

Presented by
MNP

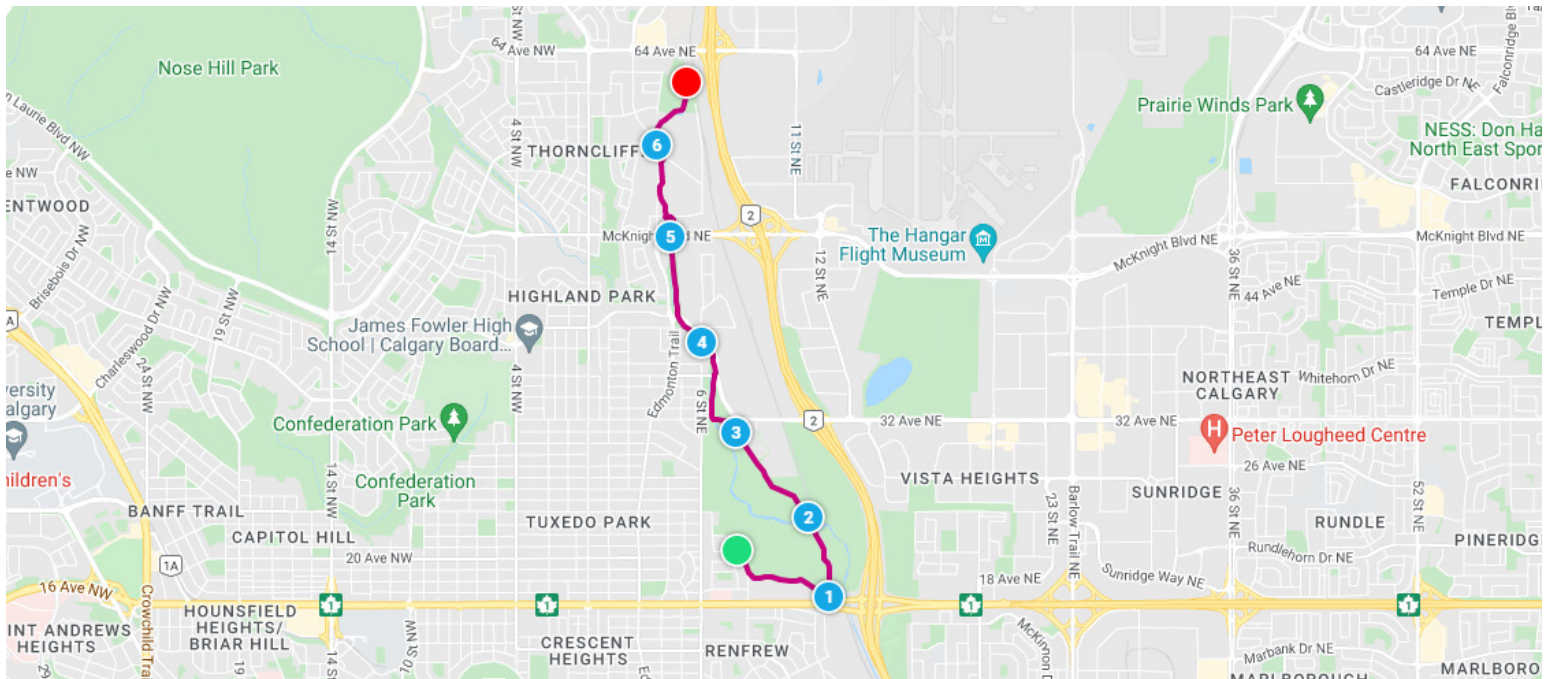
CALGARY

Recommended Routes

Make the most of your month-long cycling challenge and mix up your cycling routine with these recommended routes in Calgary. There are a variety of distances and sights to see while you help kids get back to being kids. Looking for some extra motivation? Join the Life Cycle community on Instagram at [@LifeCycle4Kids](#) and share your routes using [#LifeCycle4Kids!](#)

Route 1: Pedals and Paws ~7km one way or ~13.5 km return — 99% paved

A ride recommended for cyclists of all abilities. While you cannot bring your four-legged friend on your ride, start or finish the route with some time at one of the off-leash areas.

