



John McFaul Owner and Guide

**John McFaul** is a professional naturalist who has been leading nature hikes in southern Alberta for 31 years. He is accredited with the Interpretive Guides Association.

*Energize the body*

*Enrich the mind*

*Rejuvenate the soul*

## *Alpenglow Nature Hikes*

43 Hartford Road NW

Calgary, Alberta

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[www.alpenglownaturehikes.ca](http://www.alpenglownaturehikes.ca)

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# *Alpenglow Nature Hikes*

## *2018*



*Lighting your way to the  
natural wonders  
of Alberta*

[www.alpenglownaturehikes.ca](http://www.alpenglownaturehikes.ca)

## *Alpenglow Nature Hikes*

Explore the natural wonders of Calgary and beyond with Alpenglow Nature Hikes.



## *Nature Hikes*

A series of slow-to-moderate paced hikes. The longest hike is 11 kilometers return, with a maximum elevation gain of 500 meters.

### *Spring*

**Destinations:** Long Prairie Ridge, Grotto Canyon, Fir Creek, Stanley Glacier

**Group A:** Saturdays

May 5 & 26, June 9, July 7

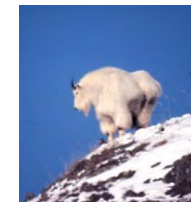
**Group B:** Sundays

May 6 & 27, June 10, July 8

**Group C:** Wednesdays

May 9 & 30, June 13, July 11

**Fee:** \$180.00 (incl. GST) (4 hikes)



## *Nature Hikes*

### *Summer/Fall Session*

**Destinations:** Sunshine Meadows\*, Little Hoffman, Wind Valley, Elbow Lake

**Group D:** Sundays

July 22, Aug. 12 & 26, Sept. 9

**Group E:** Wednesdays

July 25, Aug. 15 & 29, Sept. 12

**Fee:** \$180.00 (incl. GST) (4 hikes)

\* bus or gondola fee extra



## *Advanced Nature Hikes*

These full-day hikes will cover greater distances and elevation gains than Nature Hikes.

**Destinations:** Foran Grade Trail, West Wind Pass, Memorial Lakes, Mt. Hoffman, Rummel Lake

**Group A:** Sundays

May 13, June 17, July 15, Aug. 19, Sept. 16

**Group B:** Tuesdays

May 15, June 19, July 17, Aug. 21, Sept. 18

**Fee:** \$225.00 (incl. GST) (5 hikes)





## Nature Adventures

Immerse yourself in the grandeur and tranquility of the Canadian Rockies.

## Twin Falls Chalet

Twin Falls Chalet with its rustic charms provides a perfect base to experience the stunning mountainous landscape of the Yoho Valley.

**Dates:** July 26 to 28

**Fee:** \$770.00

*Remember thy creator in  
the days of thy youth.  
Rise free from care before  
the dawn, and seek  
adventures.  
Henry David Thoreau*

## Mt. Assiniboine Lodge

Mt. Assiniboine Lodge is an exceptional base to explore the majestic environs of Mt. Assiniboine.

**Dates:** Sept. 3 to 5

**Fee:** \$1400.00 shared lodge room or  
\$1600.00 for a private cabin.  
(includes helicopter ride to and from)



## Nature Strolls

These are slow-paced, half-day outings to lovely, local nature spots.

### Spring

**Destinations:** Yamnuska, Ribbon Creek, Forget-me-not Pond, Fenland Trail

**Dates:** Fridays, 9:00 AM to 2:00 PM  
June 1, 8, 15, 22

**Fee:** \$140.00 (incl. GST) (4 strolls)

### Fall

**Destinations:** Paddy Flats, Grotto Canyon, Johnson Lake, Sheep River

**Dates:** Fridays, 9:00 AM to 2:00 PM  
Sept. 7, 14, 21, 28

**Fee:** \$140.00 (incl. GST) (4 strolls)



## Calgary Nature Walks

These walks will give you a great opportunity to visit Calgary's natural jewels with a professional naturalist.



**Destinations:** Confluence Park, Inglewood, Edworthy, Nose Hill, Carburn, Fish Creek

**Dates:** Wednesdays, 10 AM to 12 PM  
May 2 & 16, June 6 & 20, July 4 & 18

**Fee:** \$20.00 per walk (incl. GST)



## Morning Bird Walk

Morning saunters to enjoy the migrant birds returning to brighten our world.

**Destinations:** Inglewood, Edworthy, Carburn, Weaselhead

**Dates:** Thursdays, 9 AM to 11:30 AM  
May 3, 10, 24, 31

**Fee:** \$100.00 (incl. GST) (4 walks)

## Wildflower Picnic

Celebrate summer's return with a picnic and flower walk to the Many Springs Trail.

**Destination:** Bow Valley Prov. Park

**Date:** Thursday, June 21  
11:00 AM to 3:00 PM

**Fee:** \$50.00 (incl. GST) (includes picnic)

## Snowshoeing

Snowshoeing will give you plenty of fresh air and exercise as you explore the natural wonders of winter.

**Destinations:** West Bragg, Black Prince Cirque, Burstall Lakes

**Dates:** Sundays

Jan. 28, Feb. 11, March 4

**Fee:** \$45.00 per day (incl. GST)

