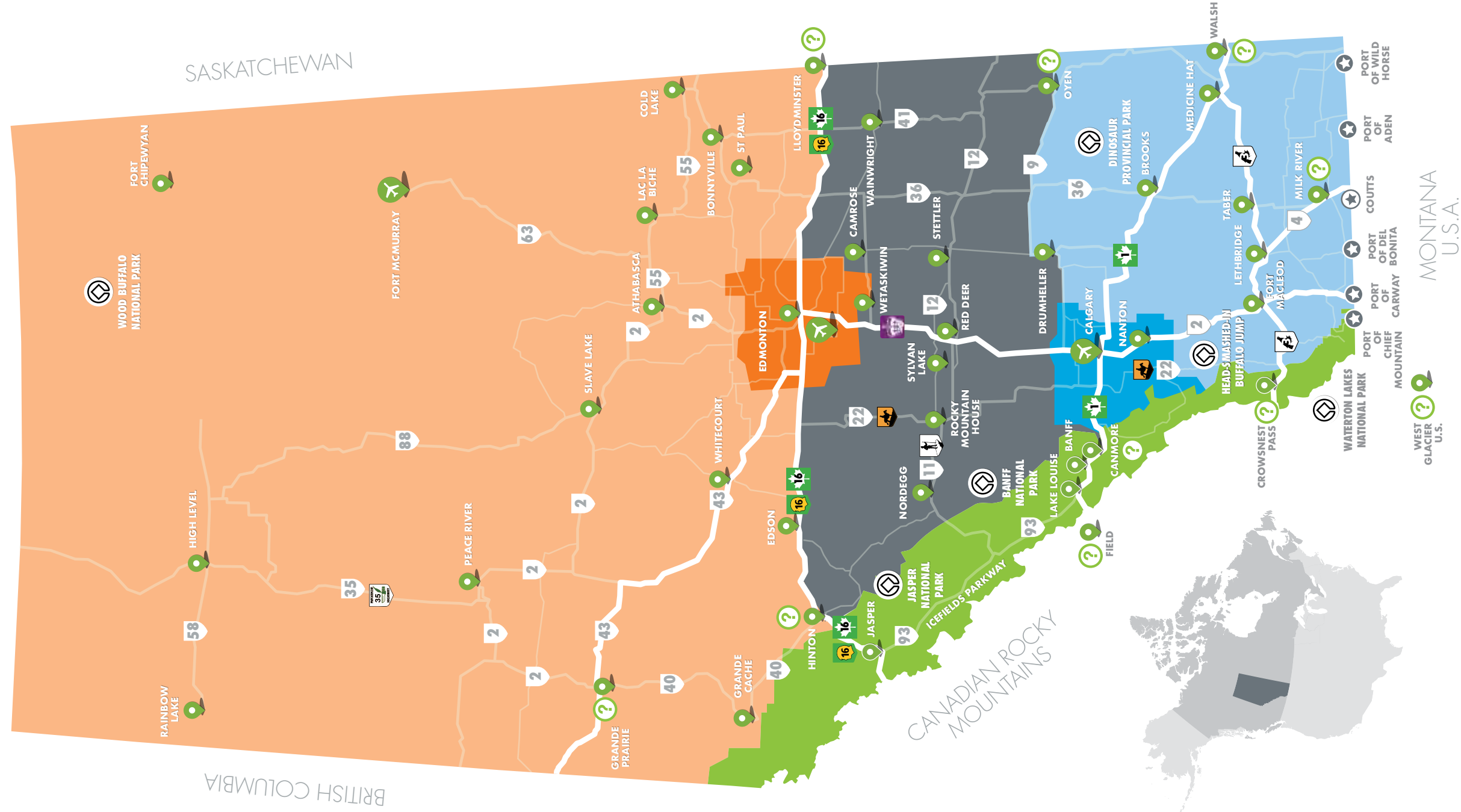
80 THINGS TO DO

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113 PLAN YOUR TRIP

The essentials: How to get here, how to get around, weather, useful resources and more.

NORTHWEST TERRITORIES



REGIONS

- CANADIAN ROCKIES
- CALGARY AND AREA
- SOUTHERN ALBERTA
- CENTRAL ALBERTA
- EDMONTON AND AREA
- NORTHERN ALBERTA

LEGEND

- VISITOR INFORMATION CENTRE
- UNESCO WORLD HERITAGE SITE
- INTERNATIONAL AIRPORT
- QUEEN ELIZABETH II HWY
- PRIMARY HIGHWAYS
- TRANSCANADA HWY
- TRANSCANADA YELLOWHEAD HWY
- CROWSNEST HIGHWAY
- DAVID THOMPSON HIGHWAY
- COWBOY TRAIL
- MACKENZIE HIGHWAY
- US PORT OF ENTRY
- US PORT OF ENTRY (OPEN 24 HOURS)

For more detail refer to the official Alberta Road Map

VISITOR INFORMATION CENTRES

Stop in at one of Travel Alberta's 10 Visitor Information Centres for more information – from vacation guides to accommodation and camping details – and to speak with a knowledgeable travel specialist. Washrooms, telephones, and picnic areas are available at each centre.

- CANMORE (YEAR ROUND)** 1-800-252-3782
South side of Hwy 1 on west end of Canmore service road
- CROWSNEST PASS (MAY – SEPTEMBER)** 1-800-252-3782
South side of Hwy 3, 8 km west of Coleman and 6 km from BC/AB border
- GRANDE PRAIRIE (MAY – SEPTEMBER)** 1-800-252-3782
Southeast side of Hwy 43 at the junction of 106 Street
- FIELD, BC (MAY – OCTOBER)** 1-800-252-3782
South side of Hwy 1 at the entrance to Field, BC
- HINTON (MAY – OCTOBER)** 1-800-252-3782
South side of Hwy 16 in the commercial area
- LLOYDMINSTER, SK (MAY – SEPTEMBER)** 1-800-252-3782
Side of Hwy 16, 1 km east of Lloydminster
- MILK RIVER (MAY – OCTOBER)** 1-800-252-3782
East side of Hwy 4, south of Milk River
- OYEN (MAY – SEPTEMBER)** 1-800-252-3782
Intersection of Hwy 9 and Hwy 41, north of Oyen
- WALSH (MAY – SEPTEMBER)** 1-800-252-3782
North side of Hwy 1, 64 km east of Medicine Hat and 3 km west of SK/AB border
- WEST GLACIER, MT (MAY – SEPTEMBER)** 1-800-252-3782
West side of the junction of Hwy 2 and Going-to-the-Sun Road (Logan Pass)



Of the many visitor information centres around the province, 50 display this logo, which means they carry detailed information not only for their region but for the rest of the province as well. Hours of operation may vary.

WEST GLACIER U.S.

MONTANA U.S.A.

BRAGGING RIGHTS

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Canada's first national park
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One of the 10 most scenic drives in the world
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World's richest source of dinosaur fossils
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The best preserved of its kind in North America
- 61 WEST EDMONTON MALL**
North America's largest indoor shopping and entertainment complex
- 70 ELK ISLAND NATIONAL PARK**
Most hooved wildlife in Canada
- 71 WOOD BUFFALO NATIONAL PARK** 
The world's largest dark sky preserve

 UNESCO World Heritage Site

 Provincial Park



WELCOME TO ALBERTA, CANADA

Alberta is one of the most breathtaking places on earth, as vast as it is varied in landscape and experiences. Located in Western Canada, our province is bordered by the spectacular Canadian Rocky Mountains to the west and rolling prairies and badlands to the east. We share our northern border with the Northwest Territories and to the south, an international peace park with the state of Montana.

Explore our UNESCO World Heritage Sites and the many parks and wildlands that protect the bounty of wildlife that make this place their home. Return to urban centres bustling with arts, culture, shopping, fine dining and accommodation to suit all tastes and budgets.

Places to go, things to do. Discover for yourself what Alberta's famous western hospitality is all about.

(remember to breathe)



Dinosaur Provincial Park

READY TO PLAY

PLACES TO GO

So many places to visit in Alberta! Will it be the Canadian Rockies on our western border, the high ranch country and rolling prairies to the south, boreal forests and rushing rivers to the north or the mysterious Canadian Badlands stretching east and south? Why not all of the above?

In this section, learn about the various regions around the province including local attractions, festivals and events, as well as must-see highlights. We've included a few road trips to get your motor running.

Remember to visit travelalberta.com for lots more information.

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- 23 Calgary & Area
- 33 Southern Alberta
- 47 Central Alberta
- 59 Edmonton & Area
- 69 Northern Alberta



CANADIAN ROCKIES



Alberta's Canadian Rocky Mountains have it all – dazzling peaks, lush alpine meadows, turquoise lakes, virgin forests and wildlife galore. Feed your wanderlust in **Jasper**, **Banff** and **Waterton Lakes** national parks, and in the vast playground of the front ranges known as **Kananaskis Country**.

Pick your season and hike, bike, paddle, golf, raft, ride, ski, skate, dogsled or snowshoe your way through some of the most spectacular scenery on the planet. While you don't need a pass for a provincial park, you will need one for our national parks, which can be purchased at park entrances or online (see page 116).

After a full day of adventures, relax and rejuvenate while enjoying all that our alpine towns of **Banff**, **Canmore**, **Lake Louise**, **Jasper** and **Waterton** have to offer. Let the mountains heal your soul.

albertaparks.ca
banfflakelouise.com
canmore.ca
jasper.travel
mywaterton.ca
parkscanada.gc.ca

CHECKLIST

- Banff Gondola explorerockies.com/banff-gondola
- Canadian Rockies Hot Springs hotsprings.ca
- Canmore Nordic Centre Provincial Park canmorenordiccentre.ca
- Frank Slide history.alberta.ca/frankslide
- Glacier Skywalk glacierskywalk.ca
- Jasper Dark Sky Preserve jasper.travel/darksky
- Jasper SkyTram jasperskytram.com
- Lake Louise Gondola lakelouise gondola.com
- Waterton Shoreline Cruise watertoncruise.com
- Via Ferrata & Summer Chairlift summer.banffnorquay.com



BANFF NATIONAL PARK

 World Heritage Site

The elements that make the Canadian Rockies a year-round dream destination converge in perfect harmony in Banff National Park. Two years after railway workers stumbled upon a series of hot springs, Banff was established as Canada's first national park in 1885.

Explore more than 1,600 km (1,000 mi) of maintained trails on foot, by bicycle or on horseback. Paddle through the crystal clear turquoise waters of glacier-fed lakes and watch for wildlife. Have a picnic in an alpine meadow strewn with wildflowers or climb to the top of a soaring peak. Come

back in winter and ski some of the finest powder anywhere. Inside the park, the town of **Banff** and hamlet of **Lake Louise** have all the amenities, everything you need to enhance your stay.

pc.gc.ca/banff
banfflakelouise.com

HIGHLIGHTS

BANFF GONDOLA

Ride to the top of **Sulphur Mountain** and take in the breathtaking views. Surrounded by six mountain ranges, see the townsite of Banff nestled far below. Take a short hike along the walkway to **Sanson's Peak** and watch for wildlife.

BANFF UPPER HOT SPRINGS

No trip to Banff National Park is complete without a soak in the restorative waters of the Banff Upper Hot Springs. Visitors from around the world have been coming to “take in the waters” for decades.

CAVE AND BASIN NATIONAL HISTORIC SITE

This iconic landmark commemorates the 1883 discovery of the hot springs that led to the creation of Canada's national park system. Take the **Discovery Tour** and learn more about their natural and cultural history.

LAKE LOUISE GONDOLA

In summer, take the Lake Louise Gondola to an elevation of 2,088 m (6,850 ft) and watch for grizzly bears below. At the top, there are a number of easy to intermediate hikes.

LAKE MINNEWANKA

Explore the largest lake in the park, just 15 minutes from the Banff townsite. Walk or cycle the trails around the lake, take a boat cruise or enjoy a picnic on the shore.

SKIING

Not many national parks have ski resorts tucked inside. Banff National Park has three: **Sunshine Village**, **Mount Norquay** and **Lake Louise Ski Resort**. These are consistently ranked as some of the best places to ski in Canada.

VIA FERRATA & SUMMER CHAIRLIFT

Even novice climbers can scale the rock walls of **Mount Norquay** guided by a series of cables, anchors and ladders on the Via Ferrata (Italian for Iron Road). The 10-minute North American chairlift ride takes you high above the clouds to enjoy beautiful views. Savour a meal in the restored tea house after your climb.



Moraine Lake | @calsnape

JASPER NATIONAL PARK

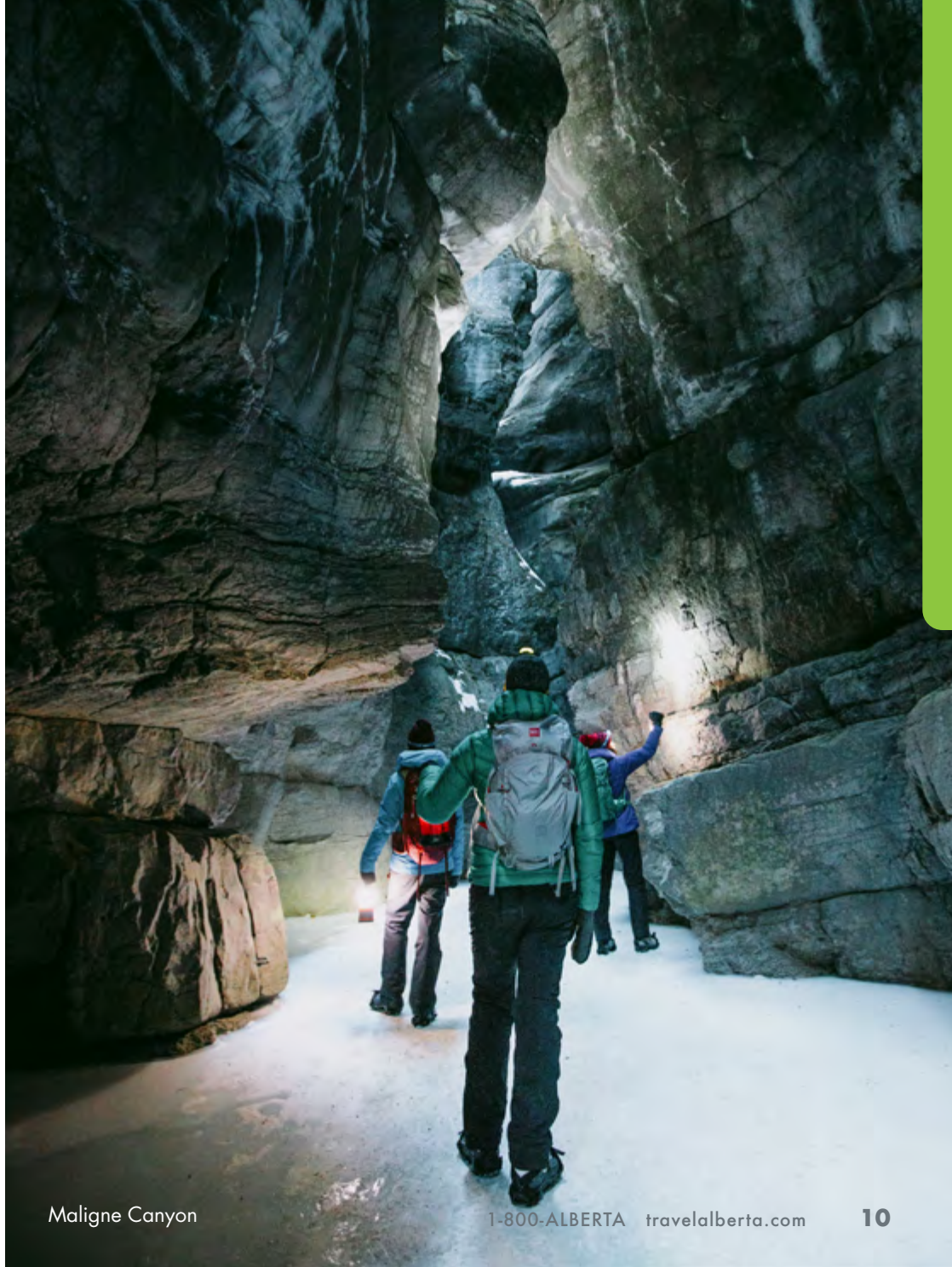
 World Heritage Site

The largest of our Canadian Rockies national parks, Jasper covers almost 11,000 sq km (4,247 sq mi) of mostly untouched alpine wilderness. It is also the world's second largest dark sky preserve.

Directly north of **Banff National Park**, Jasper is linked via the iconic **Icefields Parkway**, where you can see more than 100 ancient glaciers along the way.