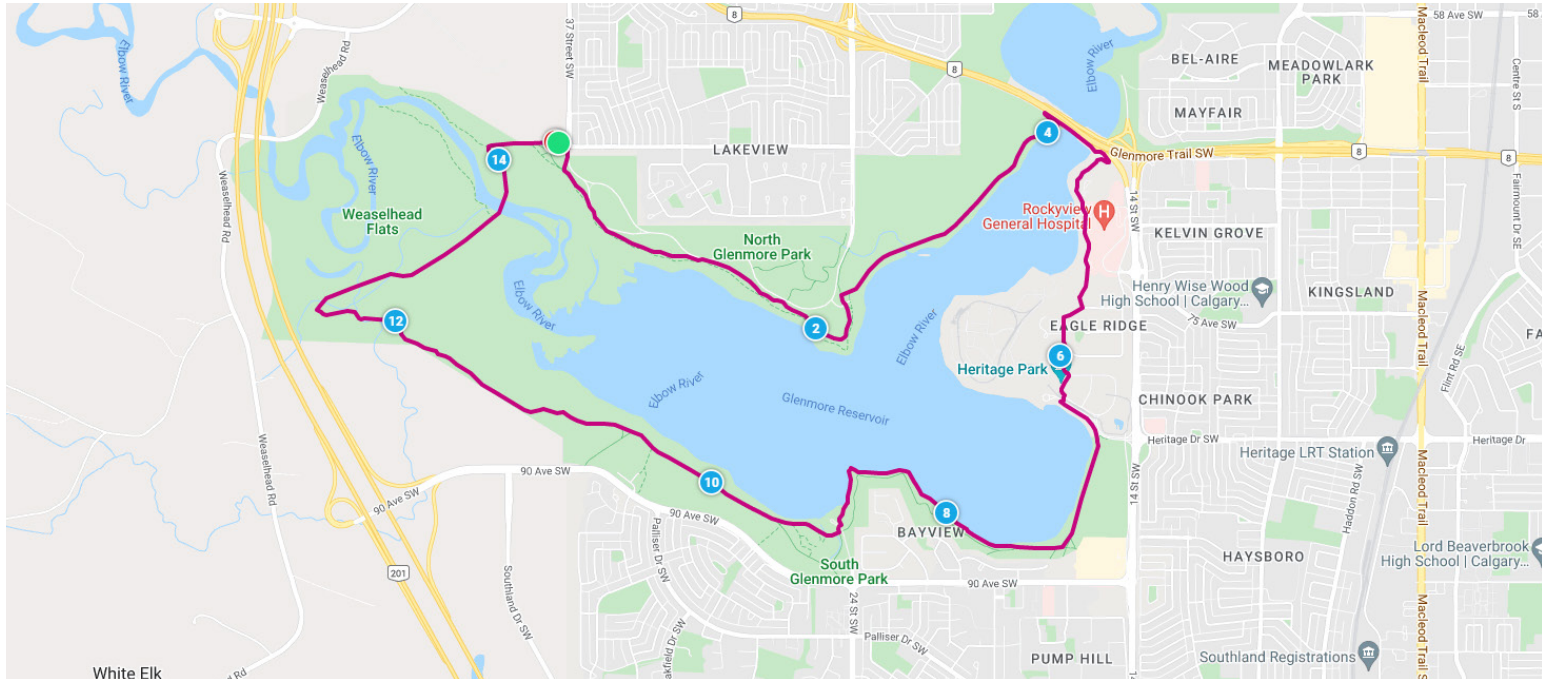


- Start at the Winston Heights off-leash Dog Area
- Head SE on the Nose Creek Pathway at Moncton Rd NE
- Keep left on the path all the way toward 16 Ave NE
- Head North to stay on Nose Creek Pathway as it snakes and stay on the left-hand side of the railroad track
- Continue NW between the two golf courses, with the railroad track on your right
- Follow Nose Creek Pathway as it crosses the creek and keep left to go under 36 Ave NE
- Continue NW on Nose Creek Pathway and keep to your left to go under 32 Ave NE
- Continue North on Nose Creek Pathway and go under McKnight Blvd NE
- Turn left to cross Goddard Ave NE bridge
- Turn left after the bridge to get back on Nose Creek Pathway and loop under Goddard Ave NE bridge
- The creek is now on your right
- Continue on Nose Creek Pathway under Beaver Dam Rd NE
- Arrive at the Thorncliff off-leash Dog Park

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Route 2: Musical Ride (Glenmore Reservoir) ~15 km — Mostly paved

A ride recommended for families with older children, or younger children who are experienced bikers.

