



Winter 2021: Active in Nature for 50+

Join Calgary Parks and Calgary Recreation for a guided tour that combines the best of winter activity and nature education. Led by experienced Environmental Educators and Recreation staff, participants will learn about the history and wildlife of a Calgary Park, as well as explore different ways to stay active and safely enjoy the outdoors during the winter season. Equipment is provided.

Space is limited. Please limit registration to one activity per month.

Course Code	Date	Time	Location
Guided Nature Snowshoeing or Light Exercise			
51601	Tuesday, February 23	1 - 2 p.m.	Prairie Winds Park, 223 Castleridge Blvd N.E. (north parking at Westwinds Cres N.E.)
51602	Saturday, February 27	1 - 2 p.m.	South Glenmore Park, 3520 90 Ave S.W. (west parking by pump track)
Guided Nature Nordic Pole Walking			
51603	Tuesday, March 2	1 - 2 p.m.	Bowmont Park, 85 St and 51 Ave N.W. (north of railway track)
51641	Wednesday, March 10	1 - 2 p.m.	Edworthy Park, 4105 Montgomery View N.W. (north parking lot)
51604	Saturday, March 20	1 - 2 p.m.	Elliston Park, 1827 68 St S.E. (west parking at 60 St S.E.)
51642	Thursday, March 25	1 - 2 p.m.	Pearce Estate Park, 1440 17a St S.E.

In case of inclement weather, please call 3-1-1 to confirm that the event is taking place. All programs and events will follow Alberta Health Services COVID-19 safety protocols and guidelines.

To register, please call 403-268-3800 or go to calgary.ca/liveandplay