The park is a year-round playground – find the perfect camping spot, ride or hike the extensive trail system, paddle a pristine lake and watch for an abundance of wildlife. Wander through gorges sculpted by powerful waterfalls. Come back in winter to see them in their frozen splendour. Then cross-country ski, snowshoe or skate across an outdoor pond. Ski **Marmot Basin**, 30 minutes from the town of **Jasper**, where warm hospitality awaits.

pc.gc.ca/jasper
jasper.travel



PLACES TO GO
CANADIAN ROCKIES

THINGS TO DO

HIGHLIGHTS

COLUMBIA ICEFIELD, ATHABASCA GLACIER

About 90 minutes south of Jasper, explore the Athabasca Glacier, part of the colossal Columbia Icefield. At the **Glacier Discovery Centre**, board a massive Ice Explorer bus with giant rubber wheels and ride right up onto the glacier.

GLACIER SKYWALK

A five-minute bus ride from the **Glacier Discovery Centre** is one truly remarkable viewing opportunity. Glacier Skywalk is a feat of engineering cantilevered over the **Sunwapta Valley**. The fully accessible cliff-edge walkway leads to a glass-floored observation platform 280 m (918 ft) above the valley floor.

JASPER SKYTRAM

Take the longest and highest guided aerial tramway in Canada and get ready for an astonishing 360 degree view of the surrounding mountain ranges, with the **Athabasca River** and the town of Jasper nestled at your feet.



Spirit Island on Maligne Lake | @rawmeyn

MALIGNE CANYON

Ten minutes south of Jasper, Maligne Canyon is one of the most spectacular gorges, plunging to depths of over 50 m (165 ft). Come back in winter and do the famed canyon ice walk. If you are an ice climber, the sky's the limit.

MARMOT BASIN

Ski Canada's highest base elevation at 1,697 m (5,568 ft), with 914 m (3,000 ft) of vertical drop. Terrain is suitable for novices to experts. Ski and snowboard November to May and enjoy some of the most breathtaking, unspoiled views in the Canadian Rockies.

MIETTE HOT SPRINGS

Inside the park in the wild **Fiddle Valley** about an hour northeast of Jasper are the hottest mineral springs in the Rockies, cooled to a comfortable temperature of 40 C (104 F) as they enter the hot springs pool. After a good soak, take the short walk to the source of the springs.

SPIRIT ISLAND ON MALIGNE LAKE

Spirit Island is one of the most photographed spots on the planet. Find out why on a boat tour of Maligne Lake, just 44 km (27 mi) south of Jasper. The easiest way to get there is by shuttle bus from town. Watch for wildlife on the way there.



KANANASKIS COUNTRY

A vast playground of over 50 interconnected provincial parks and recreation areas, **Kananaskis Country** covers 4,257 sq km (1,643 sq mi) of the front ranges of the Canadian Rockies.

Just an hour west of **Calgary** and a short distance from **Banff National Park**, K-Country, as it is known by the locals, offers some of the best hiking, horseback trails and whitewater rafting in summer, and cross-country skiing and snowshoeing in winter.

Excellent trails radiate from the alpine town of **Canmore**. Particularly popular is the **Grassi Lakes** hike. And a tour of **Grotto Canyon** is a must, summer or winter. Hire a guide and climb to the top of a mountain, fly high above them all on a heli-tour or go deep beneath on a cave and cavern tour.

albertaparks.ca
canmore.ca



Spray Valley Provincial Park

HIGHLIGHTS

BOW VALLEY PROVINCIAL PARK

At the junction of the Bow and Kananaskis rivers, Bow Valley Provincial Park covers over 30 sq km (11.6 sq mi). Expect the best of outdoor adventures here: hiking, whitewater rafting, windsurfing, camping, horseback riding and in winter, cross-country skiing, dog sledding and snowshoeing.

CANMORE NORDIC CENTRE PROVINCIAL PARK

Designed for the 1988 Winter Olympics, this remains one of the top cross-country ski

destinations in the world. Nordic skiers enjoy the challenges of 65 km (37 mi) of groomed and track-set trails. Mountain bikers flock here in summer, and fat bike in winter, with over 100 km (62 mi) of trails to explore.

FORTRESS MOUNTAIN

About an hour from Calgary, Fortress Mountain is exclusively for small group cat skiing. Average snowfall of 8-11 m (26-36 ft) means the chances of virgin runs are more than good.

NAKISKA MOUNTAIN RESORT

Nakiska is the closest mountain to Calgary for downhill skiing, just 45 minutes west. It was developed for the alpine events of the 1988 Winter Olympics. You'll find a variety of terrain for novice, intermediate and advanced skiers.

PETER LOUGHEED PROVINCIAL PARK

Towering mountains, pristine lakes, evergreen valleys and glacial streams – this is an area of striking wilderness contrasts. Campgrounds offer a variety of amenities from rustic walk-in tenting to pull-through trailer sites and backcountry camping.

SHEEP RIVER PROVINCIAL PARK

Hike to the pretty **Sheep River Falls** and watch for wildlife in this protected habitat for bighorn sheep. Camp, fish, mountain bike or ride on horseback to remote **Bluerock**. In winter, ice skate at **Sandy McNabb Campground**.

SPRAY VALLEY PROVINCIAL PARK

Hiking trails take you to scenic heights and great backcountry camping. Canoe, kayak or fish for trout in summer. Ice fish in winter. Cross-country ski or mountain bike at **Mount Shark**. The park is home to **Mount Engadine Lodge** and a biathlon range.



WATERTON LAKES NATIONAL PARK

 World Heritage Site

The smallest of our mountain parks is impressive in its own right. Nowhere else in the world will you find a World Heritage Site, an international peace park, a dark sky park and a biosphere reserve all rolled into one.

Shaped over centuries by wind, fire, glacial ice and floods, this unusual collision of

ecosystems is home to rare plants and animals not found anywhere else in Alberta. Photographers, birdwatchers and botanists gather here for good reason.

Watch for bighorn sheep, mountain goats, elk, deer and black bear. Take a boat cruise across an international border on **Upper Waterton**

Lake, the deepest lake in the Canadian Rockies. The village of **Waterton** at water's edge has all the amenities – not to mention its very own waterfall.

pc.gc.ca/waterton
mywaterton.ca

HIGHLIGHTS

PRINCE OF WALES HOTEL NATIONAL HISTORIC SITE

Perched on a bluff above Waterton Lake, the park's most recognized landmark was constructed in 1926-27 and is a grand survivor of the golden age of railway resort development. The panoramic view from the dining room goes perfectly with traditional high tea.

UPPER WATERTON LAKE

Cruise the shoreline of the deepest lake in the Canadian Rockies and cross the US/Canada border to **Goat Haunt**, Montana. Water shuttles cross the lake daily to **Crypt Landing**, gateway to one of the park's most rewarding day hikes.

WATERTON-GLACIER INTERNATIONAL PEACE PARK

The world's first peace park combines **Waterton Lakes National Park** and Montana's **Glacier National Park**. It was awarded the World Heritage Site designation because of its distinctive climate, topography and wide variety of plants and wildlife, some not found elsewhere in North America.

DARK SKY PARK

Waterton Lakes and **Glacier National Parks** are also now designated as an International Dark Sky Park, the first between two countries. Gaze at the Big Dipper, Orion the Hunter, catch a glimpse of aurora borealis or take in a dark sky theatre program.

WATERTON IN WINTER

Take a guided interpretative walk and learn about avalanches, the magic of snow crystals and the amazing adaptations birds and mammals make to live in Waterton through winter. Great for all ages!

Waterton Lakes National Park | @alexstrohl





Park Distillery Restaurant and Bar | Banff

LOCAL COMMUNITIES

BANFF AND LAKE LOUISE

Surrounded by rugged peaks, the town of Banff has all the amenities. **Banff Avenue** offers superb shopping and nightlife, with restaurants featuring some of the top chefs in the country. The hamlet of Lake Louise is minutes from the lake for which it is named. Stay at a mountain lodge, chalet or hotel and make it your home base for hiking and skiing.

banfflakelouise.com

CANMORE

The iconic peaks of the **Three Sisters** stand sentinel over the town of Canmore, an outdoor adventure hub just minutes from **Banff National Park**. A stroll down lively **Main Street** reveals art galleries, unique shopping experiences and a sizzling dining

scene. The town hosts numerous festivals throughout the year.

canmore.ca

CROWSNEST PASS

The community of Crowsnest Pass along Hwy 3 is famed for its early days of coal mining. Visit historic sites and museums that bring to life the area's tragedies, triumphs, booms and busts. Learn about the **Frank Slide** of 1903, Canada's deadliest rockslide. The area is also famous for hiking, mountain biking, cross-country skiing and snowmobiling.

crowsnestpass.com

JASPER

The town of Jasper is the soul of **Jasper National Park**, where locals welcome you

as long-lost friends. You'll find restaurants, hotels, mountain lodges, shops, tour operators and outfitters. Your hub for endless outdoor adventuring, Jasper is also in the heart of the second largest dark sky preserve in the world. Visit in October to catch the impressive **Dark Sky Festival**.

jasper.travel

WATERTON

Here you'll find everything you need to begin to explore the **Crown of the Continent**, including restaurants, shops, rentals, hotels and campgrounds. At one end of town is **Cameron Falls**, a view you may share with deer or bighorn sheep.

Explore the community by foot or by bike on a variety of trails.

mywaterton.ca

CANADIAN ROCKIES FESTIVALS & EVENTS

Banff Mountain Film & Book Festival
banffcentre.ca

Banff National Park SnowDays
banfflakelouise.com

Canmore Folk Festival
canmorefolkfestival.com

Jasper Dark Sky Festival
jasperdarksky.travel

Jasper in January
jasperinjanuary.travel

Lake Louise Ice Magic Festival
banfflakelouise.com

Lake Louise AUDI FIS Ski World Cup
lakelouisealpineskiworldcup.com

Waterton Wildflower Festival
watertonwildflowers.com

Waterton Wildlife Weekend
watertonwildlife.com



Lake Louise



Glacier Skywalk | @neil_ze



ROAD TRIP

ICEFIELDS PARKWAY (HWY 93)

ROCKY MOUNTAIN MAJESTY

Distance: Approx. 235 km (146 mi)

Scanning the road ahead, we pull over and come to a full stop. The view is breathtaking, but that's not the reason. A group of bighorn sheep is partly blocking the roadway. And they do indeed have big horns! They also have the right of way so we snap some photos with the zoom lens and keep our distance until we can resume our journey.

In the heart of the Canadian Rockies, the stretch of highway from **Lake Louise** to **Jasper** connecting **Banff** and **Jasper** national parks is known as the Icefields Parkway. It is truly one of the most gorgeous drives in the world with jaw-dropping scenery punctuated by more than 100 ancient glaciers, waterfalls cascading from dramatic rock spires and turquoise lakes set

in sweeping valleys. Along the way, watch for mountain goats, deer, elk, grizzly and black bears. Oh, and bighorn sheep.

There are so many places where you can pull over to take photos or find a trailhead for a short or longer hike. Don't rush this one – it's easy to spend an entire day, or even two, to make the most of this trip.



- ▶ Start your journey in **Lake Louise**, about 40 minutes west of **Banff**. Pick up the Icefields Parkway (Hwy 93) and drive north for 34.5 km (21 mi) to see the mighty **Crowfoot Glacier**.
- ▶ Next up is the **Bow Lake** viewpoint where you can get an excellent shot of **Num-Ti-Jah Lodge** across the lake.
- ▶ The next fabulous photo op is **Peyto Lake**, a few minutes further north. Take the 10-minute walk to the viewpoint. It's the highest elevation on the Parkway.
- ▶ Continue north for about an hour and a quarter and you're into the vast **Columbia Icefield** straddling the **Continental Divide**.
- ▶ You'll want to make a stop at the **Glacier Discovery Centre** and board an Ice Explorer bus that takes you right up onto the **Athabasca Glacier**, where you can walk on ice up to 300 m (985 ft) thick.
- ▶ Then take a shuttle bus to nearby **Glacier Skywalk**, a daring cliff-edge walkway cantilevered 280 m (918 ft) out over the **Sunwapta Valley**. Guaranteed to take your breath away.
- ▶ Continue north 113 km (70 mi) and at the junction of Hwy 93 and 93A, pull into the **Athabasca Falls Viewpoint** to see the most powerful of the area's many waterfalls.
- ▶ In another 45 minutes you'll arrive in the town of **Jasper**, where a whole new world of adventure awaits.



ROAD TRIP

KANANASKIS TRAIL (HWY 40)

ADVENTURE ON THE FRONT RANGES

Distance: 190 km (118 mi)

Overlooking **Barrier Lake**, my friend sputters with excitement. He waves his binoculars and shouts, “A grizzly bear! It’s a grizzly bear!” Sure enough, a huge bear with the distinct grizzly hump on its shoulders is clambering up a velvety patch of alpine glade.

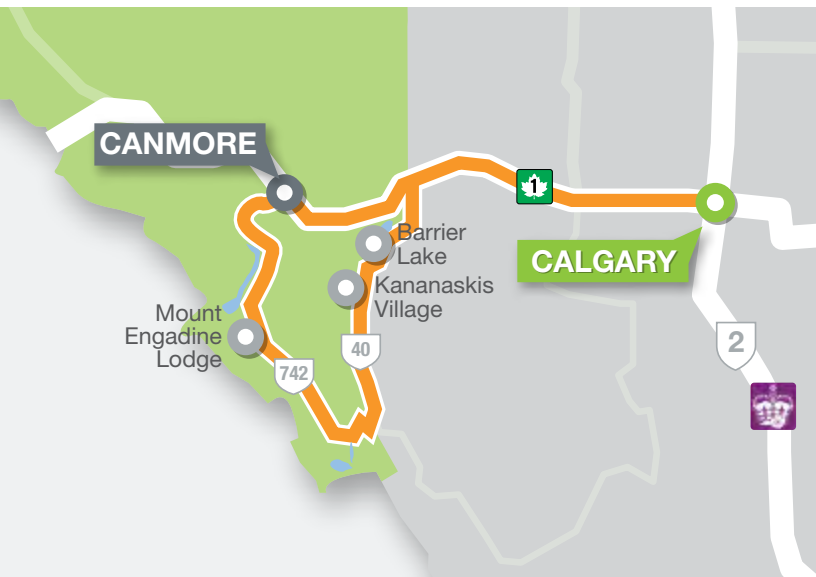
We came prepared with bear spray, noisemakers and the common sense to be bear aware in **Kananaskis Country**, but the grizzly is a long way off and headed in the opposite direction. Still, what a thrill!

There’s more wildlife to see as we head into the front ranges of the Canadian Rockies. The birder in our group has his eyes peeled for red-tailed hawks, osprey and golden eagles, and his ears cocked for the trill of the ruby-crowned kinglet or Swainson’s thrush.

Our first stop is the new **Kananaskis Nordic Spa** at the recently renovated and renamed **Pomeroy Kananaskis Mountain Lodge** in **Kananaskis Village**. A first-of-its-

kind Canadian alpine interpretation of the Scandinavian tradition, it offers campfires, three types of saunas, a series of hot, saltwater and cold plunge pools, exfoliation cabin, massage and many comfy spots to meditate, relax or indulge in a healthy bite or sip.

We snuggle into our cozy red tartan robes and curl up in heated lounge chairs to wait for our treatments. We emerge relaxed, restored and ready to tackle the next leg of our Kananaskis adventure.





Canadian Rockies | @christopheramat

- ▶ From **Calgary**, head west on the Trans-Canada (Hwy 1) about an hour to the Kananaskis Trail (Hwy 40) turnoff.
- ▶ Go south on Hwy 40 for 8 km (5 mi) to **Barrier Lake** and do all or part of the easy 10 km (6 mi) hike around the lake. Gorgeous!
- ▶ Continue south to **Kananaskis Village**, rent a bike, hit the paved trails or treat yourself to lunch at one of many all-new culinary experiences at the **Pomeroy Kananaskis Mountain Lodge**.

- ▶ If you like golf, plan ahead and stop for a round at the **Kananaskis Country Golf Course**. Its two newly restored Mt. Lorette and Mt. Kidd 18-hole courses feature awe-inspiring views and lush fairways framed by glacier-fed creeks and the cascading Kananaskis river. Sip a cool one on the renovated clubhouse's new patio and watch for more wandering wildlife.
- ▶ When you're ready to leave Kananaskis Village, head south on Hwy 40 for about 30 km (19 mi) to the turnoff for the

Smith-Dorrien Spray Trail (secondary Hwy 742, gravel). Follow it north for the same distance.

- ▶ Turn left onto **Mt. Shark Road** where you can stop for tea at secluded **Mount Engadine Lodge**.
- ▶ Back on Hwy 742, head north again for 40 km (25 mi) to **Canmore** and enjoy all this vibrant alpine town has to offer.



CALGARY & AREA



There's something for everyone in this dynamic part of the province – the crackle of the big city, the charm of classic western towns, outdoor adventures galore in the foothills and the splendour of golden prairies under an endless sky.

Bursting with an ever-changing array of attractions, Calgary is a youthful city buzzing with vitality. Devour its great food, entertainment, shopping and thriving music and theatre scene.

Then see how Calgarians experience their own backyard. Less than an hour due west, you're in the front ranges of the Canadian

Rockies in **Kananaskis Country** where hiking, horseback riding and whitewater rafting await.