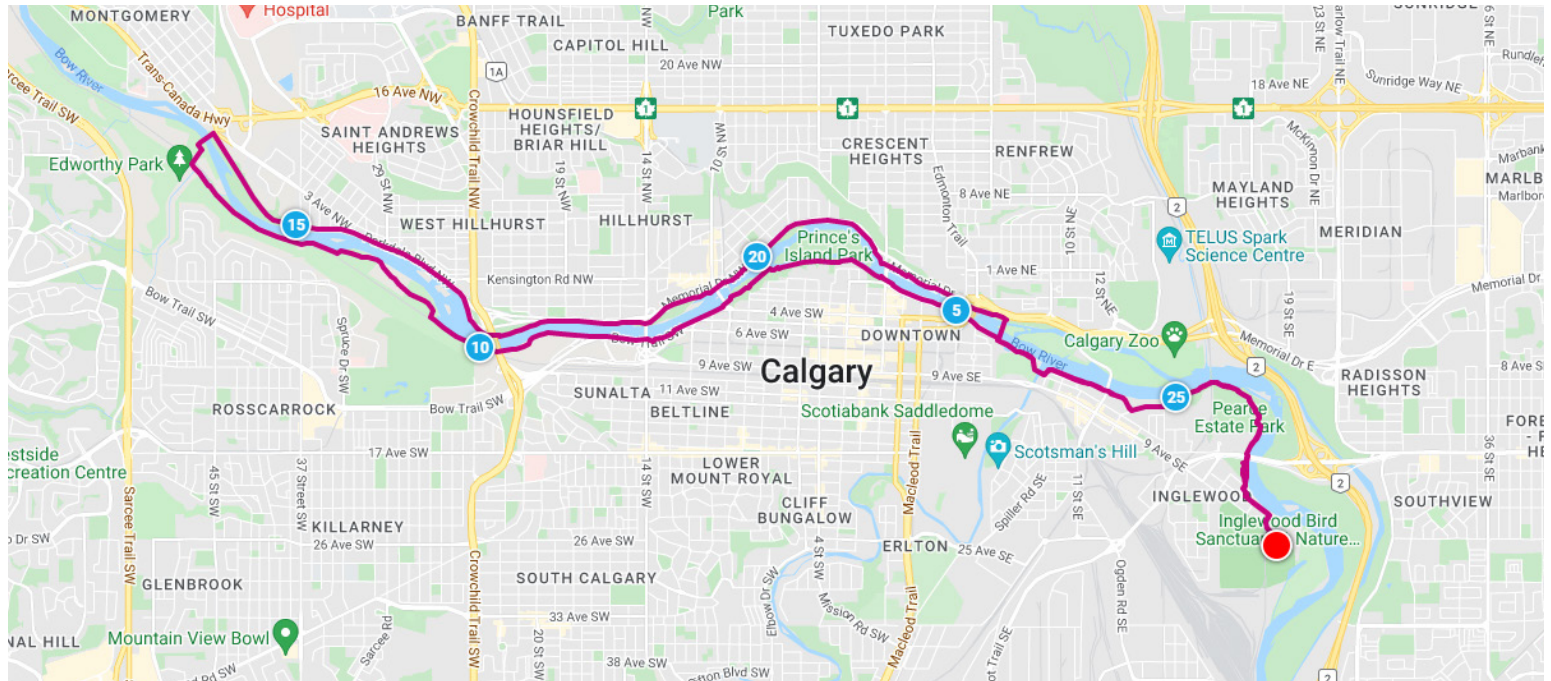


- Start at the Weaselhead Parking lot at 37 St SW and 66 Ave SW
- Once you exit the parking lot, turn left on to Glenmore Pathway
- Continue on the Glenmore Pathway beside the Elbow River
- Pass the North Glenmore Park on your left and the Calgary Canoe Club on your right
- Keep on the Glenmore Pathway past the Earl Grey Golf Club
- Turn right to keep on the Glenmore Pathway beside Glenmore Tr.
- Continue on the Glenmore Pathway with the Elbow River on your right
- Go past the Rockyview General Hospital
- Take a right on Eagle Ridge Dr SW
- Take a right on to the path at 164 Eagle Ridge Dr SW
- Continue on the path as it crosses the parking lots at Heritage Park Historical Village
- Continue on the Glenmore Pathway with the Glenmore Reservoir on your right
- Keep to your right at the next two forks in the pathway
- Continue on the Glenmore Pathway through the Glenmore Sailing Club and stay to your right
 - *Optional stop at Quinterra Legacy Garden to play a tune at the interactive musical instruments*
- Continue on the Glenmore Pathway until you reach the South Glenmore Bicycle Pump Track on your left
 - *Optional stop to test out your cycling skills on this circuit that uses an up and down “pumping” motion to propel your bike forward, instead of pedaling*
- Continue left on the Glenmore Pathway with the Elbow River on your right
- Take a right turn through Weaselhead Flats, keeping to your right
- Cross the Glenmore Pathway Pedestrian Bridge over the Elbow River
- Continue up the Glenmore Pathway and take a right toward the Weaselhead Parking lot

