

GETTING OUTSIDE



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

Go for a walk

A great way to meet people is to find guided walks with groups such as **Slow and Steady Hikers**.

For a self-guided experience, check out walking and hiking trails on the free **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, Calgary's proximity to the mountains makes for some beautiful trails to explore. Try joining the **Calgary Trail Runners** for their frequent group runs, or explore on your own in the beautiful Bow Valley!

Try birdwatching

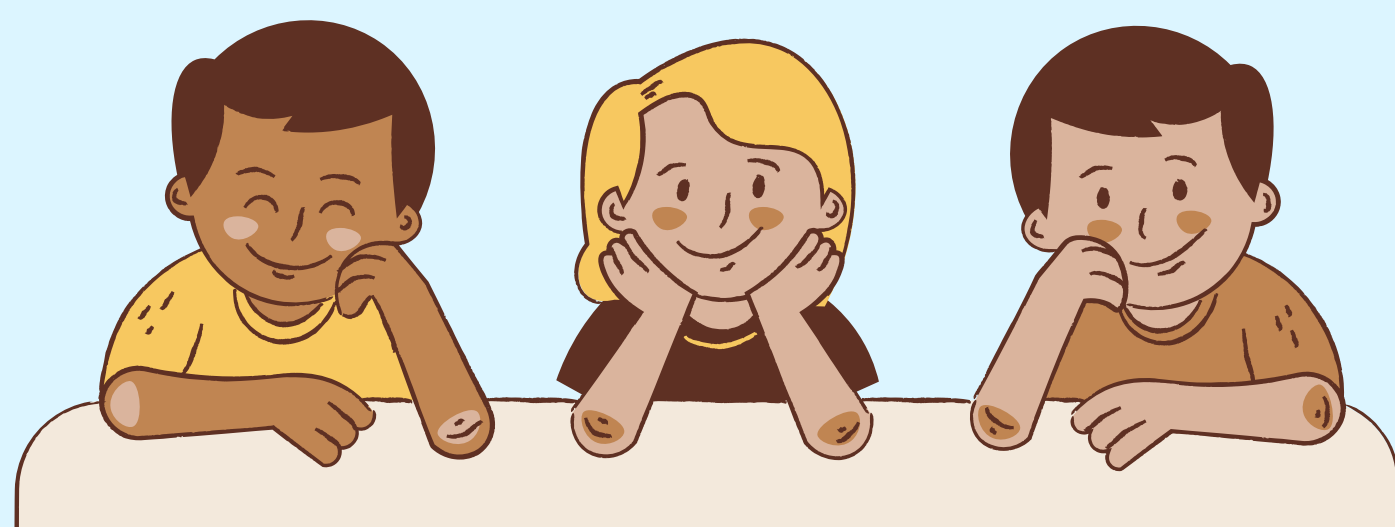


The **Calgary Bird Study Group** is a great way to learn about the nature in our backyard, and hosts monthly meetings to learn about birdwatching, and is involved in the Christmas Bird Count. If you want to work on your biodiversity identification skills solo, try downloading the free apps **eBird** or **iNaturalist**. Your citizen science data gathering may even be useful for real research projects!

Involve the kids

For free organized outdoor activities on a drop-in basis, check out the City of Calgary's **Park n' Play** or **Stay n' Play** schedule. Programming is organized in various parks around the city for your child to make friends and get active outside!

To find a playground in your community, visit the City of Calgary **site**! Also check out the Mobile Adventure Playground through the City of Calgary **here**.

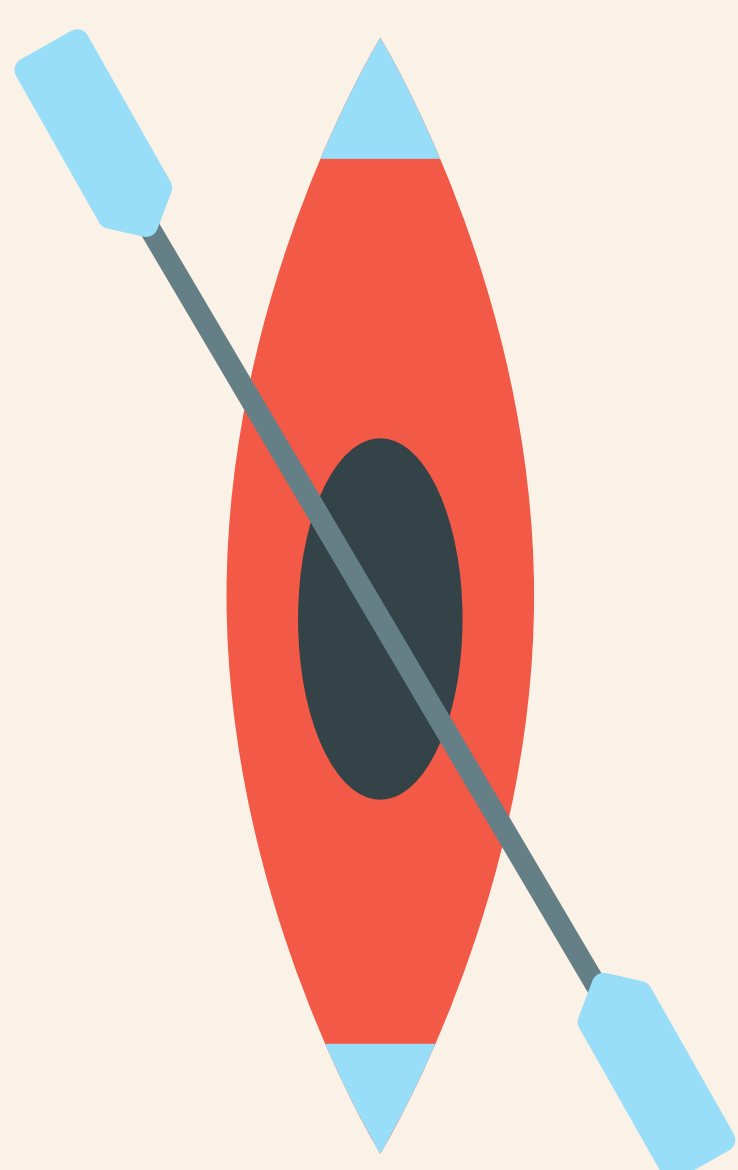


Take a hike

The **Calgary Outdoor 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 Calgary area is by paddling! The **Bow Waters Canoe Club** accepts new members of all levels, with introductory lessons, social events, evening trips, day paddles, and even overnight trips. Membership is \$20/year for an adult and their kids!

Test your aim



Disc golf is a fun and low impact way to get friends and family of all fitness levels into the outdoors! Most courses in the city are free. Check out where you can play disc golf and check on course difficulties using **uDisc.com**