Follow the **Cowboy Trail** (Hwy 22) from **Cochrane** south through high ranch country to **Turner Valley, Black Diamond** and **Longview**. Poke through galleries featuring traditional and contemporary western art.

visitcalgary.com
coollittletowns.com

CHECKLIST

- Calaway Park
calawaypark.com
- Canada's Sports Hall of Fame
sportshall.ca
- Heritage Park Historical Village
heritagepark.ca
- TELUS Spark Science Centre
sparkscience.ca
- Calgary Tower
calgarytower.com
- Fort Calgary
fortcalgary.com
- Studio Bell, home of the National Music Centre
nmc.ca
- WinSport
winsport.ca
- Calgary Zoo
calgaryzoo.com
- Glenbow Museum
glenbow.org

CALGARY

Set dramatically between prairies and peaks, Calgary is a chic metropolis known for its western hospitality, lively music events and outdoor festivals, classic and quirky arts scene and innovative chef-driven eating experiences.

This is a place where people work hard and play hard. In the morning, walk, run, bike or rollerblade along North America's most extensive urban pathway system. Shop in any number of eclectic neighbourhoods or visit **Fort Calgary**, the **Glenbow Museum**, **Heritage Park Historical Village**, **Calaway Park** or the **Calgary Zoo**. Catch a panoramic view of the city from atop the **Calgary Tower**. After a fine meal when day is done, put on your dancing shoes for a glittering night on the town.

Plan to visit in July when the city celebrates its western heritage with the **Calgary Stampede**, 10 days of genuine Wild West spirit.

visitcalgary.com

calgaryattractions.com



Calgary Folk Music Festival

PLACES TO GO
CALGARY & AREA

THINGS TO DO

HIGHLIGHTS

CALGARY STAMPEDE

Be here in July for the richest rodeo competition and chuckwagon derby in the world, with \$2 million in prizes for calf roping, steer wrestling, bronco busting, bull riding, barrel racing and chuckwagon races. Learn about First Nations traditions at **Indian Village** and stay for a dance and drum competition. Catch the **Grandstand Show**, a variety extravaganza capped by

spectacular fireworks. There's music venues like **Nashville North**, midway rides and tasty eats for every appetite.

calgarystampede.com

HERITAGE PARK HISTORICAL VILLAGE

Costumed interpreters depict "How the West was Once" at Canada's largest living history museum. Over 180 exhibits in four locations

across the park span the 1860s pioneer era to the age of the automobile in the 1950s. See the huge collection of vintage automobiles and gas pumps in **Gasoline Alley**. Ride an authentic steam train, take a cruise on a paddlewheeler and stop for lunch at the **Selkirk Grille**.

heritagepark.ca



HIGHLIGHTS

CALGARY ZOO

Western Canada's largest zoo is home to nearly 1,000 animals. Visit the impressive **Canadian Wilds** exhibit that features grizzly bears, wolves, cougar, moose, bison, bighorn sheep and mountain goats – just in case you don't get to see them all in our mountain parks. Don't miss the popular **Penguin Plunge**. The kids will love **Prehistoric Park**, a life-sized animatronic

dinosaur exhibit. In December, enjoy the amazing **Zoolights**, with 1.5 million multicoloured lights twinkling throughout the grounds.

calgaryzoo.com

WINSPORT

On the outskirts of the city, the 90 m (295 ft) ski jump tower is the most visible reminder of the 1988 Winter Olympics.

Today, you can fly from the top of it on the fastest zipline in North America or hurtle down luge and bobsleigh tracks. **Canada Olympic Park** remains a training ground for Canada's Olympic athletes and a state-of-the-art playground for visitors. Skate, ski and snowboard in winter and mountain bike in summer.

winsport.ca

Canada Olympic Park



FISH CREEK PROVINCIAL PARK

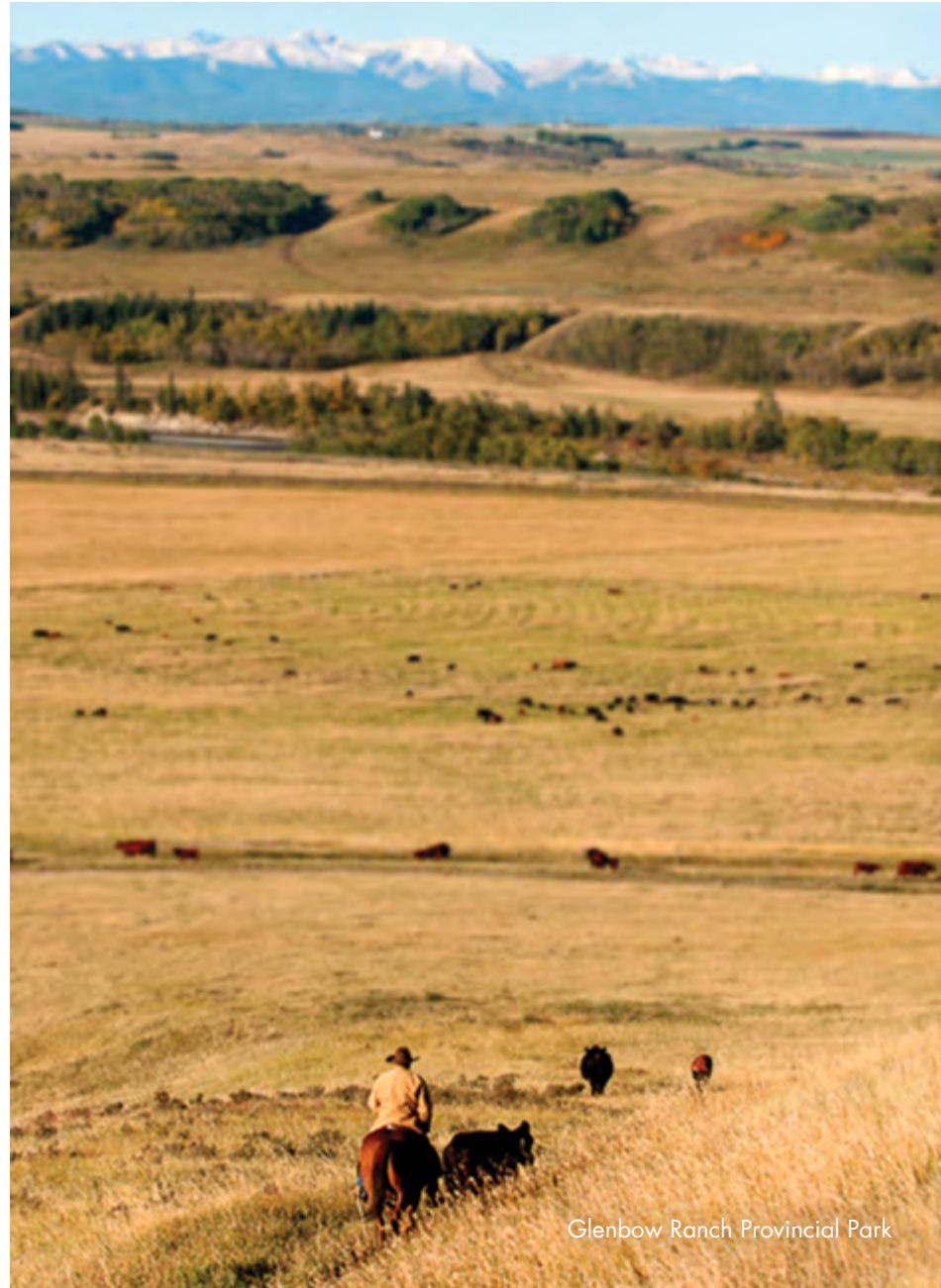
This is the only Alberta provincial park within a city and it's the largest urban park in Canada. Warm days call for leisurely beach barbecues, swimming in **Sikome Lake**, riverside bike rides and ice cream from **Annie's Café**. There are 80 km (50 mi) of trails for hiking and cycling. Watch for wildlife, including deer, coyotes and beaver and more than 200 bird species. In winter, snowshoe or cross-country ski.

albertaparks.ca/fish-creek

GLENBOW RANCH PROVINCIAL PARK

One of the newer Alberta parks, Glenbow Ranch is about 35 minutes northwest of downtown Calgary. Located on the north shore of the **Bow River**, it encompasses 30 sq km (11.5 sq mi) and is still a working ranch. Cycle or walk the extensive pathways, bring a picnic and take in the sweeping views of the **Bow River Valley** and foothills that give way to the Canadian Rockies skyline to the west.

albertaparks.ca/glenbow-ranch



Glenbow Ranch Provincial Park



LOCAL COMMUNITIES

AIRDRIE

Just 20 km (12 mi) north of Calgary is the vibrant community of Airdrie. Take in the **Airdrie Pro Rodeo**, one of the top 10 rodeos in Canada. Check out the miniature railway at **Iron Horse Park**. Scour the antique shops, or “visit life in the past lane” at the **Nose Creek Valley Museum**.

airdrie.ca

BRAGG CREEK

Just 30 km (19 mi) west of Calgary, picturesque Bragg Creek is close to hiking, biking, camping and whitewater rafting. Check out some excellent bakeries, fine restaurants and western themed shopping. See who’s playing at one of the town’s performing arts venues. Come in December for the **Spirit of Christmas** festival.

visitbraggcreek.com

COCHRANE

Cochrane is 20 minutes west of Calgary’s city limits and steeped in rich ranching history. Stroll along the **Bow River** pathways and then treat yourself to homemade ice cream at the third generation **MacKay’s Ice Cream** on Main Street. Cochrane’s artistic heart beats strong – check out its many galleries and studios.

cochrane-tourism.ca

HIGH RIVER

This historical western town has been featured in several film and television productions, including the series Heartland and Fargo. Grab a map to tour film locations. Learn about the region’s history at the **High River Agricultural Museum** and **Sheppard Family Park** homestead and hear cowboy poets in October at the **Trail’s**

End Gathering. The **Highwood River** is well-known for its fly fishing and there are world-class birdwatching opportunities at **Frank Lake**.

highrivertourism.com

STRATHMORE

Located along the Trans-Canada (Hwy 1), the town was a key destination for the pioneers who rode the Canadian Pacific Railway to settle the new west. Be sure to be here for **Strathmore Heritage Days**, featuring the third largest pro rodeo in Canada, with \$250,000 in prize money.

strathmore.ca

CALGARY & AREA FESTIVALS & EVENTS

Calgary Comic and Entertainment Expo
calgaryexpo.com

Calgary Folk Music Festival
calgaryfolkfest.com

Calgary International Blues Festival
calgarybluesfest.com

Calgary International Film Festival
calgaryfilm.com

Calgary Stampede
calgarystampede.com

GlobalFest
globalfest.ca

High Performance Rodeo
hprodeo.ca

Opera in the Village
calgaryopera.com

Sled Island
sledisland.com

Spruce Meadows Masters
sprucemeadows.com



Calgary Folk Music Festival



Spruce Meadows



St. Patrick's Island Park

CALGARY IN 24 HOURS

A dynamic mix of big city energy, cheerful western hospitality and wondrous natural beauty, Calgary has something for everyone. Start one of your days here with breakfast downtown at a café on historic **Stephen Avenue Walk**, Calgary's pedestrian mall.

Cross over the **Peace Bridge** and stroll along the **Bow River Pathway** – connected to the most extensive network in North America. Stop along the way in **Kensington Village** to browse shops or grab a raw food smoothie.

Prefer the indoors? Delve into western history at the **Glenbow Museum** downtown

or explore the overlap of science, art and technology at **TELUS Spark** science centre.

Have lunch at a rotating restaurant at the top of the **Calgary Tower**, 155 m (508 ft) above the city. Take a 360 degree multi-media tour of the observation deck and learn about Calgary's past.

Now head to **St. Patrick's Island Park** in the East Village. Stroll the boardwalk over naturalized wetlands or catch an event at the amphitheatre. Not far is **Fort Calgary** or the **Calgary Zoo**.

Or, if music is your thing, visit the **National Music Centre** in its new home at **Studio Bell**. Explore five floors of exhibits celebrating the power of Canada's music story.

Time for dinner? It's a short hop to historic **Inglewood**, Calgary's oldest neighbourhood and home to an eclectic mix of boutiques, pubs, live music and fine dining.

Spend the evening listening to jazz or blues at a local club or catch a performance downtown at **Arts Commons**, a multi-venue centre for music, theatre and dance.

CALGARY CULINARY ADVENTURES

The food scene in Calgary is innovative and adventurous. Top chefs offer a smorgasbord of culinary experiences using locally sourced ingredients – from our famous Alberta beef to wild boar, ranch elk and ostrich.

Many neighbourhoods boast eclectic cafés, bistros and pubs – **Bridgeland, Kensington, Inglewood, Marda Loop, The Beltline** and **17 Avenue**, to name a few. Or choose from casual, upscale and ethnic offerings along Fourth Street in **Mission**, known by the locals as Restaurant Row. Watch for **YYCFoodTrucks** bringing street food culture to community events. Wander on your own or book with **Calgary Food Tours**.

Weekend breakfasts at **Edmonton Trail** diners regularly have line-ups around the block. Or head to **Chinatown** for traditional dim sum.

The city has some of Canada's top craft breweries, so sip a crisp Alberta beer at lunch, while enjoying gourmet burgers or charcuterie platters featuring fresh local fixings.

Speaking of fresh, area farmers are producing delectable edibles year round. Load up at all-year farmers' markets like the **Calgary Farmers' Market, Crossroads Market** and **The Market on Macleod**.

No culinary adventure would be complete without taking a cooking class. Book one at the **Cookbook Co. Cooks** or SAIT's downtown culinary campus. From basic bread making to exotic Thai, both feature top chefs.

Hungry again? End the day with fine dining at one of many restaurants led by nationally and internationally acclaimed chefs attracting attention from shows like You Gotta Eat Here, Top Chef Canada and Chopped.

Don't forget to attend one of Calgary's festivals for foodies – **Taste of Calgary, Big Taste Calgary** and **BBQ on the Bow**.



National | 8th Avenue



SOUTHERN ALBERTA



Imagine moving through rolling foothills, wide open prairies and stunning badlands – all in the course of a day. Sound like something out of a movie? It could very well be – southern Alberta vistas are favourite locations for Hollywood filmmakers. You’ll find two of Alberta’s five World Heritage Sites here: **Dinosaur Provincial Park** and **Head-Smashed-In Buffalo Jump**.

To the east, the prairies suddenly drop away to reveal a world of multicoloured canyons and chimneys of weathered rock known as hoodoos. These **Canadian Badlands** are home to the world’s largest deposits of dinosaur bones.

Sharing the border with Saskatchewan is **Cypress Hills Interprovincial Park**, the only one of its kind in Canada. Near Alberta’s southern border lies **Writing-on-Stone Provincial Park**, sacred to First Nations for thousands of years.

albertasouthwest.com
canadianbadlands.com
exploresouthwestalberta.ca
travelspecialareas.com
visitnewell.com

CHECKLIST

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Alberta Birds of Prey Centre
burrowingowl.com | <input type="checkbox"/> Head-Smashed-In Buffalo Jump
history.alberta.ca/headsmashedin | <input type="checkbox"/> Nikka Yuko Japanese Garden
nikkayuko.com | <input type="checkbox"/> Royal Tyrrell Museum
tyrellmuseum.com |
| <input type="checkbox"/> Atlas Coal Mine National Historic Site
atlascoalmine.ab.ca | <input type="checkbox"/> Medalta Potteries,
in the Historic Clay District
medalta.org | <input type="checkbox"/> Remington Carriage Museum
history.alberta.ca/remington | <input type="checkbox"/> The Fort Museum
of the NWMP
nwmpmuseum.com |
| <input type="checkbox"/> Bar U Ranch National Historic Site
pc.gc.ca/baru | | <input type="checkbox"/> Rosebud Theatre
rosebudtheatre.com | |



DINOSAUR PROVINCIAL PARK



 World Heritage Site

Picture the **Canadian Badlands** as a subtropical paradise filled with towering redwoods, palm trees and giant ferns surrounding a vast inland sea, just as it was 75 million years ago. Now imagine the giant beasts that flourished here.

Today, this place is home to the highest concentration of late Cretaceous period fossils in the world, one of the reasons why Dinosaur Provincial Park has been designated a World Heritage Site. To date, dozens of dinosaur species have been unearthed and more than 300 specimens grace museums around the world.