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Route 3: Calgary Half Day Highlights Tour ~28 km — Mostly paved

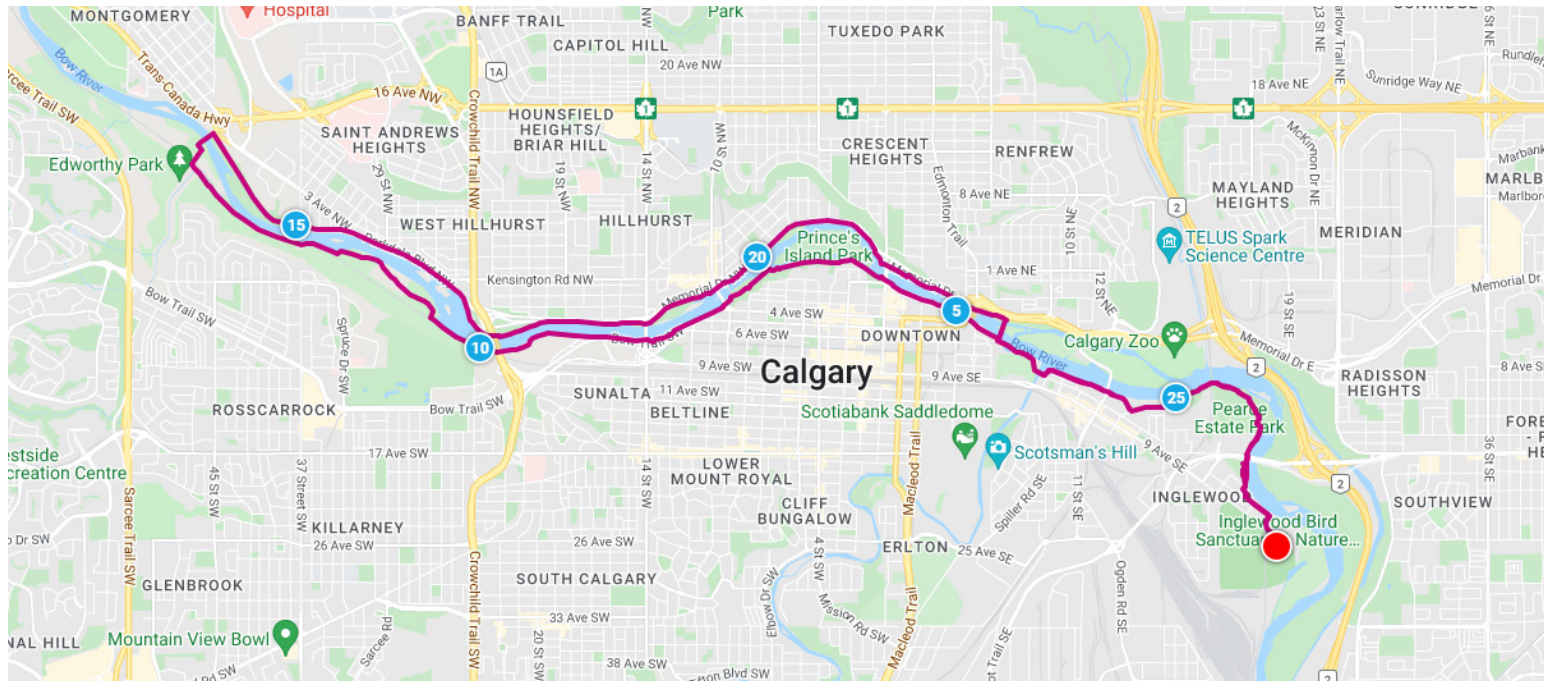
A ride recommended for families with experienced cyclists — bring your camera and your appetite!



