



CALGARY

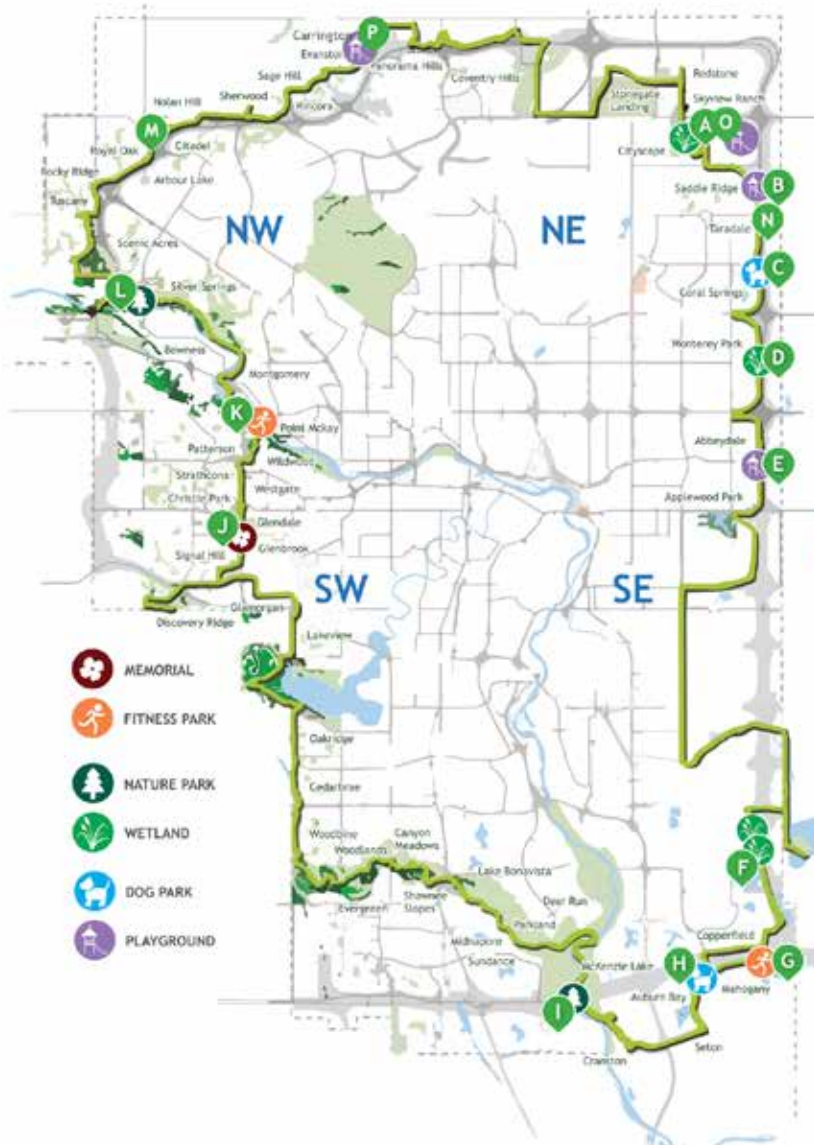
Recommended Routes

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: Rotary/Mattamy Greenway Choose Your Own Adventure

The Rotary/Mattamy Greenway is a 145km urban pathway system that encircles the entire City of Calgary, linking parks, natural areas, greenspaces, river valleys and citizens.

There are so many different routes you can take! Follow one of the routes below, or choose your own adventure by planning your route at <https://www.parksfdn.com/greenway>



Parks Foundation Calgary's signature project, The Rotary/Mattamy Greenway links parks, natural areas, greenspaces, river valleys and citizens. This 138km urban pathway system that encircles the entire City of Calgary serves Calgarians by providing a connected system throughout 55 communities.