There's plenty to do here. Start with a bus tour of the park and decide what you want to do next. Go with a palaeontologist and take a behind-the-scenes guided tour to an active dig site to hunt for dinosaur bones. Book ahead!

albertaparks.ca/dinosaur

WRITING-ON-STONE PROVINCIAL PARK

In the **Milk River** valley, 100 km (62 mi) southeast of **Lethbridge**, is Writing-on-Stone Provincial Park and National Historic Site. This special place contains the largest collection of rock art on the North American plains. Petroglyphs and pictographs carved and painted on sandstone walls record the history of the Blackfoot and Shoshone. Book a tour with First Nations interpreters. Near the river, indulge in comfort camping, Canadian style.

albertaparks.ca/writing-on-stone



Milk River | Writing-on-Stone Provincial Park | @michaelmatti

CYPRESS HILLS PROVINCIAL PARK

Astride the border of Alberta and Saskatchewan is the only interprovincial park in Canada. The highest spot between the Canadian Rockies and Labrador, it sits on a plateau 1,465 m (4,806 ft) above sea level at its highest point. In summer,

explore the extensive mountain biking trail system and watch for wildlife. Stay to waterski, swim or flop on the beach at **Elkwater Lake**. In winter, head to **Hidden Valley** ski resort, complete with terrain park.

albertaparks.ca/cypress-hills



HEAD-SMASHED-IN BUFFALO JUMP

 World Heritage Site

In Alberta's **Porcupine Hills**, Head-Smashed-In Buffalo Jump is the oldest and best preserved of its kind in North America. It stands as a testimonial to the way of life of the Plains People, who for thousands of years

drove the buffalo off the high cliffs to sustain their tribes. Tour the interpretive centre, hike with a Blackfoot guide, experience First Nations culture through stories, drumming and dancing.

history.alberta.ca/headsmashedin

ROYAL TYRRELL MUSEUM

Make plans to spend the better part of a day – or even two! Just 10 minutes from **Drumheller**, this world-class facility houses one of the largest displays of dinosaur skeletons on the planet. Learn why they call their T-Rex Black Beauty. Stay for a family sleepover and snore with the dinosaurs in **Dinosaur Hall**. Go on a genuine guided archaeological dig. You'll be coming back for more.

tyrrellmuseum.com

BLACKFOOT CROSSING HISTORICAL PARK

An hour's drive southeast of **Calgary** on the Siksika Nation reserve is a complex of historic sites that preserve this traditional wintering ground and gathering place of the Blackfoot. A Siksika guide will tour you through the stunning 5,760 sq m (62,000 sq ft) exhibit hall. Take a self-guided trail and visit the site of Chief Crowfoot's grave and learn about the cultural significance of this place.

blackfootcrossing.ca

BAR U RANCH NATIONAL HISTORIC SITE

Established in the 1800s, the sprawling Bar U Ranch stands as a living testimonial to ranching in Alberta. Visit the Percheron horses and the blacksmith shop. Watch a master saddle maker at work. Follow the aroma of fresh-baked bread to a working ranch kitchen. Stay for a cowboy lunch, pick up local western crafts or peruse the terrific selection of local history books. Located an hour south of Calgary on the **Cowboy Trail** (Hwy 22).

pc.gc.ca/baru



Royal Tyrrell Museum



Bar U Ranch



Fort Macleod

LOCAL COMMUNITIES

DRUMHELLER

About 90 minutes east of Calgary. First stop is Drumheller’s Visitor Information Centre. You can’t miss it – it’s at the base of the **World’s Largest Dinosaur**. Climb up inside the T-Rex for a panoramic view of surrounding badlands through its gaping jaws. Spend time at the **Royal Tyrrell Museum**, one of the finest dinosaur museums in the world. traveldrumheller.com

FORT MACLEOD

Just west of Lethbridge, Fort Macleod was established in 1874 by the North West Mounted Police to bring law and order to the Wild West. Visit the **Fort Museum** and catch the famous **Musical Ride**. Take a walking tour along **Historic Main Street**, Alberta’s only Provincial Historic Area. Stop at the **Empress Theatre** and look for Eddy, the resident ghost. fortmacleod.com

LETHBRIDGE

Alberta’s fourth largest city used to be a wild whiskey trading post. The **Old Man River** winds through it, spanned by the longest, tallest active railway bridge in the world. Dive into the cultural scene at museums, galleries and historic sites. Learn how **Indian Battle Park** got its name. Stroll the many parks and relax in the peaceful **Nikka Yuko Japanese Garden**. visitlethbridge.com

MEDICINE HAT

Canada’s sunniest city features a vibrant arts and cultural scene, a down-home atmosphere and some memorable coffee shops. Tour the **Historic Clay District** – the Medalta pottery made here was shipped around the world. Take in a festival – folk music or jazz – or the annual rodeo. Explore more than 100 parks and more than 100 km (62 mi) of walking trails. tourismmedicinehat.com

PINCHER CREEK

On the doorstep of the Canadian Rockies lies a town steeped in history. Walk the boardwalks of **Kootenai Brown Pioneer Village** and explore the many heritage buildings, circa 1890. Visit **Lebel Mansion**. Near the Old Man Dam is **Heritage Acres**, an impressive agricultural museum. See top cowboys compete at the **Pincher Creek Pro Rodeo**. Ski perfect powder with the locals at nearby **Castle Mountain Resort**. pinchercreek.ca

Calgary	visitcalgary.com
Cardston	cardstontourism.com
Claresholm	townofclaresholm.com
Nanton	nanton.ca
Vulcan	vulcantourism.com



Canadian Badlands Passion Play



Tongue On The Post

SOUTHERN ALBERTA FESTIVALS & EVENTS

Brooks Medieval Faire
brooksfaire.com

Canadian Badlands Passion Play
canadianpassionplay.com

Crowsnest Pass Doors Open
& Heritage Festival
cnpheritagefest.ca

Medicine Hat Exhibition and Stampede
mhstampede.com

Medicine Hat JazzFest
medicinehatjazzfest.com

Strathmore Stampede
strathmorestampede.com

Taber Cornfest
visittaber.com

Tongue On The Post Festival
topfest.ca

Vul-Con
vulcanconvention.com

Whoop-Up Days
exhibitionpark.ca



The Cowboy Trail near Longview



ROAD TRIP COWBOY TRAIL (HWY 22) WESTERN WAYS

Distance: Approx. 105 km (65 mi)

The Cowboy Trail takes you on a journey through the heart of the old west. The trail starts in the north at **Mayerthorpe**, west of **Edmonton**, and winds south on Hwy 22 through the high ranch country flanking the front ranges of the Canadian Rockies all the way to **Cardston** near the United States border. You can spend several days exploring this route, which covers 735 km (457 mi).

This trip focuses on the section from **Cochrane**, west of **Calgary**, south to **Longview** – easily done in a day.

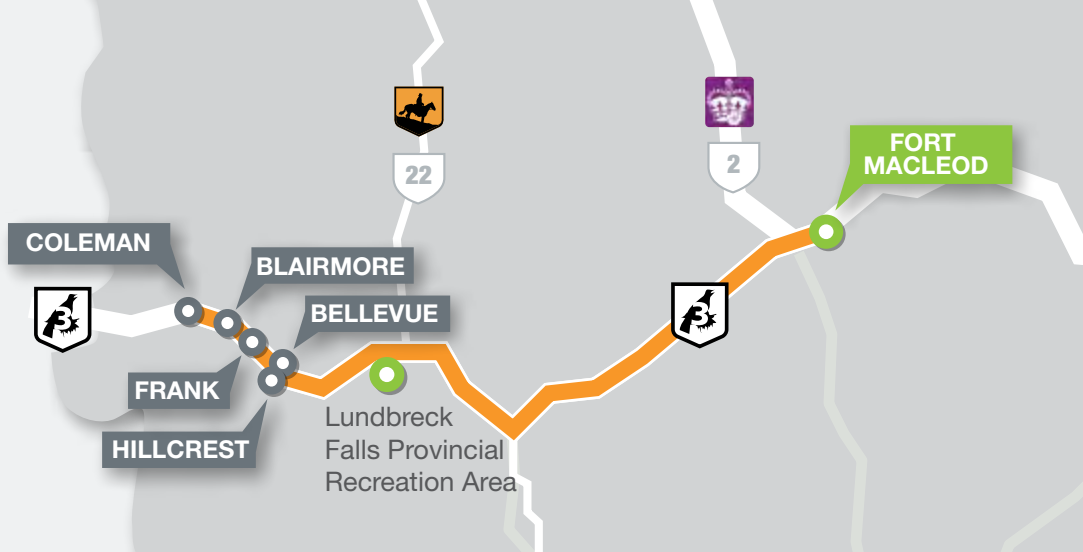
- ▶ From Calgary, head west on Hwy 1A to Cochrane, 36 km (22 mi). A few minutes before you get there, you'll see signage for **Glenbow Ranch Provincial Park**. Definitely worth a stop and a walk to take in the sweeping views of the **Bow Valley**.

- ▶ In Cochrane, stroll **Main Street** with its old fashioned store fronts, shops and cafés. Cochrane is famous for its **MacKay's Ice Cream**. Walk off that triple chocolate cone along the footpaths that border the **Bow River** or hike up the hill to see the life-size iron statue of rider and horse, the pride of the town.



Eau Claire Distillery | Turner Valley

- ▶ Head south on Hwy 22 for about 30 minutes to **Bragg Creek**, home to fine restaurants and interesting shops. The town is on the edge of **Kananaskis Country** and there are plenty of trails for hiking, mountain biking and horseback riding.
- ▶ Continue south 48 km (26 mi) to the town of **Turner Valley**, where oil was first discovered in 1936. Stroll the broad streets typical of so many prairie towns. Shop for authentic western arts. Stop in at the **Eau Claire Distillery** and pick up some hand-crafted spirits.
- ▶ Five minutes around the bend is the artisan town of **Black Diamond**, which along with Turner Valley boasts a vibrant arts community. Tour the galleries and shops. Have lunch in a 1950s style diner complete with a retro candy store.
- ▶ Save room for dessert and continue south 17 km (11 mi) to **Longview**. Visit one of the town's bistros or cafés. And no trip here would be complete without some treats from the famous **Longview Jerky** shop.
- ▶ Just west of the junction of Hwy 22 and Hwy 540 is the **Bar U Ranch National Historic Site**. Established in 1882, the ranch was visited by the likes of the Sundance Kid and the Prince of Wales. Take a horse drawn wagon ride and tour the outbuildings in a place that stands in tribute to the ranching history of Western Canada.



ROAD TRIP CROW'SNEST HIGHWAY (HWY 3) HERITAGE TOUR

Distance: Approx. 95 km (60 mi)

This small slice through southwestern Alberta bursts with big stories to tell. And you'll love it for its distinct character of resilient people and haunting landscapes.

Founded on coal mining, the five historic communities that make up the **Municipality of Crow'snest Pass** are situated within a few minutes of each other and are great places to explore, not only for the history, but for the beautiful countryside, where the prairies reach for the mountains.

Come to appreciate the storied past of **Bellevue, Hillcrest, Frank, Blairmore** and **Coleman** on a trip that can easily be done in a day.

► From **Fort Macleod**, head west on the Crow'snest Highway (Hwy 3) for 67 km (42 mi). Just past the junction of the Cowboy Trail (Hwy 22), follow the signs to **Lundbreck Falls Provincial Recreation Area** for a hike and a picnic where the **Crow'snest River** takes a 12 m (39 ft) tumble to the canyon below.

► Back on Hwy 3 west, follow the signs about 10 minutes to the **Leitch Collieries**. Established in 1907, the collieries were one of the largest and most ambitious coal mining operations in the Crow'snest Pass. Stroll around the ruins to see architecture that was ahead of its time or take an interpretive tour.



- ▶ Head on to **Bellevue**, the first of the Crowsnest mining towns, built in 1905, on the flat land above the **Bellevue Mine**. Take the underground tour and learn about the disastrous explosion in 1910 that took the lives of 31 miners.
- ▶ Just across the highway is **Hillcrest**, where another tragedy took place: the Hillcrest Mine disaster of 1914. The deaths of 189 men made this the worst mining tragedy in Canadian history.
- ▶ Just five minutes down the road is **Frank**, the site of Canada's most deadly rockslide. In 1903, some 82 million tonnes of rock hurtled down from **Turtle Mountain** partially burying the town below. You can still see the slide today as you drive along Hwy 3. **The Frank Slide Interpretive Centre** does an excellent job of telling this compelling story.
- ▶ Another five minutes brings you to **Blairmore**. Enjoy the self-guided **Historical Walking Tour**, which takes you past many heritage houses.
- ▶ Eight minutes west is **Coleman**, the last major stop before crossing the **Continental Divide** into British Columbia. Visit the **Crowsnest Museum**, walk the **Historic Miners' Path** or hike to **Star Creek Falls** before returning to **Fort Macleod**.



ROAD TRIP
**CANADIAN
BADLANDS**
DRUMHELLER
VALLEY TOUR

Distance: 185 km (90 mi)

The Canadian Badlands have been a fossil hotbed since the 19th century. Some of the most important dinosaur discoveries in the world were unearthed right here.

There are a variety of ways to tour the badlands and many places to see. **The Dinosaur Trail** is a lovely, looping drive that closely follows both sides of the slow-moving **Red Deer River**, climbing twice to commanding viewpoints, **Horsethief Canyon** and **Orkney Hill**.

This 48 km (29 mi) tour nicely combines the riveting intensity of the **Royal Tyrrell Museum** in **Midland Provincial Park** with short walks, a ride on the **Bleriot Ferry** and all the scenic grandeur of the **Drumheller Valley**.



Horsethief Canyon



- ▶ From **Calgary** head north on Hwy 2, then east on Hwy 72, which turns into Hwy 9, taking you to **Drumheller**, 135 km (84 mi). Here, the **World's Largest Dinosaur** greets you at the town's Visitor Information Centre. Climb up inside and peer out from its jaws for a sweeping view of the badlands.
- ▶ Head north on the Dinosaur Trail (Hwy 838) for about 10 minutes and follow the signs to the **Royal Tyrrell Museum**, one of the finest dinosaur museums in the world. You could easily spend a whole day here – more than 35 dinosaur skeletons and fascinating galleries recreate life in the Jurassic and Cretaceous periods.

- ▶ Back on Hwy 838, continue north about 25 km (16 mi) and cross the **Red Deer River** on the cable-operated **Bleriot Ferry** – one of the few left in Alberta. On the other side you'll find you're back on the Dinosaur Trail.
- ▶ Follow it south for a 48 km (30 mi) scenic tour through the Drumheller Valley. Watch for scenic viewpoints such as **Horsethief Canyon** and **Orkney Hills**.
- ▶ Pick up the **Hoodoo Trail** (Hwy 10) and drive 25 km (15.5 mi) east of Drumheller to the hoodoos site to see these unusual chimneys of rock made up of layers of eroded sandstone and limestone. First Nations believe they house protective spirits.

- ▶ Take a swaying walk across the Red Deer River on the **Rosedale Suspension Bridge**. Visit the **Atlas Coal Mine National Historic Site** and climb up inside the last wooden tippie in the country. See for yourself if these old buildings really are haunted.
- ▶ Head back along Hwy 10 and connect with Hwy 10X and cross 11 single-lane bridges to the hamlet of **Wayne** and its historic **Last Chance Saloon**. Have a cold one – you've earned it!



CENTRAL ALBERTA



Alberta's heartland is a multitude of landscapes, from the foothills of the Canadian Rockies in the west to an endless expanse of golden plains and aspen parkland stretching east to the Saskatchewan border. The land is sprinkled with lakes and ponds left by retreating glaciers. The winding **Red Deer River** plays a leading role in the region's agricultural bounty, not to mention one of the best places for a paddle on a lazy afternoon.

Long summer days are filled with hiking, biking, riding, fishing, boating and beaches. Winter is prime time for pond hockey, snowshoeing, cross-country skiing, snowmobiling and ice fishing.

Be a part of the region's lively western heritage and pioneering spirit. Join in the celebrations of local history, the Wild West and a famous country music jamboree.

brazeautourism.ca
goeastofedmonton.com/buffalo-adventures
kalynacountry.com
visitreddeer.com

CHECKLIST

- | | | | |
|---|--|--|--|
| <input type="radio"/> Alberta Prairie Railway Excursions
absteamtrain.com | <input type="radio"/> Ellis Bird Farm
ellisbirdfarm.ca | <input type="radio"/> Reynolds-Alberta Museum
history.alberta.ca/reynolds | <input type="radio"/> Rocky Mountain House
National Historic Site
pc.gc.ca/rockymountainhouse |
| <input type="radio"/> Alberta Sports Hall of Fame and Museum
ashfm.ca | <input type="radio"/> Historic Markerville
historicmarkerville.com | <input type="radio"/> Rochon Sands Provincial Park
albertaparks.ca/rochon-sands | <input type="radio"/> Waskasoo Park
waskasoopark.ca |
| <input type="radio"/> Discovery Wildlife Park
discoverywildlifepark.com | <input type="radio"/> Ponoka Stampede
ponokastampede.com | | |



PIGEON LAKE PROVINCIAL PARK

Less than an hour west of **Wetaskiwin**, Pigeon Lake is one of the most popular summer playgrounds in Alberta for beach activities and watersports. Try out comfort camping in a sturdy insulated yurt, equipped with comfy beds, electric heater and lights, fridge, pots and pans and your own private

deck. Outside the park, learn how agriculture was introduced to the region at **Rundle's Mission**, a National Historic Site. Shop, dine or stay at the **Village of Pigeon Lake**.

albertaparks.ca/pigeon-lake

MIQUELON LAKE PROVINCIAL PARK

Sleep under a canopy of stars at Miquelon Lake, located about 65 km (40 mi) southeast of Edmonton. Part of the **Beaver Hills Dark Sky Preserve**, the park offers year-round camping beneath a dazzling night sky. Book a tent or RV site, or camp in comfort in one of the fully-equipped yurts.