- Start at the Inglewood Bird Sanctuary & Nature Centre at 2425 9 Ave SE
- Turn left on 9 Ave SE and get on the Bow River Pathway
- Stay on the Bow River Pathway until you come to the Inglewood Bicycle Pump Track
 - *Optional stop to test out your cycling skills on this circuit that uses an up and down “pumping” motion to propel your bike forward, instead of pedaling*
- Continue under 17 Ave SE on the Bow River Pathway
- Cycle through Pearce Estate Park, keeping to your right along the Bow River
- Turn left on 15 St SE in Inglewood
- Turn right on New St SE
- Turn right back on the Bow River Pathway at 20 New St SE
- Stay on the Bow River Pathway as it crosses the Elbow River Traverse
- Keep right on the pathway and you will pass Fort Calgary National Historic Site on your left
 - *Optional stop to check out this significant site and learn the many complex stories it has to tell*
- You will now be on the River Walk Path passing through East Calgary
 - *Optional stop for delicious grub at the Simmons Building, which houses Phil & Sebastian Coffee Roasters, Sidewalk Citizen Bakery and Charbar (we recommend you stop here on the way back instead, because you will want to fill up on goodies!)*
- Follow the River Walk Path through bustling downtown Calgary
- Ride under the Centre St Bridge and you come to Chinatown
 - *Optional stop to rest under a pagoda at Sien Lok Park*
- Continue on the River Walk Pathway and you will enter the Eau Claire area (go slow, this is a popular spot!)
- You are now on the Bow River Pathway
- Pedal on passing the Peace Bridge on your right and head out of downtown
- Ride west on the Bow River Pathway, keeping the Bow River on your right
- Pass under Crowchild Tr.
- Keep on the Bow River Pathway until you reach Edworthy Park parking lot

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Route 3: Calgary Half Day Highlights Tour (Continued)

