



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*

## *2019*



*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:** Cross Conservancy, Terrace Trail, Prairie Creek, Ptarmigan Cirque

**Group A:** Saturdays  
May 4 & 25, June 8, July 6

**Group B:** Sundays  
May 5 & 26, June 9, July 7

**Group C:** Wednesdays  
May 8 & 29, June 12, July 10

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



## *Nature Hikes*

### *Summer/Fall Session*

**Destinations:** Boom Lake, Grotto Canyon, Burstall Lake, Lake Agnes

**Group D:** Sundays  
July 21, Aug. 11 & 25, Sept. 15

**Group E:** Wednesdays  
July 24, Aug. 14 & 28, Sept. 18

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



## *Advanced Nature Hikes*

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

**Destinations:** Jumping Pound Loop, Nihahi Ridge, Volcano Ridge, Elk Pass/Fox Lake, Rummel Lake

**Group A:** Sundays  
May 12, June 16, July 14, Aug. 18, Sept. 8

**Group B:** Tuesdays  
May 14, June 18, July 16, Aug. 20, Sept. 10

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





## Nature Adventures

Immerse yourself in the grandeur and tranquility of our natural world.

## Cypress Hills

Comfortable Elkwater Lodge is the perfect retreat while exploring the unique Cypress Hills of southern Alberta

**Dates:** June 24 to 27

**Fee:** \$540.00 (incl. GST)

(Incl. accommodation, food extra)

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

## Durand Glacier

Durand Glacier Chalet is a wonderful base from which to explore the majestic beauty of the northern Selkirk Range.

**Dates:** July 26th-July 31st

**Fee:** \$1695.00 (incl. GST)

(includes one night in Revelstoke; helicopter flights; lodge accommodation, food, guides)



## Nature Strolls

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

### Spring

**Destinations:** Eau Claire Trail, Forget-Me – Not Pond, Aspen loop, Boulton Creek

**Dates:** Fridays, 9:00 AM to 2:00 PM

June 7, 14, 21, 28

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

### Fall

**Destinations:** McLean Creek, Tunnel Mtn. Hoodoos, Blue Rock Creek, Sibbald Lake

**Dates:** Fridays, 9:00 AM to 2:00 PM

Sept. 13, 20, 27, Oct. 4

**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:** Carburn, Inglewood, Bowmont, Nose Hill, Weaselhead, Fish Creek

**Dates:** Wednesdays, 10 AM to 12 PM  
May 1 & 15, June 5 & 19, July 3 & 17

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



## Morning Bird Walk

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

**Destinations:** Inglewood, Confluence, Carburn, Weaselhead

**Dates:** Thursdays, 9 AM to 11:30 AM  
May 2, 9, 16, 30

**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 20

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, Marl Lake, Burstall Lakes

**Dates:** Sundays

Jan. 27, Feb. 10 & 24

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