With more than 200 species of birds, the park is a birdwatcher's paradise and has been designated one of Canada's Important Bird Areas. It is also home to moose, deer, coyotes, weasels, snowshoe hare, squirrels and muskrats.

Cycle or hike the many trails that take you through varied terrain, including some challenging knob and kettle landscape in the backcountry of the park. The shallow lake is perfect for paddling along the shoreline to watch for wildlife and the beach has plenty of sandy real estate for castle building. In winter, skate, cross-country ski and snowshoe.

albertaparks.ca/miquelon-lake

CRIMSON LAKE PROVINCIAL PARK

Located 14 km (8 mi) northwest of **Rocky Mountain House**, Crimson Lake was named for the striking colours of the setting sun reflecting on its surface. Excellent for kayaking, canoeing and boating, it has a large groomed beach. Hike the 10 km (6 mi) **Amerada Trail** through wetlands and forest or walk the wooden boardwalk and birdwatch. Toss in a line at nearby **Twin Lakes**, which is stocked with rainbow trout.

albertaparks.ca/crimson-lake



Alberta Prairie Railway Excursions

HIGHLIGHTS

ALBERTA PRAIRIE RAILWAY EXCURSIONS

Climb aboard a real steam or diesel powered train for a day-long adventure you won't soon forget. Board the train in **Stettler** and settle in for a 5-6 hour

round trip, with a stop in **Big Valley** for a perfect prairie buffet-style meal. Choose from a variety of packages. Most offer live entertainment – including a train robbery! In the winter months, indulge in upscale

dining experiences or festive feasts that include carolling, hay rides and dancing to a live band.

absteamtrain.com

DISCOVERY WILDLIFE PARK

Located on the edges of **Innisfail**, Discovery Wildlife Park is home to animals orphaned in the wild, some from zoos that have closed and a few unwanted pets. Monkeys, bears, tigers, jaguars, wolves, raccoons, squirrels and even an alligator call this place home. Many of them perform daily, showing off skills developed through work with professional trainers. Several have starred in Hollywood movies. Safest place to get your picture taken with a real live grizzly bear. discoverywildlifepark.com



Discovery Wildlife Park

WASKASOO PARK

Winding through the valley in **Red Deer** is the lovely Waskasoo Park. Enjoy 85 km (53 mi) of trails along the **Red Deer River**, and **Piper** and **Waskasoo** creeks.

One of the park highlights is the **Kerry Wood Nature Centre**. Updated and enhanced in 2015, it features a series of interactive activities and displays that showcase the diverse habitats of central Alberta, seen through an environmentalist's eyes. Explore its enchanting outdoor music garden.



Red Deer River

The park is also home to historic **Fort Normandeau** and the **Gaetz Lake Sanctuary**, a federal migratory bird sanctuary with hiking trails, a bird blind and viewing decks. You can paddle, fish and picnic at **Bower Ponds** or go to **Heritage Ranch** for a trail ride.

waskasoopark.ca



Troubled Monk Brewery | Red Deer

LOCAL COMMUNITIES

CAMROSE

Tour the downtown district lined with century-old buildings that feature the architecture typical of Alberta’s boomtown era, spurred by the expansion of the Canadian railway. Country music fans come from all over North America for the annual four-day **Big Valley Jamboree**. Camrose is 75 km (46 mi) southeast of Edmonton.

tourismcamrose.com

DRAYTON VALLEY

This vibrant town on a high plateau along the Cowboy Trail (Hwy 22) is known as the Jewel of Brazeau County. Make it your gateway to backcountry adventures. **Eagle Point Provincial Park** and **Blue Rapids Provincial Recreation Area** offer canoeing, hiking, mountain biking, fishing and camping opportunities along the North Saskatchewan River.

draytonvalley.ca

LLOYDMINSTER

This is the only city in Canada that straddles two provinces. Sixty per cent of the people live in Alberta, the rest in Saskatchewan. You could easily spend a whole day at the **Lloydminster Cultural and Science Centre**. Many visitors from Saskatchewan come through here to visit Alberta.

lloydminster.ca

RED DEER

Alberta’s third largest city boasts a vibrant downtown brimming with culture and entertainment, unique shops and eateries. Red Deer is all about sports, too, and hosts many major events. Be sure to visit the **Alberta Sports Hall of Fame**. Green space abounds: give yourself time to explore **Waskasoo Park** and hike some of the 110 km (68 mi) of trails in the winding **Red Deer River Valley**.

visitreddeer.com

SYLVAN LAKE

Twenty minutes west of Red Deer, this popular resort town attracts almost 800,000 visitors in summer to its beautiful lake and well-developed waterfront. Year-round guests enjoy a marina with water sport rentals, golfing, hockey, curling, kite skiing and snowmobiling and an indoor BMX park.

visitsylvanlake.ca

Innisfail	innisfail.ca
Lacombe	lacombetourism.com
Rocky Mountain House	rockymtnhouse.com
Stettler	destinationstettler.com
Wetaskiwin	wetaskiwin.ca

CENTRAL ALBERTA FESTIVALS & EVENTS

Babas and Borshch
Ukrainian Festival
babasandborshch.ca

Big Valley Jamboree
bigvalleyjamboree.com

Bruce Stampede
brucestampede.ca

Canadian Birkebeiner Cross-Country
Ski Festival
canadianbirkie.com

CentreFest Street Performers Festival
centrefest.ca

Innisfail Pro Rodeo
innisfailprorodeo.com

Lloydminster CPCA Finals
lloydexh.com

Ponoka Stampede
ponokastampede.com

Reynolds-Alberta Harvest Festival
history.alberta.ca/reynolds

Westerner Days Fair & Exposition
westernerdays.ca



Canadian Birkebeiner Cross-Country Ski Festival



Reynolds-Alberta
Harvest Festival



ROAD TRIP DAVID THOMPSON HIGHWAY (HWY 11) FOLLOW IN FAMOUS FOOTSTEPS

Distance: 293 km (182 mi)

Take the David Thompson Highway (Hwy 11) – central gateway to the Canadian Rocky Mountains – and follow in the footsteps of one of Canada’s greatest explorers.

In 1799, David Thompson, fur trader, surveyor and map maker, explored this region of Western Canada pursuing his dream of discovering a passage through to the Pacific.

This well-constructed highway is an RVers paradise, with dozens of campgrounds and scenic hikes along the route. Views of the glacier-fed **North Saskatchewan River** and breathtaking vistas of the front ranges of the

Canadian Rockies make this one of the most unforgettable drives in the province.

- ▶ Begin in **Red Deer**, a thriving city in the heart of central Alberta. Head west about 24 km (15 mi) to **Sylvan Lake**, a popular resort featuring gorgeous sandy beaches in **Sylvan Lake Provincial Park** where you can enjoy watersports, boating, fishing and golfing.
- ▶ Continue on Hwy 11 for 61.6 km (38.3 mi) to **Rocky Mountain House National Historic Site**. Two hundred years ago, it was the richest fur producing area in the northwest. Thompson made it his

home base as he searched for his Pacific passage. You can camp overnight and stay in a Métis trapper’s tent.

- ▶ Back on Hwy 11, continue west for 87.2 km (54 mi) to **Nordegg** – once the site of a thriving coal mining industry. Stop in at the **Nordegg Heritage Museum**.
- ▶ About 15 km (9 mi) southwest of Nordegg, look for a sign-posted gravel road on the right which leads to the spectacular **Crescent Falls Provincial Recreation Area in Big Horn Canyon**. The hike from the parking lot trailhead to the falls is around 9 km (5.6 mi), round-trip.



- ▶ Continue southwest for approximately 31 km (19 mi) to stunning **Abraham Lake**. Hiking here is bucket list material. Take a break at the lovely **Aurum Lodge**. Stay in winter and photograph the famous frozen bubbles on the lake.
- ▶ Leaving Abraham Lake, you'll enter the grasslands of the **Kootenay Plains Provincial Recreation Area**. Thompson mentions meeting Kootenay Indians on these plains in 1800 to trade for furs. Watch for signage for **Siffleur Falls** on the south side of the highway. This 8 km (5 mi) round-trip hike takes you to a fantastic view of the falls. Note: not suitable for children.
- ▶ Only 8 km (5 mi) further west is **Whirlpool Point Lookout**, providing astonishing views of the North Saskatchewan River as it breaks free of the mountains to flow east.
- ▶ The David Thompson Highway ends at **Saskatchewan River Crossing**, and the junction of the **Icefields Parkway** (Hwy 93) where you can choose to go north to **Jasper** or south to **Banff**.

World's Largest Pysanka



World's Largest Oil Lamp



ROAD TRIP

ALBERTA'S ROADSIDE ATTRACTIONS

VISIT THE WORLD'S LARGEST

Distance: 452 km (281 mi)

Every place has its odd and unusual attractions and Alberta is no exception. We've put together a whimsical road trip that takes you to some of our best and biggest and beyond. We're betting you've never seen the world's largest mushroom, sausage, pyrogy or duck. If this is starting to make you hungry, never fear. Just about everywhere we're taking you, the food for which a town is famous is close at hand.

- ▶ Your first stop is at **Trochu**, about an hour southeast of **Red Deer** on Hwy 21. You simply can't miss the **World's Largest Golf Tee**. It towers over the **Trochu Golf & Country Club**. Get in nine holes while you're there and have lunch at the clubhouse.
- ▶ Then head north on Hwy 21 and hang a right at **Bashaw** to the village of **Donalda** on Hwy 53, about 130 km (80 mi). Here you will find the **World's Largest Oil Lamp** at 12.8 m (42 ft) high and lit at dusk every evening. It stands in tribute to the **Donalda & District Museum's** collection of more than 900 kerosene lamps in use from the 1600s to the 1950s.



World's Largest Pyrogy

- ▶ Continue east on Hwy 53, then north on Hwy 855, and follow Range Road 150 about an hour and a half into **Vegreville** to see the **World's Largest Pysanka** (Ukrainian Easter Egg), recognized as a unique achievement in mathematics, architecture and engineering.
- ▶ Make your way to the Yellowhead Highway (Hwy 16) and head east. You'll be in **Mundare** in less than half an hour, home of the **World's Largest Sausage**, standing 12.8 m (42 ft) tall and built to honour a local sausage maker famous for his Ukrainian garlic sausages.

- ▶ Head north on Hwy 855 for about 32 km (20 mi) to the village of **Andrew**, which pays tribute to its duck breeding grounds at **Whitford Lake** with the **World's Largest Mallard Duck**, wingspan 7.2 m (23 ft).
- ▶ Make your way to Hwy 645 east, then north on Hwy 857, then east on Hwy 28 to **Vilna**, roughly 56 km (35 mi), to see the **World's Largest Mushrooms** celebrating the mushroom hunting tradition of early Ukrainian settlers. See the giant fungi in – you guessed it – **Mushroom Park**.

- ▶ Return to Hwy 28 and head east a half hour to **Glendon** to see the **World's Largest Pyrogy** – with a giant fork stuck through it. Your world's largest adventure is now complete.



EDMONTON & AREA



Edmonton began as a Hudson's Bay fur trading post in 1795, drawing explorers and settlers from across Europe. Today, Alberta's capital city is a vibrant reflection of many cultural traditions.

Find evidence of these roots 25 minutes east at the **Ukrainian Cultural Heritage Village**. North of the city, discover a vibrant Francophone community in a collection of picturesque counties and towns.

If you're a fan of Edmonton's endless river valley, continue your love affair with nature at the **Clifford E. Lee Nature Sanctuary**

and **Devonian Botanic Garden** less than an hour south.

Spend a day watching wildlife or hiking in **Cooking Lake-Blackfoot Provincial Recreation Area** or at **Elk Island National Park**, where you can camp under the stars here in the **Beaver Hills Dark Sky Preserve**.

exploredmonton.com
edmontonscountryside.com
wildalberta.com

CHECKLIST

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Art Gallery of Alberta
youraga.ca | <input type="checkbox"/> Jurassic Forest
jurassicforest.com | <input type="checkbox"/> Old Strathcona
oldstrathcona.ca | <input type="checkbox"/> Ukrainian Cultural Heritage Village
ukrainianvillage.ca |
| <input type="checkbox"/> Elk Island National Park
pc.gc.ca/elkisland | <input type="checkbox"/> Legislative Assembly of Alberta
assembly.ab.ca | <input type="checkbox"/> TELUS World of Science Edmonton
edmontonscience.com | <input type="checkbox"/> West Edmonton Mall
wem.ca |
| <input type="checkbox"/> Fort Edmonton Park
fortedmontonpark.ca | <input type="checkbox"/> Muttart Conservatory
muttartconservatory.ca | | |

EDMONTON

Alberta's capital city is always celebrating something, from arts and culture to food and wine, dragon boats, winter and even accordions. You have more than 60 festivals to choose from, year round.

Enjoy the great outdoors without leaving the city as you explore Edmonton's river valley, the longest stretch of continuous parkway on the continent. Spend the day at **West Edmonton Mall**, the largest indoor shopping and entertainment complex in North America, the size of a small city.

Explore the city's museums and historic sites. Come to the famous farmers' market in **Old Strathcona** and visit with local vendors. Wander the galleries and shops along **Whyte Avenue** and **124 Street**, find a funky fusion restaurant and stick around for the night life – live theatre, music and dancing.

exploreedmonton.com
edmontonattractions.com



HIGHLIGHTS

WEST EDMONTON MALL

This is the largest indoor shopping and entertainment complex in North America. At 492,386 sq m (5.3 million sq ft), it is home to more than 800 stores and services including 10 attractions, two hotels and over 100 dining venues. Start with **World Waterpark** – the world’s largest indoor wave pool with 21 waterslides and play features. Move on to **Galaxyland**, the world’s – you guessed it – largest indoor amusement park. Thirty million visitors a year say it’s all good. wem.ca

EDMONTON RIVER VALLEY

Winding alongside the **North Saskatchewan River** is the longest stretch of continuous urban parkland in North America. More than 20 major parks host summer and winter festivals. **Fort Edmonton** and the **Edmonton Valley Zoo** live here, as well as several golf courses. There are over 160 km (99 mi) of trails to explore: walk, hike, bike or try a Segway Tour with the **River Valley Adventure Company**. In winter, snowshoe or cross-country ski.



Edmonton Ice Castle | William Hawrelak Park | @handluggageonly



Hotel Selkirk in Fort Edmonton Park

HIGHLIGHTS

FORT EDMONTON

Nestled in wooded river valley parkland, Fort Edmonton Park invites you to step back in time. Explore the 1846 **Hudson's Bay Fort** as well as the Streets of 1885, 1905 and 1920, depicting the evolution of early Edmonton. Take a ride on a steam train, shoot a game of billiards at the saloon or test your skills at the Penny Arcade. Hop on a streetcar to the 1920s Midway. In summer, stay at the **Hotel Selkirk** or come for Sunday brunch.

fortedmontonpark.ca

WABAMUN LAKE PROVINCIAL PARK

About 60 km (37 mi) west of Edmonton, family-friendly Wabamun Lake is one of Alberta's most popular. **Moonlight Bay** and **Seba Beach** are long and sandy with picnic areas and playgrounds. There's every kind of water activity here including power boating, sailing, wind-surfing and waterskiing. Year-round open water makes this a haven for birders with a large variety of migrating waterfowl visiting each year. Whitefish and northern pike abound.

albertaparks.ca/wabamun-lake

UKRAINIAN CULTURAL HERITAGE VILLAGE

Discover this open-air museum with its costumed interpreters who recreate the life of the earliest Ukrainian pioneers that began settling east-central Alberta more than 120 years ago. Bring your walking shoes and visit over 30 relocated and restored structures including a burdei (sod house), one-room schoolhouse, blacksmith

and a fully-functioning grain elevator. Located 50 km (30 mi) east of Edmonton on Hwy 16.

ukrainianvillage.ca

COOKING LAKE-BLACKFOOT PROVINCIAL RECREATION AREA

This is practically in Edmonton's backyard, adjacent to **Elk Island National Park**. Watch for abundant wildlife as you walk, hike, cycle

or horseback ride on 170 km (105 mi) of maintained trails winding through forests, pastures and wetlands. Use them in winter for cross-country skiing, snowshoeing, snowmobiling and even dog sledding. Lots of picnic facilities with firepits and all-weather shelters with warm-up stoves. Day use only. albertaparks.ca/cooking-lake-blackfoot



Ukrainian Cultural Heritage Village



LOCAL COMMUNITIES

DEVON

About 40 km (25 mi) southwest of Edmonton, Devon makes a great hub for local adventures. Within a 10 km (6.2 mi) radius you will find the **Rabbit Hill Snow Resort**, **Clifford E. Lee Nature Sanctuary**, **Devonian Botanic Garden** and the **Leduc #1 Energy Discovery Centre**.

devon.ca

FORT SASKATCHEWAN

Overlooking the **North Saskatchewan River**, 25 km (16 mi) northeast of Edmonton, is a city filled with green spaces. Explore the wetlands at **West River's Edge**. Walk or cycle more than 50 km (31 mi) of paved trails. Step back to 1875 at **Fort Saskatchewan Museum & Historic Site**.

fortsask.ca

LEDUC

Just 34 km (21 mi) south of Edmonton, the city of Leduc specializes in sports and leisure. Its recreation centre is one of Alberta's largest and hosts provincial and national sporting events. Explore 46 km (28.5 mi) of paved multi-use trails. Visit the **Stone Barn Garden and Cultural Village** and see one of the last wooden grain elevators in the province.

leduc.ca

ST. ALBERT

This vibrant city of 60,000 is just 20 minutes northwest of Edmonton. Walk or cycle along 80 km (49 mi) of multi-use trails in **Red Willow Park**, running the length of the scenic river valley. St. Albert is all about children's theatre. Catch a regular

performance or plan to attend the annual **International Children's Festival**. Visit the shops and cafés at the **Enjoy Centre**.

visitstalbert.com

STONY PLAIN

Known as the Town with the Painted Past because of more than 30 murals that depict the area's rich history, Stony Plain is 17 km (10.5 mi) west of Edmonton. Stroll historic **Main Street** where traditional storefronts reveal galleries, boutiques and eclectic eateries.

stonyplain.com

EDMONTON & AREA FESTIVALS & EVENTS

A Taste of Edmonton
tasteofedm.ca

Flying Canoë Volant
flyingcanoevolant.ca

Deep Freeze
deepfreezefest.ca

Edmonton International Fringe Theatre Festival
fringetheatre.ca

Edmonton International Street Performers Festival
edmontonstreetfest.com

Ice on Whyte
iceonwhyte.ca

Interstellar Rodeo
interstellarrodeo.com

K-Days
k-days.com

Servus Heritage Festival
heritagefest.ca

Silver Skate Festival
silverskatefestival.org



EDMONTON IN 24 HOURS

There's lots to see in Edmonton so start off your first day here by fuelling up early at any number of delectable downtown diners.