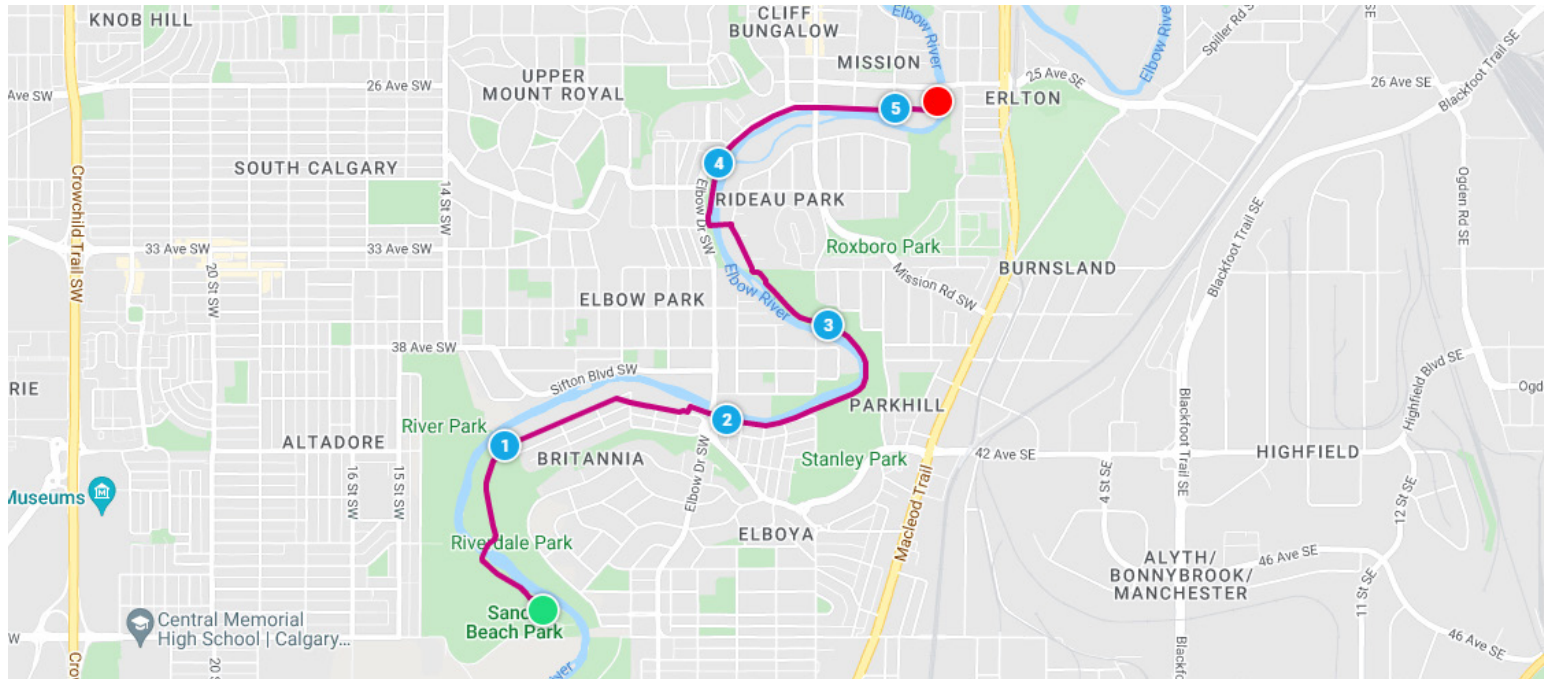


- Turn right and cross the railroad tracks in to Edworthy Park
- Turn right to cross the Bow River Pathway Bridge
 - *Optional stop at Angel's Café for recommended refueling*
- Turn right after you exit the Bridge to stay on the Bow River Pathway on the opposite side of the Bow River
- Follow the Bow River Pathway all the way back and under Crowchild Tr.
- Continue on the Bow River Pathway along Memorial Drive
 - *Optional stop to see Poppy Plaza and the Calgary Soldiers' Memorial*
- Continue on the Bow River Pathway along Memorial Drive passing under the Centre St Bridge, the Reconciliation Bridge, and 5 Ave SE
- Turn right to cross the George C. King Bridge in to St. Patrick's Island Park
 - *Optional stop to rest/snack under the shade of a tree or bike/walk around the trails on St. Patrick's Island Park*
- Cross the George C King Bridge back in to East Village
 - *Optional Turn right if you want to go back to the Simmons Building for treats*
- Turn left to connect with the River Walk Pathway
- Turn left to cross the Elbow River Traverse
- Turn left to get back on the Bow River Pathway
- Continue on the pathway through Inglewood
- Turn left on New St SE
- Turn left on 15 St SE
- Turn right to get back on the Bow River Pathway
- Pass through Pearce Estate Park
 - *Optional stop to rest/snack under the shade of a tree or bike/walk around the trails in Pearce Estate Park*
- Pass the Inglewood Bicycle Pump Track
 - *Optional stop to test out your cycling skills on this circuit that uses an up and down "pumping" motion to propel your bike forward, instead of pedaling*
- Remain on the Bow River Pathway as it brings you back to the Inglewood Bird Sanctuary

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Route 4: Calgary Beaches by Bike ~5 km one way or ~10 km return — Mostly paved

A ride recommended for cyclists of all abilities who like splashing in the river and having fun at playgrounds.

