

# GETTING OUTSIDE



Social opportunities for all ages and fitness levels to enjoy the outdoors in Edmonton.

## Go for a walk

Meet other Edmontonians while getting active with the **EOPCN MOVE group** that meets weekly for 60-minute walks alongside an exercise specialist.

For a self-guided experience, check out walking and hiking trails on the **Alltrails** app to see elevation, conditions, and distances of different trails in the city.



## Take up trail running

If you're up for a challenge, the Edmonton River Valley is home to many beautiful trails in nature. Join the **Edmonton Trail Community** for their free Saturday runs/hikes, followed by a communal coffee.

## Try birdwatching



The **Edmonton Nature Club** is a great way to learn about the nature in our backyard, and hosts events for birdwatching, nature walks, and outdoor field trips!

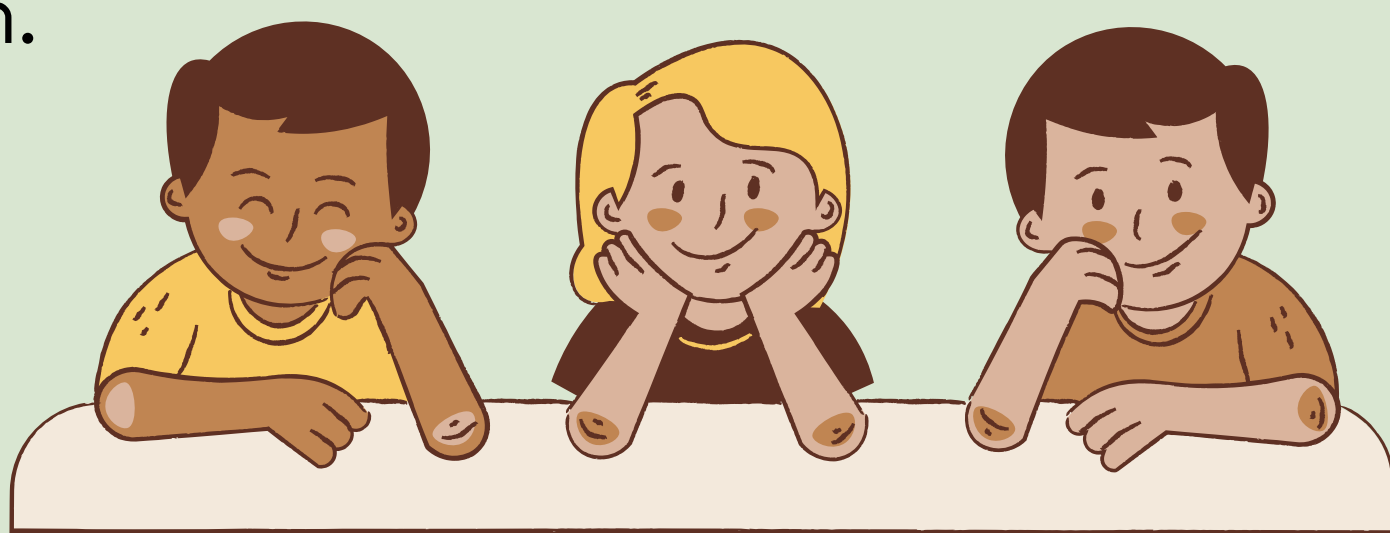
If you want to work on your biodiversity identification skills solo, try downloading the free apps **eBird** or **iNaturalist**. Your contributions can even be used for scientific research projects to help study and protect nature!

## Involve the kids

**Green Shacks** run by the City of Edmonton are located in various parks and have an ever-rotating offering of activities and special events for kids. Check out Edmonton.ca to find the closest one to you.

The **Discover YEG map** helps you to find playgrounds, parks, and picnic sites to check out in your community!

Edmonton **MoveLearnPlay** is a great way to find outdoor programs for kids, such as **Play Rangers**, which offers free drop-in sessions for kids to engage with the outdoors with family participation.



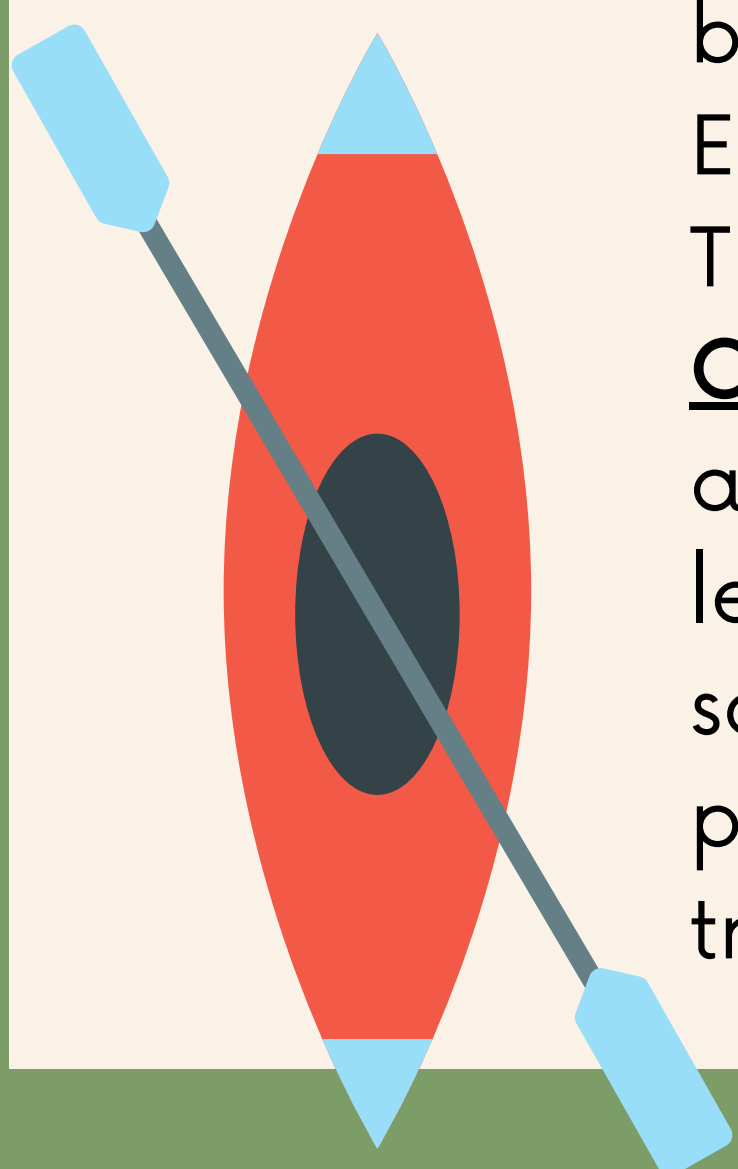
## Take a hike

The **Edmonton Outdoors Club** is a great way to get involved in nature hikes and urban hikes, as well as snowshoeing, cross country skiing, and other adventures! Membership is free!



## Get paddling

Another way to enjoy the beautiful river and lakes in the Edmonton area is by paddling! The **Northwest Voyageur Canoe and Kayak Club** accepts new members of all levels, with introductory lessons, social events, evening trips, day paddles, and even overnight trips.



## Test your aim

Disc golf is a fun and low impact way to get friends and family of all fitness levels outside! Most disc golf courses in the city are free. Find out where you can play disc golf and difficulty levels of courses at **uDisc.com**.