Wander over to the city's civic centre, **Sir Winston Churchill Square**, a celebration hub for entertainment year round. In summer, shift knights on a giant chess board or watch a special festival. In winter, take a twirl around City Hall's bustling ice rink. Just next door is the architecturally stunning **Art Gallery of Alberta**, home to contemporary and historical exhibitions from around the world.

Or if you prefer, a quick transit ride takes you to the **Alberta Legislature**. The grounds are gorgeous and the tour of the stately sandstone structure is a must.

Time for lunch? Edmonton is brimming with eclectic restaurants, bistros and cafés, with multicultural fusion choices beyond imagining.

Spend the early afternoon getting your hands and minds busy with science at **TELUS World of Science Edmonton**. Or move from the future to the past at **Fort Edmonton Park** to learn about the origins of our capital city.

Afterward, find out what's growing in those big glass pyramids of the **Muttart Conservatory**, or explore the river valley on a guided Segway tour.

For dinner, head to **Whyte Avenue** in the funky **Old Strathcona** district. Historic buildings blend with youthful energy to make this one of Edmonton's trendiest areas.

For evening enjoyment, take in a play at the **Citadel Theatre** or a concert at the acoustically brilliant **Winspear Centre**. If you're looking for onscreen entertainment, catch a movie at the **Princess Theatre**, Edmonton's oldest cinema, then find a cozy spot for a nightcap to end a perfect day.



Whyte Avenue

EDMONTON CULINARY ADVENTURES

Inspired by its diverse ethnic heritage and a devotion to food fresh from local farms, Edmonton's unique take on cuisine has put it on the map of go-to culinary destinations.

Start the morning with a jolt from one of the city's many indie coffee roasters that are raising the bar for third-wave coffee shops. Have an early lunch or weekend brunch at the café in the **Muttart Conservatory** where fresh herbs and greens grown on site are part of your meal.

Hike out of the valley into downtown's historic **Warehouse District** on 104 Street. Once the

heart of Edmonton's fur industry, century-old brick warehouses are now part of a pedestrian-friendly haven for foodies. In one block alone you'll find several restaurants, a health food market, coffee shop, chocolatier, bakery bistro, gourmet oil and vinegar retailer, and a wine and cheese store.

On Saturdays, visit **City Market Downtown**, Alberta's oldest farmers' market. In summer, it's held outdoors with up to 150 vendors featuring farm-fresh produce, locally raised meats and ready to eat meals. In winter, the market moves indoors at **Edmonton City Hall**.

Wander on your own, or book a tour with **Edmonton Food Tours**. **Get Cooking** and **Kitchen by Brad** also offer courses for aspiring chefs.

Within walking distance is the **Arts District**, home to a host of ethnically inspired eateries that put new twists on fresh local ingredients. **Chinatown** is just around the corner.

End the evening wandering trendy **124 Street**, jam packed with fine restaurants, bakeries and galleries.



Old Strathcona



Kitchen by Brad



NORTHERN ALBERTA



Picture a vast land of massive mountain ranges, boreal forests, sweeping grasslands, sand dunes and far-reaching waterways. A special piece of Canada where the northern lights blaze across the night sky.

In the northeast, fly into **Wood Buffalo National Park**, the world's largest dark sky preserve. From **Fort McMurray**, head out with a guide to a secluded fishing lodge and lakes where the fish practically jump into your boat. Northeast of Edmonton is the **Lakeland** district, **Athabasca**, **Lac La Biche** and the historic routes used by voyageurs and fur traders. And **Elk Island National Park** is practically in **Edmonton's** backyard.

Northwest of Edmonton is **Lesser Slave Lake Provincial Park**, home to the largest vehicle-accessible lake in Alberta and brimming with outdoor adventures. Farther north and west, discover the **Mighty Peace Country**. See the newest dinosaur finds near **Grande Prairie**. Explore Alberta's northernmost mountain parks for an authentic wildland experience.

travellakeland.ca
laclabicheregion.com
slavelakeregion.ca
mackenziefrontier.com
mightypeace.com
wildalberta.com

CHECKLIST

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Elk Island National Park
pc.gc.ca/elkisland | <input type="checkbox"/> Philip J. Currie Dinosaur Museum
dinomuseum.ca | <input type="checkbox"/> MacKenzie Crossroads Museum
spiritofthepeace.ca | <input type="checkbox"/> William A. Switzer Provincial Park
albertaparks.ca/william-a-switzer |
| <input type="checkbox"/> Oil Sands Discovery Centre
fortmcmurraytourism.com | <input type="checkbox"/> Lakeland Provincial Park
albertaparks.ca/lakeland | <input type="checkbox"/> The Canadian Tractor Museum
canadiantractormuseum.ca | <input type="checkbox"/> Wood Buffalo National Park
pc.gc.ca/buffalo |
| <input type="checkbox"/> Hinton Nordic Centre
hintonnordic.ca | <input type="checkbox"/> Lesser Slave Lake Provincial Park
albertaparks.ca/lesser-slave-lake | | |

ELK ISLAND NATIONAL PARK

Elk Island is Canada's only completely enclosed national park – and second only to the Serengeti for numbers of hoofed wildlife. From the comfort of your vehicle, watch for the bison, elk, moose, white-tailed and mule deer that freely roam the park. Feel the thrill of seeing them up close in their natural habitat.

Join a park interpreter and learn how 100 years of conservation brought the bison back from the brink of extinction. The endangered trumpeter swan is also protected here.

Camp overnight in the **Astotin Lake** area and sleep under a zillion stars. If it's late in the season, you might even see the northern lights. Come back in winter and snowshoe or cross-country ski. All this and less than an hour from Edmonton.

pc.gc.ca/elkisland



WOOD BUFFALO NATIONAL PARK

 World Heritage Site

If you've ever dreamed of a wilderness adventure in the remote Canadian north, Wood Buffalo National Park is calling your name. Spanning 44,807 sq km (17,300 sq mi), this is one of the biggest parks on the planet and the world's largest dark sky preserve.

This is a vast and wild land of northern boreal plains, strangely compelling karstland riddled with sinkholes, fissures and underground streams, an untamed river delta and – surprise – a salt desert. It is home to incredible numbers of free ranging buffalo and the nesting grounds of the endangered whooping crane and peregrine falcon.

Under a canopy of stars, enjoy the breathtaking beauty of the night skies and the dance of the aurora borealis. No wonder it's designated a World Heritage Site.

pc.gc.ca/buffalo



Wood Buffalo National Park | @darren_roberts



LESSER SLAVE LAKE PROVINCIAL PARK

The sun-sparkled water and endless soft sand beaches of Lesser Slave Lake make this park one of Canada's top summer destinations. Just 2.5 hours northwest of **Edmonton**, you'll find resorts, campgrounds and marinas dotted along its shores. The town of **Slave Lake** anchors the southeast corner and has everything you need for

your stay. Stroll the boardwalk to popular **Devonshire Beach**.

Explore the amazing **Boreal Centre for Bird Conservation**, with 557 sq m (6,000 sq ft) of indoor and outdoor exhibits, and a research facility for visiting scientists. Go to **Marten Mountain Viewpoint** for a spectacular vista

or hike through old growth forest to secluded **Lily Lake**.

The Trans-Canada Trail runs the length of the shore and is used year round for hiking and cross-country skiing.

albertaparks.ca/lesser-slave-lake



William A. Switzer Provincial Park

WILLIAM A. SWITZER PROVINCIAL PARK

On the northern doorstep of the Canadian Rockies, 21 km (13 mi) northwest of **Hinton**, is an undisturbed wildland where adventure awaits. Stop in at the Visitor Information Centre in the summer months and sign out a family adventure backpack. Hike to the **Athabasca Lookout** for a stunning view of the front ranges or rent a canoe and paddle the chain of five small lakes within the park. Keep an eye out for wolves, bears, cougars, moose, deer and elk.

albertaparks.ca/william-a-switzer

HINTON NORDIC CENTRE

Tucked in to the south end of William A. Switzer Provincial Park, this world-class facility provides 35 km (21 mi) of well-maintained cross-country ski trails for skate and classic skiing, a rustic day lodge, biathlon range, luge track and

snowshoe trail. In summer, forested trails offer wonderful hiking and mountain biking with breathtaking views of the northern Canadian Rockies and **Solomon Valley**. Group camping is available May to September.

hintonnordic.ca

HIGHLIGHTS

PHILIP J. CURRIE DINOSAUR MUSEUM

In Alberta's northern badlands lies the recently discovered **Pipestone Creek** bonebed – a massive gravesite of the **Pachyrhinosaurus**, a plant-eating dinosaur, dating back 73 million years.

Supporting the ongoing excavation of this site is the **Philip J. Currie Dinosaur Museum**. Named after the co-founder of the prestigious **Royal Tyrrell Museum in Drumheller**, this is an international institute for experiential learning and is rapidly becoming a mecca for palaeontologists around the world.

Immerse yourself in this highly interactive environment that uses state-of-the-art technology to flesh out a skeleton at the touch of a button. Take a virtual helicopter tour of the bonebed or sign up for a real life visit. Displays include five newly named dinosaurs never before reconstructed. dinomuseum.ca



Philip J. Currie Dinosaur Museum

WILLMORE WILDERNESS PARK

On the northern border of **Jasper National Park** lies 4,600 sq km (1,776 sq mi) of unspoiled alpine wilderness – heaven on earth for adventurers looking for an authentic backcountry experience. There is no vehicle access; hike, ski or horseback ride with 750 km (466 mi) of trails to choose from. Outfitters from **Hinton** and **Grande Cache** can arrange fully provisioned horsepacking excursions that underscore the region's fur trading history and show off the scenery. Watch for bears, moose, caribou, wolves and the elusive wolverine. albertaparks.ca/willmore

LAKELAND PROVINCIAL PARK

Excellent fishing, swimming, boating and paddling await on the beautiful waterways of our Lakeland district. With a focus on wilderness experiences, Lakeland Provincial Park features Alberta's only backcountry canoe circuit. Paddle **Kinnaird**, **Jackson** and **Blackett** lakes. Hike the **Shaw Lake Trail** used by Indigenous groups and early fur traders. Cross-country ski in winter. Watch for moose, deer, woodland caribou, river otters, beaver, lynx and wolves. albertaparks.ca/lakeland



LOCAL COMMUNITIES

FORT MCMURRAY

With an abundance of parks and 130 km (80 mi) of trails for cycling, hiking and cross-country skiing, Fort McMurray offers endless outdoor thrills. Hit the beach or go camping at the newly upgraded **Gregoire Lake Provincial Park**. From October to May, this is one of the best places in the northern hemisphere to experience the northern lights.

fortmcmurraytourism.com

GRANDE CACHE

Built on a high mountain plateau, Grande Cache faces the **Continental Divide** and is the northern gateway to **Willmore Wilderness Park**. Grab a Passport to the Peaks guide to 21 local mountain hikes. A favourite nearby attraction is **Sulphur Gates**, high above the confluence of the **Smoky** and **Sulphur** rivers. Walk the trail to the many viewing platforms along the cliffs.

grandecache.ca

GRANDE PRAIRIE

This lively city celebrates everything from trumpeter swans to dinosaur discoveries. Enjoy **Muskoseepi Park** with 15 km (9.3 mi) of paved trails. Stop in at the **Philip J. Currie Dinosaur Museum** just outside of town. In summer, enjoy rodeos, agricultural fairs and festivals. Grande Prairie is the last Alberta stop on the popular **North to Alaska Trail**.

gptourism.ca

HINTON

Known as the Gateway to the Rockies, Hinton is just 15 minutes from the northern entrance to Jasper National Park and is an excellent home base for alpine adventures. In town, explore the **Beaver Boardwalk**, Canada's longest freshwater boardwalk. **Hinton Bike Park** is one of the best skills parks in the province. Come in July for the **Wild Mountain Music Festival**.

hinton.ca

WHITECOURT

Known as the snowmobile capital of Alberta, Whitecourt boasts 465 km (289 mi) of groomed winter trails. Come back in summer for the annual jet boat races at **Riverboat Park**. History buffs will learn about the second-oldest fort in Alberta at the **Fort Assiniboine Museum**. Don't leave without taking a photo of the **World's Largest Wagon Wheel**.

whitecourtwoodlandstourism.com

Athabasca	athabasca.ca
Bonnyville	md.bonnyville.ab.ca
Cold Lake	coldlake.com
Edmonton	exploreedmonton.com
Slave Lake	slavelake.ca

NORTHERN ALBERTA FESTIVALS & EVENTS

Alberta Pond Hockey Championships
albertapondhockey.com

Blue Suede Music Festival
bluesuedemusicfestival.com

Bonnyville Rodeo & Chuckwagon Championships
bprca.com

Carnaval de St-Isidore
centreculturelstisidore.ca

Grande Prairie Stompede
gpstompede.com

Hometown Heroes Airshow
whitecourtairshow.com

North Country Fair
lslncca.ca

Slave River Paddlefest
fskayak.webs.com

Songbird Festival, Lesser Slave Lake
lslbo.org/education/songbird-festival

Wild Mountain Music Festival
wildmtnmusic.ca





Lesser Slave Lake Provincial Park



ROAD TRIP THE DEH CHO TRAIL AND BEYOND WILD AND WONDERFUL

Distance: 1,685 km (1,047 mi)

Deh Cho (pronounced Day-Cho) means big river and is the First Nations' name for the **Mackenzie River**. The Deh Cho Trail links

the Mackenzie, Liard and Alaska highways in northern Alberta, British Columbia and the Northwest Territories. We've used

a portion of it to create a multi-day RV camping trip, northern Alberta style.



Dunvegan Bridge

- ▶ From **Edmonton**, go west on the Yellowhead Highway (Hwy 16), then north on Hwy 43 for 181 km (112 mi) to **Whitecourt** and visit the **Forest Interpretive Centre**.
- ▶ After about 85 km (53 mi) is the town of **Fox Creek** where a quick detour takes you to **Smoke Lake Provincial Recreation Area**, a great spot for a swim and a picnic. Or keep on Hwy 43 another 108 km (67 mi) and take a break at **Williamson Provincial Park**.
- ▶ Continue 95 km (59 mi) to **Grande Prairie**. Stay overnight at **Pipestone Creek Park** campgrounds, just 19 km (12 mi) west of Grande Prairie. Spend the next day

exploring the nearby **Philip J. Currie Dinosaur Museum** and tour the largest horned dinosaur bonebed in the world.

- ▶ In the morning, jog back north on Hwy 2 past Grande Prairie for 89 km (55 mi) to historic **Dunvegan** where you will cross the **Peace River** on Alberta's only suspension bridge. Continue northeast on Hwy 2 for 85 km (53 mi) to **Grimshaw** and pick up the Deh Cho Trail at **Mile Zero** of the Mackenzie Highway (Hwy 35).
- ▶ Head north 83 km (52 mi) to **Manning** and look for the giant moose statue. Continue about 40 minutes north and stay overnight at **Twin Lakes Provincial Recreation Area**. There's a 3 km (1.9 mi) hiking loop

to the second tiny lake. Catch some fish for breakfast.