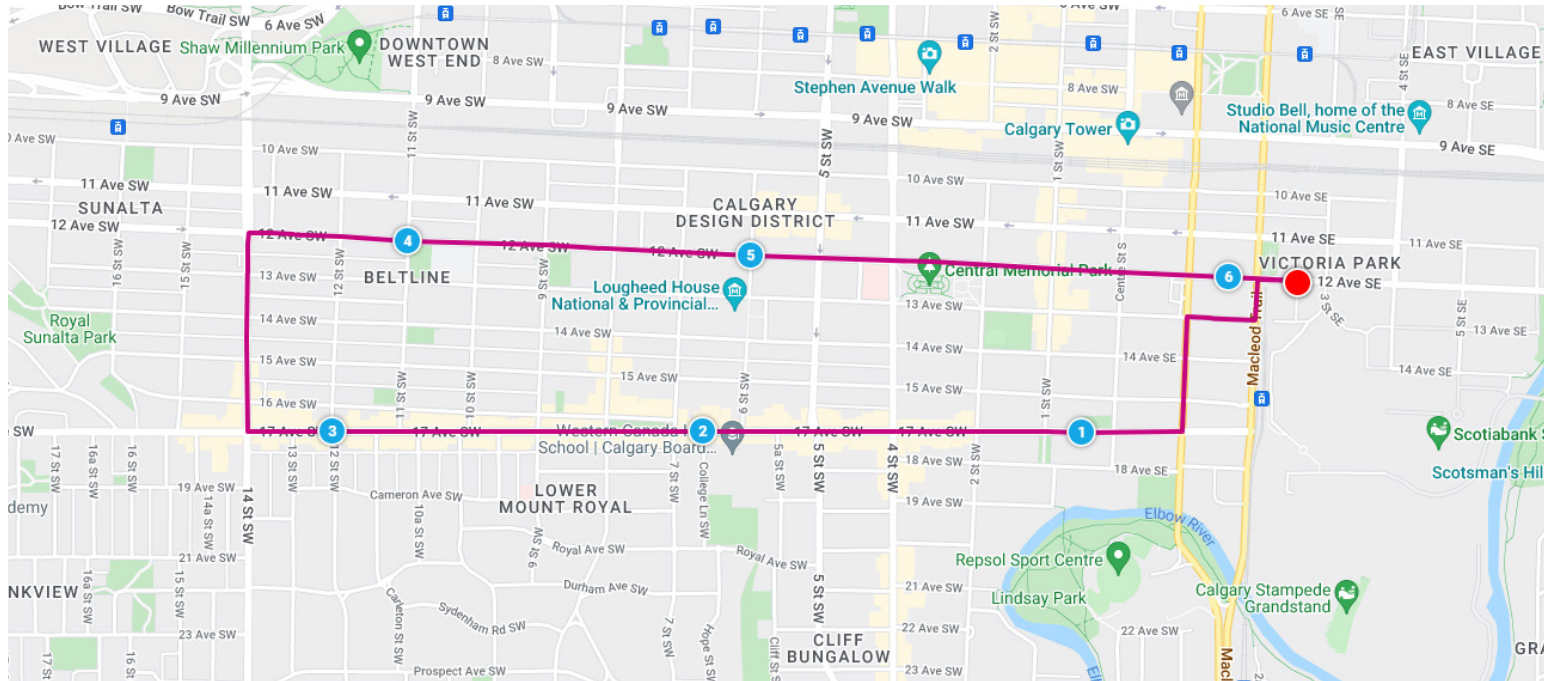


- Start at the Sandy Beach Parking Lot on 50th Ave SW
- Head out on the Elbow River Pathway along the Elbow River
 - *Optional stop to dip your toes in the river at Sandy Beach just before the Sandy Beach Footbridge*
- Cross the Sandy Beach Footbridge on your bike and continue straight on the pathway
- At the fork, keep to your left and continue north on the Elbow River Pathway
- Pass the Riverdale off-leash Dog Park
- Continue on Riverdale Ave SW
- Turn right to continue on Riverdale Ave SW
- Take a slight left on 6a St SW to get back on the Elbow River Pathway
- Continue on Elbow River Pathway as it crosses Elbow Dr SW
 - *Optional stop to play at Stanley Park Beach and Playground*
- Continue on the Elbow River Pathway going north along the Elbow River
- Continue on Rideau Rd SW
- Turn left to go over the Elbow River Suspension Bridge
- Turn right to continue on Elbow River Pathway
 - *Optional stop for some climbing and sliding at the playground at 3016 Elbow Dr SW*
- Continue on Elbow River Pathway across 4th St SW
- Follow Elbow River Pathway as it travels east and merges with 26th Ave SW
- Continue along 26th Ave SW until you come to Rocky Beach
 - *Optional stop to toss some rocks in the river at Rocky Beach*
- You can finish your ride here, or this is a great spot to turnaround and head back to Sandy Beach and Playground

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Route 5: Beltline Urban Art Bike Tour ~6 km — Paved

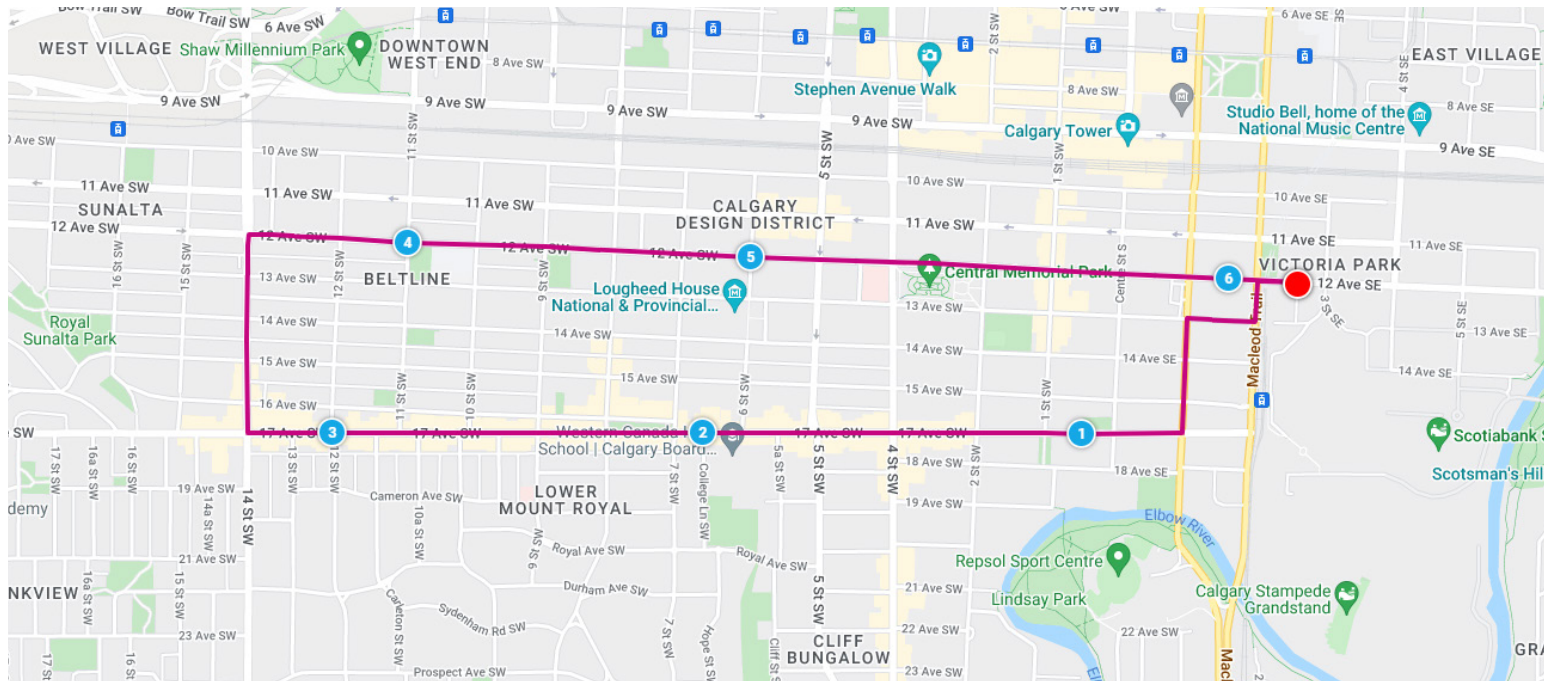
A ride recommended for cyclists with experience riding downtown.