- ▶ Continue on Hwy 35 north about two hours to **High Level**, the midway point between **Edmonton** and **Yellowknife**. Stop in at the Visitor Information Centre and explore the **Mackenzie Crossroads Museum**. Enjoy the northern skies at one of the many wilderness campgrounds.
- ▶ Then loop east on Hwy 58 and south on Hwy 88 for 80 km (50 mi) to **Fort Vermilion** on the **Peace River**, along with **Fort Chipewyan**, the oldest community in Alberta, established in 1788. Because of its prominent role in the fur trade it was designated a National Historic Site in 1968.
- ▶ Fill up with gas and continue south on Hwy 88 for 406 km (252 mi) and camp in **Lesser Slave Lake Provincial Park** (see page 72). You'll want to spend at least a couple of days here – much to explore!
- ▶ From here, take Hwy 2 southeast to the town of **Athabasca** where you can paddle and fish on the **Athabasca River**, hike and watch for wildlife.
- ▶ It's 152 km (94.4 mi) south on Hwy 2 back to Edmonton.

READY FOR AWE

Peace River

THINGS TO DO

So many Alberta adventures, so hard to choose! There is fun to be had in every corner of this province in summer, winter, spring and fall – everything from the great outdoors to the Greatest Outdoor Show on Earth. From hiking, camping, horseback riding and wildlife viewing, to skiing, dog sledding, snowshoeing and gazing at the

aurora borealis, your challenge is to stay long enough to fit it all in.

Remember to visit travelalberta.com for more information to plan your Alberta experiences. The following pages also have helpful online links.

- 82 Summer Experiences
- 92 Winter Experiences
- 100 More To Do



SUMMER EXPERIENCES

HIKING

Alberta's infinite variety of landscapes can satisfy any hiker's wanderlust. Thousands of kilometres of trails beckon for all abilities, from short-easy rambles to classic hikes and multi-day treks. Epic scenery awaits in our protected parks and wildlands. Try heli-hiking in our Canadian Rockies backcountry and discover secluded alpine lakes and mountain meadows where wildflowers and wildlife abound.

Explore the mysterious **Canadian Badlands** and witness the work of eons of erosion that sculpted this strangely compelling terrain. Discover the silence of a northern boreal forest. Wander through grasslands stretching to the horizon. Our temperate climate is ideal for hiking, from spring through autumn.

Alberta Parks	albertaparks.ca
Alberta TrailNet	albertatrailnet.com
Canada Trails	canadatrails.ca
Parks Canada	pc.gc.ca
Trailpeak	trailpeak.com



Jasper National Park

CAMPING

Listen to the birdsong and gurgling of a nearby stream as you awaken from a restful sleep in the great outdoors. Poke your sleepy head out and breathe in the fresh scent of the forest. There's something else on the breeze – pancakes, bacon, coffee and campfire.

Camping is a quintessential Canadian tradition. You can camp almost anywhere in Alberta, from tenting in the backcountry to full-service campsites. Stay in a teepee or a trapper's tent or try comfort camping, where everything is ready for you on arrival. Or hit the road in a recreational vehicle – bring your own or rent one here.

Alberta Campground Guide
albertacampgroundguide.ca

Alberta campground reviews
albertawow.com

Alberta Parks
albertaparks.ca

Parks Canada reservations
pccamping.ca



Rocky Mountain House National Historic Site



BOATING & SWIMMING

There's nothing better than a soft sandy beach by a crystal clear lake on a hot summer day. Alberta has plenty of them, perfect for sunning and water sports. Watch the crazy fly-boarders and give in

to temptation. Or rent a paddleboard and try stand-up paddling. Yesterday it was kite surfing and wake boarding. Today, just some good old-fashioned water skiing. It's summertime. The sun glitters off the water

like tiny diamonds. Dive in. Even if it's just under a beach umbrella and into that book you've been waiting to read.



CANOEING & KAYAKING

The only sound is water gently lapping at the side of your boat and trickling off your paddle as you slice through turquoise water. The blissful quiet is broken by fish splashing on the surface and the call of a loon. Paddling on Alberta's scenic lakes and rivers is a day with nature at its finest.

Learn a traditional mode of transportation essential to Indigenous groups, early explorers and fur traders. Pack a picnic and paddle out to a distant shore or tackle Alberta's only backcountry canoe circuit. Step up your fitness, step into a kayak and run some whitewater.

Alberta Parks albertaparks.ca
Paddle Alberta paddlealberta.org



Kicking Horse River | Canadian Rockies



Athabasca Glacier
Jasper National Park

WHITEWATER RAFTING

Feel the spray on your face as you paddle madly through seething water. Shoot through narrow canyons, dodge the rocks and swerve around the next bend in the river.

Few experiences get the adrenaline pumping like whitewater rafting in Alberta. Go for an afternoon, or spend a few nights under the stars as you make your way along the course of the river.

Feel the thrill of the rapids in an unspoiled natural setting and keep your eyes open for deer, elk and bears on the riverbanks. There are trips for all skill levels and professional guides who provide everything you need.

Alberta Rafting Alliance albertarafting.org

Alberta Whitewater albertawhitewater.ca

GLACIER TOURS

Touch the ice formed by snow that fell 400 years ago.

Discover the **Athabasca Glacier**, part of the vast Columbia Icefield, formed around 10,000 years ago when most of Western Canada was cloaked in ice. The icefield spans 325 sq km (125 sq mi) and reaches a depth of 360 m (1,180 ft).

Hop on an Ice Explorer bus with giant rubber wheels that takes you right up onto the glacier or go up on foot on a three-hour guided ice walk.

Combine the tour with a stroll along a cliff-edge walkway at the nearby **Glacier Skywalk** and step out onto a glass observation platform suspended 280 m (919 ft) above the **Sunwapta Valley**.

Explore Rockies Tours explorerockies.ca

Glacier Skywalk glacierskywalk.ca

CYCLING & MOUNTAIN BIKING

Two wheels will take you places where four wheels could never go. And Alberta is brimming with places – pedal leisurely through an alpine meadow, a boreal forest or on wide paved shoulders under an endless prairie sky.

Cycle urban pathways through gorgeous river valleys. Challenge yourself to some extreme mountain biking or join a Gran Fondo through a national park. Put the **Icefields Parkway** on your bucket list, one of the most scenic rides in the world.

Canada Trails
Trailpeak

canadatrails.ca
trailpeak.com



HORSEBACK RIDING

Go horseback riding in Alberta and learn to ride western style. Discover the nature of the land from the saddle, as the explorers did centuries ago. Ride through an alpine meadow filled with wildflowers in the Canadian Rockies. See the gold of the larch against the green of the pines in autumn.

Explore the foothills and rolling prairies and watch for wildlife. Professional outfitters will tailor an ultimate adventure on horseback to your skills and time, be it a lesson and a two-hour ride, a multi-day horsepacking trip into the backcountry or herding cattle on a working ranch.

Alberta Outfitters Association
albertaoutfitters.com



Lundbreck



WILDLIFE VIEWING

Alberta is teeming with wildlife. Five national parks, more than 250 provincial parks and easily accessible natural areas protect almost 600 species. Watch for Alberta's all-stars: moose, bison, elk, grizzly and black bears, bighorn sheep and mountain goats. You may even spot the elusive wolf, cougar, wolverine, lynx or bobcat.

And for all you birders, Alberta is the only place in North America where prairie, boreal forest and mountain ecosystems coexist, providing a home to hundreds of species. Intersecting migratory flight paths make spring and fall birdwatching heaven on earth. Watch for flocks of golden eagles in autumn and trumpeter swans in spring.



Dinosaur Trail Golf &
Country Club | Drumheller

GOLFING

Imagine a golf course surrounded by towering mountains that meanders past glacier-fed lakes where elk, caribou and bears are regular visitors on the back nine. It exists in Alberta. The **Fairmont Jasper Park Lodge** golf course is continually ranked one of the best in the world. But it's just one of many amazing choices, with more than 250 courses spread around the province.

You can tee off in some of the most surreal surroundings on the planet – from the Canadian Rockies to the **Canadian Badlands**. And if you're a die-hard duffer, endless twilight in high summer up north means hitting the links until close to midnight.

Play Golf Alberta
playgolfalberta.com

FISHING

Alberta's unspoiled lakes, rivers and streams number in the thousands, so a spot to drop a line is never far away. Take the gang on a day trip and fish from a boat or right from shore. Book a float plane to a secluded lake. Or sleep in a backcountry lodge and dream of trout, pike, walleye and grayling fighting for your favourite lure.

Alberta Conservation Association
ab-conservation.com

Fishing Regulations
albertaregulations.ca

My Wild Alberta
mywildalberta.com



Marvel Lake | Banff National Park | @andy_best



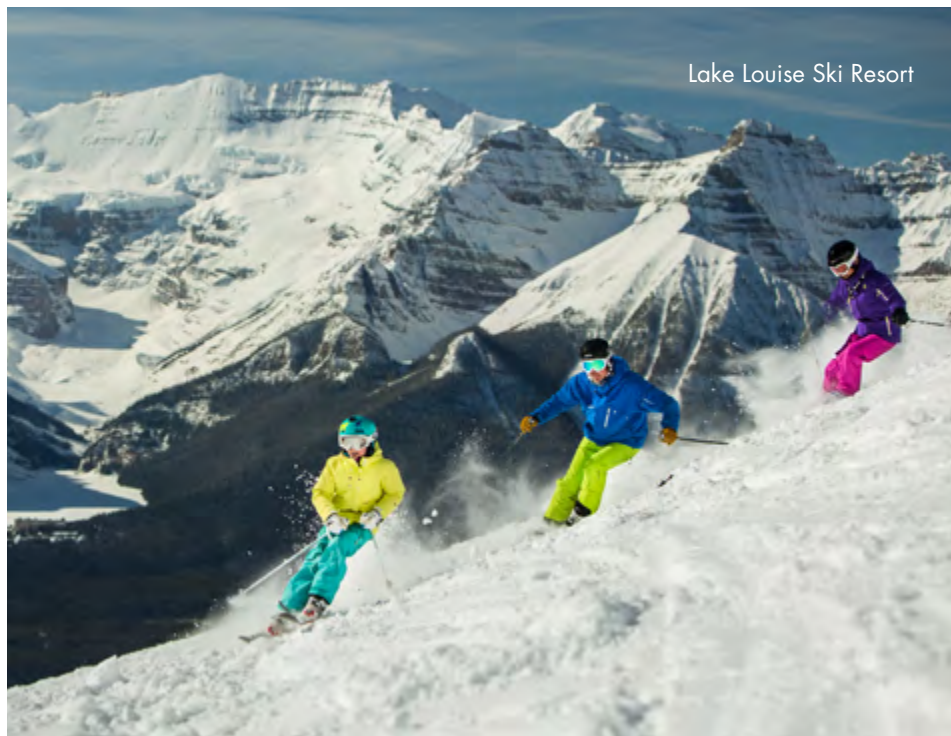
WINTER EXPERIENCES

SKIING & SNOWBOARDING

Hear the soft swish of your skis cutting brand-new lines in the feather-light snow. With each turn, an arc of sun-sparkled crystals sprays up as you fly down the tree-lined slope. The ice glitters on the evergreens against a backdrop of blazing white peaks and baby blue skies. You feel like you're living a moment from a glossy ski magazine.

In Alberta, the slopes of the Canadian Rockies have the legendary airy powder revered by skiers and boarders worldwide. Go by snowcat or helicopter to the backcountry, where pure virgin runs await. Boarders can also strut their stuff in the terrain parks.

Go Ski Alberta goskiaberta.com



CROSS-COUNTRY SKIING

Savour the pure Alberta air as you glide along a dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong.

Learn to ski at **Canmore Nordic Centre Provincial Park**, the home of Canada's national cross-country and biathlon ski teams. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails canadatrails.ca



Wapiti Nordic Centre | Northern Alberta



SNOWSHOEING

Ever wonder why northern animals like the caribou, hare and lynx have such wide feet? Strap on your snowshoes and you'll find the answer. This ultra-efficient way to beat the snowdrifts is a winter adventure to be enjoyed by all.

Straddle the **Great Divide** in the Canadian Rockies and get your picture taken with one snowshoe in Alberta and the other in British Columbia. Hop on a helicopter and fly to the backcountry, then snowshoe to an island on a frozen lake for a gourmet lunch.

There are trails in all of our national and provincial parks. Sign up for an organized outing or make your own tracks. Just pick up your shoes and go where there's snow.



DOGSLEDDING & SLEIGH RIDES

The dogs surge forward, the sled comes alive and you're racing across the frozen Alberta landscape as fast as six exuberant canines can pull you. The sensation of speeding across the snow, pulled by a living force, is unlike anything you've ever experienced. Stand on the back of the sled and drive your very own team, or snuggle up in the seat and enjoy the ride.

For a mellow experience, settle in for a sleigh ride, watching the horses kick up plumes of snow as they prance through a dreamscape of dazzling white. Canadian winter scenery is spectacular and there's a special kind of romance when you are tucked into a warm buffalo rug with a loved one, sipping hot chocolate as you glide under starlit skies, sleigh bells ringing.



Johnston Canyon | Banff National Park

ICE WALKS & CLIMBING

The deep stillness at the bottom of the frozen canyon is broken only by the sound of boots crunching in the snow. Towering waterfalls plunge down steep rock walls, frozen in place as if frozen in time.

Wander through a maze of colossal pillars of ice and surreal sculptures, backlit in blues and greens. The winter canyons of the Canadian Rockies have to be seen to be believed. Professional Alberta guides

provide everything you need – ice cleats, trekking poles, beverages and snacks.

For the more adventurous, the Canadian Rockies boast some of the best and most varied ice climbs in the world, with endless crags, glaciers, icefalls and ice walls.

Advanced climbers will find icy rapture on a winter heli trip, with access to challenging alpine lines and multi-pitch routes.

Banff Adventures
banffadventures.com

Discover Banff Tours
banfftours.com

Jasper Adventure Centre
jasperadventurecentre.com

White Mountain Adventures
whitemountainadventures.com



SNOWMOBILING

Feel the mighty hum of your machine as you speed through the powdery snow. Your passenger clings to you, laughing, as you fly over the next rise and catch some air.

Alberta's many and varied landscapes mean you have the choice of sledding in the Canadian Rockies, through boreal forests or across wide-open plains. There are 5,000 km (3,100 mi) of groomed trails to explore.

Discover **The Golden Triangle** and find out why **Whitecourt** is known as the snowmobile

capital of Alberta. Sign up for a drag race across a frozen lake. Brace yourself for mind-blowing scenery and good times.

Alberta Snowmobile Association
altasnowmobile.ab.ca

SnoRiders West
snoriderswest.com/alberta

Whitecourt Trailblazers
whitecourtrailblazers.ca



Crowsnest Pass | Canadian Rockies

MORE WINTER FUN

Looking for more ways to play in Alberta's winter wonderland? Pull on a pair of skates and carve circles on a freshly cleared pond. Whether it's a mountain lake at midnight or a bustling rink in town, ice skating is ice magic every time.

Revisit the exhilaration of childhood and hurtle down a snow-carpeted hill on a sled or toboggan. Many parks have hills perfect for all ages. Most of our ski resorts also offer snow tubing, with banked sliding lanes and tows to pull you and your inflatable tube back to the top. Or go for the ultimate ride on a bobsleigh or luge with professional drivers at **Canada Olympic Park**.

If you like to cycle, try fat biking. Mountain bikes with ultra-wide balloon-like tires let you float over snow. **Canmore Nordic Centre Provincial Park** has 30 km (18 mi) of fat-bike trails, but any path will provide winter thrills.



MORE TO DO

FOOD & DINING

Close your eyes and savour the flavour explosion of a juicy Alberta steak, grilled to perfection and so tender you can cut it with a fork. Pair it with a robust red wine recommended by your sommelier.

Alberta is famous for our steak, but our dynamic and innovative dining scene offers mouth-watering experiences of all kinds, from eclectic cafés to diners that remind you of good home cooking.

Top chefs create menus that focus on bringing local produce from farm to fork. Dine on wild game, bison, ostrich or elk in a chic contemporary bistro or in the understated elegance of a mountain lodge.

If you like to cook, find out where to get the best ingredients, take a class and gather some recipes, so you can take a taste of Alberta home.

Alberta Culinary Tourism Alliance albertaculinary.com
 Alberta Farm Fresh Producers albertafarmfresh.com
 Alberta Farmers' Markets albertafarmersmarket.com





SHOPPING

Cutting-edge Canadian designers, top international labels and sumptuous spaces make for prime shopping in Alberta. And there's more – no provincial sales tax.

In Edmonton, when you've had your way with **West Edmonton Mall** (page 61), meander through historic **Old Strathcona**, hunt for treasures on 124 Street, and if it's early July don't miss Whyte Avenue's annual three-day **Art Walk**, a 4 km (2.5 mi) stroll through the city's art district where hundreds of local artists showcase their work.

Just north of Calgary, hit the enormous **CrossIron Mills** outlet mall. For a sampling of city shopping districts try **The CORE** and **Stephen Avenue Walk** downtown or historic **Inglewood**, **17 Avenue** and **Kensington Village**. **Chinook Centre** has all your name brand stores including the only full-line Nordstrom outlet in Alberta.

In our mountain towns of **Canmore**, **Banff**, **Lake Louise** and **Jasper**, find the best in outdoor gear and unique Canadiana gifts.

SPAS & WELLNESS

The healing powers of a soak in the soothing thermal waters of a mountain mineral spring have long been known. In the Canadian Rockies, you can slip into rejuvenating hot springs heated naturally from deep within the earth.

Their restorative powers inspire spas around the province that feature river rock hot stone massages, mud wraps and more. Relax and rejuvenate – that’s what holidays are for.

Canadian Rockies Hot Springs
hotsprings.ca



Banff Upper Hot Springs

ARTS & PERFORMING ARTS

You know that feeling that makes your heart swell when the orchestra hits a sweet, sad note? Or when contemplating an artistic masterpiece, the humbling sense that you're in the presence of greatness? Or the terror you feel for the protagonist being stalked onstage?

Savour these deliciously extreme emotions when you immerse yourself in the local arts and performing arts scene. Exhibitions and live performances are richly diverse, from contemporary to timeless classics, at indoor and outdoor venues alike.

Browse the art galleries and studios, take in a play or spend the evening at the symphony, the opera or the ballet. The artist in you will rejoice.

Alberta Ballet





Medalta in the Historic Clay District | Medicine Hat

MUSEUMS & HISTORIC SITES

Delve into the past at one of Alberta's hundreds of museums and historic sites. Rewind 250 years to experience the beginning of the fur trade. Relive the adventures of the cowboys and pioneers at an original 1882 ranch.

Learn the history of coal mining and climb the last wooden tippie in Canada. See how

the Ukrainian settlers preserved their roots. Step back 8,000 years to the time of the Plains Indians and trace their history at sites older than Stonehenge.

Now take a really big jump back 75 million years to the time of the dinosaurs and see one of the largest collections of dinosaur skeletons in the world.

Alberta Culture
culture.alberta.ca

Alberta Museums Association
museums.ab.ca

National Historic Sites
pc.gc.ca



Heritage Park Historical Village | Calgary

INDIGENOUS HERITAGE

All around Alberta you'll find tributes to the strength and stamina of Canada's indigenous people. Feel the past come to life as the stories of the hunt are told through drum and dance at **Head-Smashed-In Buffalo Jump**, a World Heritage Site that was used by indigenous people of the North American plains for at least 5,700 years.

See North America's largest concentration of petroglyphs (carvings) and pictographs (paintings) on the cliffs at **Writing-on-Stone Provincial Park**.

Explore the interactive exhibits at **Blackfoot Crossing Historical Park**. Sleep in a teepee, learn to make pemmican and bead a moccasin. Investigate early Métis life at **Métis Crossing**.



Calgary Stampede

RODEO

Eight seconds is how long a bull rider must stay on the back of a seething 1,800-pound mass of muscle and flying hooves. It can seem like eight hours. Welcome to rodeo, Alberta style.

Professionals come from around the world in July to compete at the annual 10-day **Calgary Stampede**, testing their skills in roping, riding and barrel racing to win the world's richest prize purses.

The five-day **Canadian Finals Rodeo** in Red Deer each November is the biggest indoor pro rodeo in Canada and features the year's top prize winners. In between, get up close and personal at a small town rodeo where new stars are born every year.

Canadian Finals Rodeo
cfr.ca

Foothills Cowboys Association
fcarodeo.com

Pro Rodeo Canada
rodeocanada.com

The Calgary Stampede
calgarystampede.com

World Professional Chuckwagon Association
wpcanada.com

SKY WATCHING

Imagine looking up and seeing a wisp of neon green uncurl slowly across the night sky. The apparition is soon joined by others and together they grow into a bright, pulsating chorus of multicoloured light, waving, melting away and then forming anew.

The aurora borealis is one of the most surreal natural phenomena on earth. Optimal viewing is September through mid-May in northern Alberta and in dark skies around the province.

Lucky us – we have the world’s two largest dark sky preserves – **Wood Buffalo** and **Jasper** national parks. Other preserves in Alberta include **Beaver Hills, Waterton Lakes and Glacier National Parks**, and **Cypress Hills**. Truthfully, as long as you’re away from an urban centre, you can stargaze just about anywhere in Alberta.

Jasper Dark Sky Festival
jasperdarksky.travel

Royal Astronomical Society of Canada
rasc.ca





Royal Tyrrell Museum | Drumheller

DINOSAURS

Alberta is home to the richest source of dinosaur fossils in the world. Follow the **Fossil Trail**, which spans 2,500 km (1,553 mi) from northwest to southeast. It's anchored in the north by the Pipestone Creek bonebeds and the **Philip J. Currie Dinosaur Museum** near Grande Prairie and continues all the way south to **Devil's Coulee**.

Visit Canada's famed **Royal Tyrrell Museum of Palaeontology** near Drumheller and see one of the world's largest displays of full dinosaur skeletons.

Go on a guided authentic archaeological dig at **Dinosaur Provincial Park**, a World Heritage Site in southern Alberta where many of the planet's most important discoveries have been made and continue to be unearthed.

Dinosaur Provincial Park
albertaparks.ca/dinosaur

Philip J. Currie Dinosaur Museum
dinomuseum.ca

Royal Tyrrell Museum
tyrellmuseum.com

SPORTS

Absorb the electric energy as the final minutes tick away. Tens of thousands of people hold their breath in sudden-death overtime. Alberta has two National Hockey League and two Canadian Football League teams, fuelling a heated competition between Edmonton and Calgary. Going to a game when the local teams face off is quite a thrill and gives new meaning to friendly rivalry.

Share the contagious excitement that embodies Alberta's collective sports spirit. Whether you take in a hockey game, show jumping competition at **Spruce Meadows**, the **Tour of Alberta** or a **World Cup** ski race, you're sure to see why Albertans love their spectator sports.

Alberta Sports Hall of Fame
ashfm.ca

Canada's Sports Hall of Fame
sportshall.ca

Spruce Meadows
sprucemeadows.com

Winsport
winsport.ca



Canada's Sports Hall of Fame | Calgary



TRAINS

There's something wildly romantic about Canadian train travel. Climb aboard a steam-powered train in Alberta and experience a bygone era. Meet a Mountie, solve a murder mystery and maybe even spy a coyote trotting across a farmer's field. Watch the sun set, the stars sparkle or take the kids on a magical, imaginary tour to the North Pole.

Perhaps a journey through the Canadian Rocky Mountains on a sleek modern train is more your style. Watch for wildlife from the comfort of a glass-domed observation car as you wind past rushing rivers and rugged mountains in remote wilderness. Enjoy fine dining and white glove service – this is bucket list material.

No matter your choice, you won't just get somewhere – you'll enjoy the journey.

Alberta Prairie Railway Excursions
absteamtrain.com

Aspen Crossing
aspencrossing.com

Canada Rail Vacations
canadarail.ca

Rocky Mountaineer
rockymountaineer.com



Marvel Pass | Banff National Park | @hike365

UNIQUE POINTS OF VIEW

Want a bird's-eye view of the Canadian Rockies? Ride to the top of a mountain on a gondola or tramway and take in the stunning views of the surrounding peaks, turquoise lakes, sparkling rivers and waterfalls, and alpine towns nestled in the valleys below.

Sightseeing in Alberta is easy as there are many ways to see our many sights. Wish you could fly like an eagle? An aerial tour is the next best thing, as you soar over the peaks,

glaciers and high alpine meadows of the Canadian Rockies or heli-tour the **Canadian Badlands**.

Need to stretch your sea legs? Hop on a float plane to a secluded fishing lodge and visit a lake where the fish practically jump into your boat. Alberta has plenty of crystal clear lakes, perfect for sunning or boating. Go on a boat tour, stand at the bow and stare into perfectly turquoise water.

Alpine Helicopters	alpinehelicopter.com
Banff Lake Cruise	explorerockies.com
Maligne Lake Tours	malignelake.com
Mountain View Helicopters	mvheli.com
Rockies Heli Canada	rockiesheli.com
Waterton Shoreline Cruise Co.	watertoncruise.com

UNIQUE STAYS

A place to stay can be a destination unto itself. Hike or ski into Alberta's high alpine and settle in at a secluded backcountry lodge. Release your inner cowboy with a stay at a working guest ranch. Watch moose from the back porch of an all-inclusive mountain lodge.

Sleep in a teepee or a trapper's cabin. Stay in a fairy-tale castle or your own private chalet in the Canadian Rockies or pick a themed hotel room in the city. Whatever your preference, Alberta's unique choices come with bragging rights.

Alberta Bed & Breakfast Association
bbalberta.com

Alberta Country Vacation Association
albertacountryvacation.com

Charming Inns of Alberta
charminginnsofalberta.com

Check In Canada
checkincanada.com

Fairmont Hotels and Resorts
fairmont.com

Hostelling International – Canada
hihostels.ca



Storm Mountain Lodge & Cabins | Banff National Park



READY TO START

Chester Lake | Canadian Rockies

PLAN YOUR TRIP

We're thrilled you've chosen Alberta for your next big adventure. To help get you started we've gathered some of the basics you'll need to know to plan your trip, like how to get here and what to pack, weather, climate and transportation.

Please visit travelalberta.com for in-depth information.

ABOUT ALBERTA

280+ 

PROVINCIAL PARKS
& RECREATION AREAS

5 NATIONAL PARKS AND
3 ARE WORLD HERITAGE SITES

PARK ENTRY

Park passes are required for entry into any of Canada's national parks. Buy them at park entrances, or save time and buy online: pc.gc.ca or banfflakelouise.com/trip-planning/parks-pass. Entrance to provincial parks is free.

WILDLIFE

There are 587 species of wildlife. All-stars include elk, moose, bighorn sheep, grizzly bear, bison, cougar and wolf.

WILDLIFE SAFETY

Never attempt to approach, feed or harass any wild animal. When on foot, keep a safe distance – at least 100 m (more than 300 ft). Most animals will avoid you if they can hear you coming. Stay in your vehicle when viewing animals along roadways. Pick up brochures at Visitor Information Centres for safety tips.

WEATHER AND CLIMATE

Average Temperature

Summer: Daytime highs are normally 20 to 25 C (68 to 77 F) but can reach the mid to upper 30s (90s).

Winter: In the coldest months of the year, January and February, daytime

temperatures range from -5 to -15 C (23 to 5 F). They can drop as low as -30 to -40 C (-22 to -40 F) for short periods of time.

Precipitation

Annual precipitation in Alberta averages 30-60 cm (12-24 in). In the winter, the ski resorts of the Canadian Rockies can see up to 9 m (30 ft) of snowfall between November and April.



HIGHEST NUMBER
OF SUNNY DAYS IN
CANADA ANNUALLY
RATIO OF SUNNY DAYS 6:1

ALBERTA
SNAPSHOT

GEOGRAPHY

MOUNTAINS
BOREAL FORESTS
PRAIRIES

GRASSLANDS
BADLANDS



TIME ZONE

MOUNTAIN
TIME ZONE
(GMT -7 HOURS)



SIZE

661,000 SQ KM
(255,214 SQ MI)



POPULATION +4 MILLION 

PLAN YOUR TRIP

THINGS TO KNOW

WHAT TO PACK

The weather in Alberta can change quickly so it's best to dress in layers in any season. Warm jackets, boots, scarves, mittens and hats are a must in winter. Bring a hat and sunglasses to provide protection from strong sunlight.

MONEY

Canada's monetary system is based on dollars and cents. We have one and two dollar coins and no pennies. Cash purchases are rounded up or down to the nearest 5 cents.

Taxes

Alberta is the only province in Canada without a provincial sales tax (PST). The Government of Canada charges a five per cent goods and services tax (GST) on most purchases.

Tipping

The average gratuity in Canada ranges from 15 to 20 per cent and is usually given to food servers, taxi drivers, tour guides, hotel staff and estheticians for good service. Tips or service charges are not usually added to the bill in Canada. It's up to you how much you give bellhops, doormen, porters and other staff at hotels, airports and railway stations, but generally \$1 and up per item is standard.

Banking

Typical bank hours are 9:30-5:00, Monday to Friday, with many open Saturdays as well.



ACCOMMODATION

Download the **Alberta Accommodation Guide** and **Alberta Campground Guide** at travelalberta.com or visit checkincanada.com.

STAY CONNECTED

Mobile Coverage

3G and 4G networks, Wi-Fi hot spots
Visit comparecellular.com/coverage-maps.

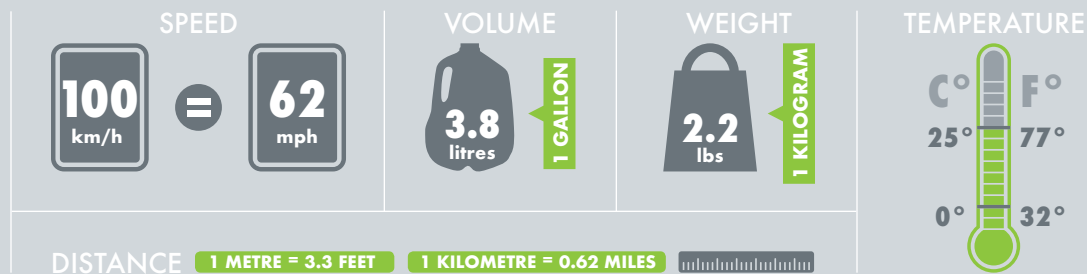
Carriers in Alberta

Telus, Rogers, Bell, Fido, Freedom, Chatr, Koodo and Virgin.

The country code for Canada is 1.

METRIC SYSTEM

Canada uses the metric system, which means highway signage, speed limits and traffic indicators are posted in kilometres (km) and kilometres per hour (km/h), gas is sold by the litre and temperature is measured in degrees Celsius (C).



GETTING HERE



AIR

Arrive from more than 100 cities worldwide via most major airlines and charter companies. International airports: Calgary (YYC), Edmonton (YEG), Fort McMurray (YYM).



CAR

Alberta is accessible from the east and west by two officially designated Trans-Canada routes. Hwy 1 crosses Alberta in the south and Trans-Canada Yellowhead Hwy 16 crosses through central Alberta. Use the Queen Elizabeth II Highway for north-south travel.



BUS

Greyhound Bus Lines, the province's primary coach operator, has a network of routes across Canada and the United States.



TRAIN

VIA Rail service is available to Edmonton and Jasper. The Rocky Mountaineer runs between Vancouver and Jasper, as well as Banff, Lake Louise and Calgary.



TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

International visitors to Canada must carry a valid passport and, if required, a valid visa. An Electronic Travel Authorization (eTA) is a mandatory entry requirement for visa-exempt foreign nationals travelling to Canada by air. For more information, visit cic.gc.ca.



CANADA BORDER SERVICES AGENCY

The Canada Border Services Agency manages Alberta's border with the United States using domestic laws that govern trade and travel. For an overview of what's involved when you enter Alberta, including ports of entry, duty-free allowances, summer holiday travel tips and even wait times at border crossings, visit cbsa-asfc.gc.ca.



WEAPONS

Revolvers, pistols, fully automatic firearms and self-defence sprays (e.g. mace, pepper spray) are prohibited entry into Alberta. All other firearms (e.g. hunting rifles, shotguns) must be declared. For more information on the Canadian Firearms Program, call **1-800-731-4000**.

FOOD, PLANT & ANIMAL INSPECTIONS

Travellers are required to properly declare any meats, fruits, vegetables, plants, animals and plant or animal products they bring into Alberta.



GETTING AROUND



RENTAL VEHICLE

To rent a car, truck, camper or recreational vehicle you must be at least 21 years old, have a valid driver's licence and a major credit card. While a minimum age of 21 is required, keep in mind security deposits are much higher for drivers under the age of 25.



BUS

Bus tours, scheduled coach services and shuttle services are available through a number of operators. Every city has easily accessible public transportation.



TRAIN

Whether you ride on a scheduled service from Edmonton to Jasper, or embark on a Canadian Rockies adventure aboard a luxury train, we know that you'll find the journey as remarkable as your final destination.



DRIVER'S LICENCES

You must have a valid driver's licence to drive legally in Canada. Your own is valid for up to 12 months. International Driving Permits from your home country are also valid for one year.

AUTO INSURANCE

If you are driving your own vehicle into Alberta, bring vehicle registration forms and a free Canadian Non-Resident Insurance Card from your insurance agent, or the policy itself. If you're driving a rented car, bring a copy of your rental contract.

ROAD REPORTS

Weather, construction and other activities result in different highway conditions across Alberta. For road reports dial **511** or visit 511alberta.ca.



SEATBELTS MUST BE WORN AT ALL TIMES AND IT IS AGAINST THE LAW TO USE CELLPHONES OR MOBILE DEVICES WHILE DRIVING.



SPEED LIMITS

On major highways, speed limits average 100 km/h (62 mph). On secondary routes the average is 80 km/h (50 mph) or by posted signage. Motorists passing stopped emergency vehicles or tow trucks on highways must drive at 60 km/h (37 mph), or at the posted speed limit, whichever is slower. Obey posted speed limits within our cities and towns.

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