- Start at BMO Centre (20 Roundup Way SE)
- Head out of the BMO Centre parking lot on the 12 Ave SE cycle track
- Turn left on MacLeod Tr.
- Turn right on 13 Ave SE
- On your right at 1229 Macleod Tr. SE is “She Shines Brightly” by Kamâmak and Bb Iskweew
- On your left at 1331 Macleod Tr. SE is “Opulence and Soul” by SbuOne
- Turn left on 1 St SE/Macleod Tr.
- On your left at 203 15 Ave SE is a mural by Luke Ramsey
- Turn right on 17 Ave SE
- On your right at 1515 Centre Street S is “Thanks for being there to hold my ears as they burn” by Elicser Elliott
- Continue on 17 Ave SW
- On your right at 340 17 Ave SW is “Entanglements” by Kay Gallivan
- On your left at 591 17 Ave SW is a mural by Troy Lovegates
- On your right at 610 17 Ave SW is “Into the Light” by Ola Volo
- Turn right on 6 St SW
- On your right at 1520 6 St SW is “Look Within” by Marcia Harris
- On your right at 1510 6 St SW is “It’s a Vybe” by Adrienne Williams
- Turn left on 15 Ave SW
- Turn left on 7 St SW
- On your left at 1510 7 Street SW is a mural by Cassie Suche
- On your left at 1518 7 Street SW is “Simona Lisa” by Alex Kwong
- Turn right on 17 Ave SW
- On your right at 932 17 Ave SW is a mural by Mary Haasdyk
- On your right at 940 17 Ave SW is a mural by Kevin Cardinal

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Route 5: Beltline Urban Art Bike Tour (Continued)



- On your right at 1022 17th Avenue SW is a mural by Nasarimba
- On your left at 1039 17 Ave SW is a mural by Fluke
- On your right at 1126 17th Ave SW is a mural by Jill Stanton
- On your left at 1137 17 Ave SW is “Companion” by Toner
- On your right at 1230 17 Ave SW is “Upstream” by Doras and “Still I Rise” by Harneet Kaur Chahal, Ravina Kaur Toor, And Zoe Harveen Kaur Sihota
- On your right at 1232 17th Avenue SW is a mural by Kalum Teke Dan
- Turn right on 14 St SW
- On your right at 1512 14 Street is “Migrant” by John F. Ross
- Turn right on to 12 Ave SW Cycle Track
- On your left at 1240 12 Ave SW is “Mother Nature” by Elena Bushan
- On your left at 1112 & 1115 9 St SW are two murals by Cinta Vidal
- On your left at 806 12 Ave SW is “Sneaky Peek” by Sarah Slaughter
- On your right at 735 12th Ave SW is a mural by Faith 47
 - *Optional stop to pick up a book from the Central Memorial Library, a snack from Park by Sidewalk Citizen and cop-a-squat in Central Memorial Park*
- Continue on 12 Ave SW
- On your right at 221 12 Ave SW is “Homehood” by Kathryn Pearce
- On your right at 211 12 Ave SW is “Tinkling and B-Boy” by The FilipinX Kasaganaan Artist Collective
- On your right at 735 12th Ave SW is a bicycle mural by Tyler Lermeyer
- On your right at 119 12 Ave SW is “All Together” by Mono Sourcil
- Complete your ride along 12 Ave SE back to Macleod Tr.