A AMENITIES ALONG THE GREENWAY

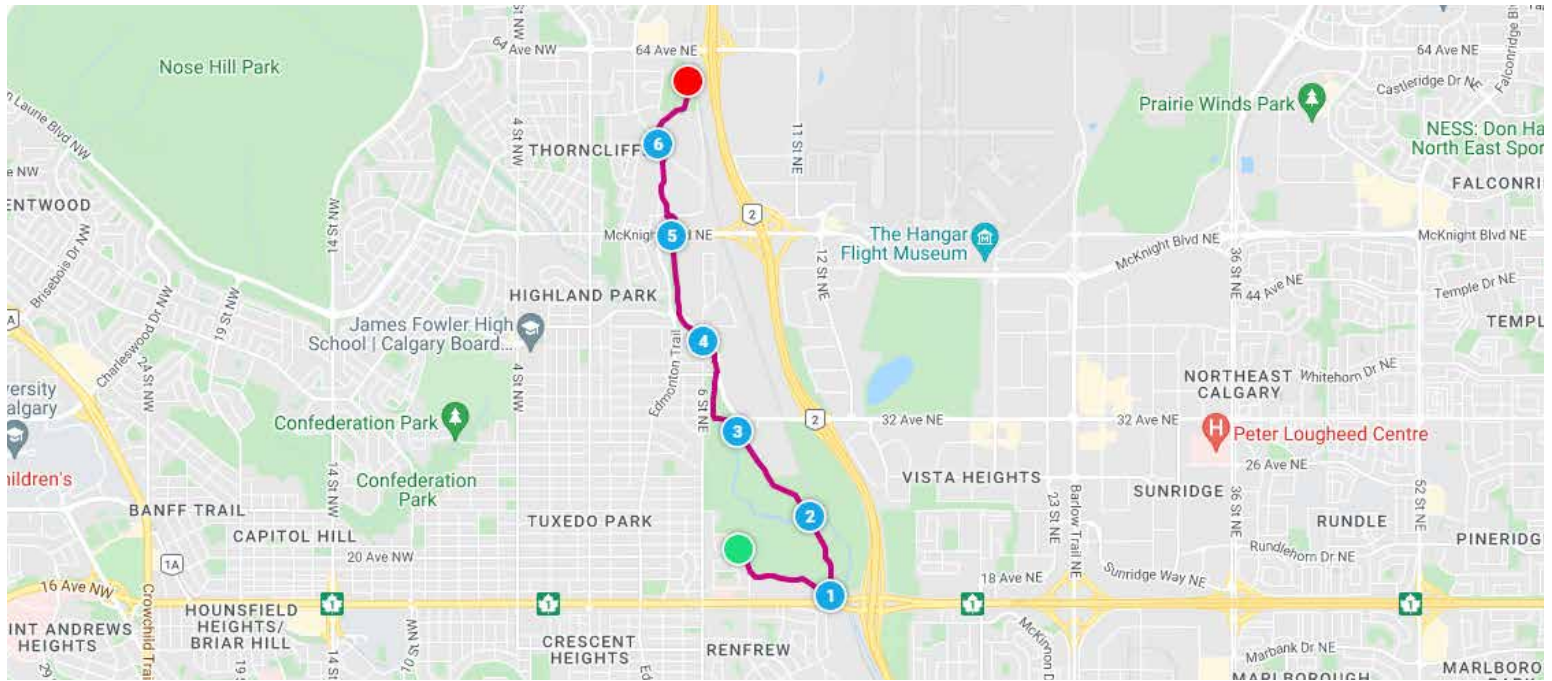
- A. CITYSCAPE INTERPRETIVE WETLAND
- B. SADDLEBROOK PLAYPARK
- C. TARADALE DOG PARK
- D. ARC RESOURCES INTERPRETIVE WETLAND
- E. CN RAIL PLAYPARK
- F. CRESCENT POINT ENERGY INTERPRETATIVE WETLAND
- G. TRANSCANADA OUTDOOR FITNESS PARK AND MAHOGANY WETLANDS
- H. JIM DAVIDSON BARK N' PLAY DOG PARK
- I. ROTARY NATURE PARK
- J. PROGRESS ENERGY MEMORIAL GARDEN
- K. TOURMALINE OUTDOOR FITNESS PARK IN POINT MCKAY
- L. BAKER PARK
- M. DAVID RICHARDSON MEMORIAL DISC GOLF PARK
- N. MANJEET SINGH BHULLAR PARK
- O. CITYSCAPE MUSIC PARK / PLAYGROUND
- P. CARRINGTON GREENWAY PARK/PLAYGROUND

- MEMORIAL
- FITNESS PARK
- NATURE PARK
- WETLAND
- DOG PARK
- PLAYGROUND

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Route 2: 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.

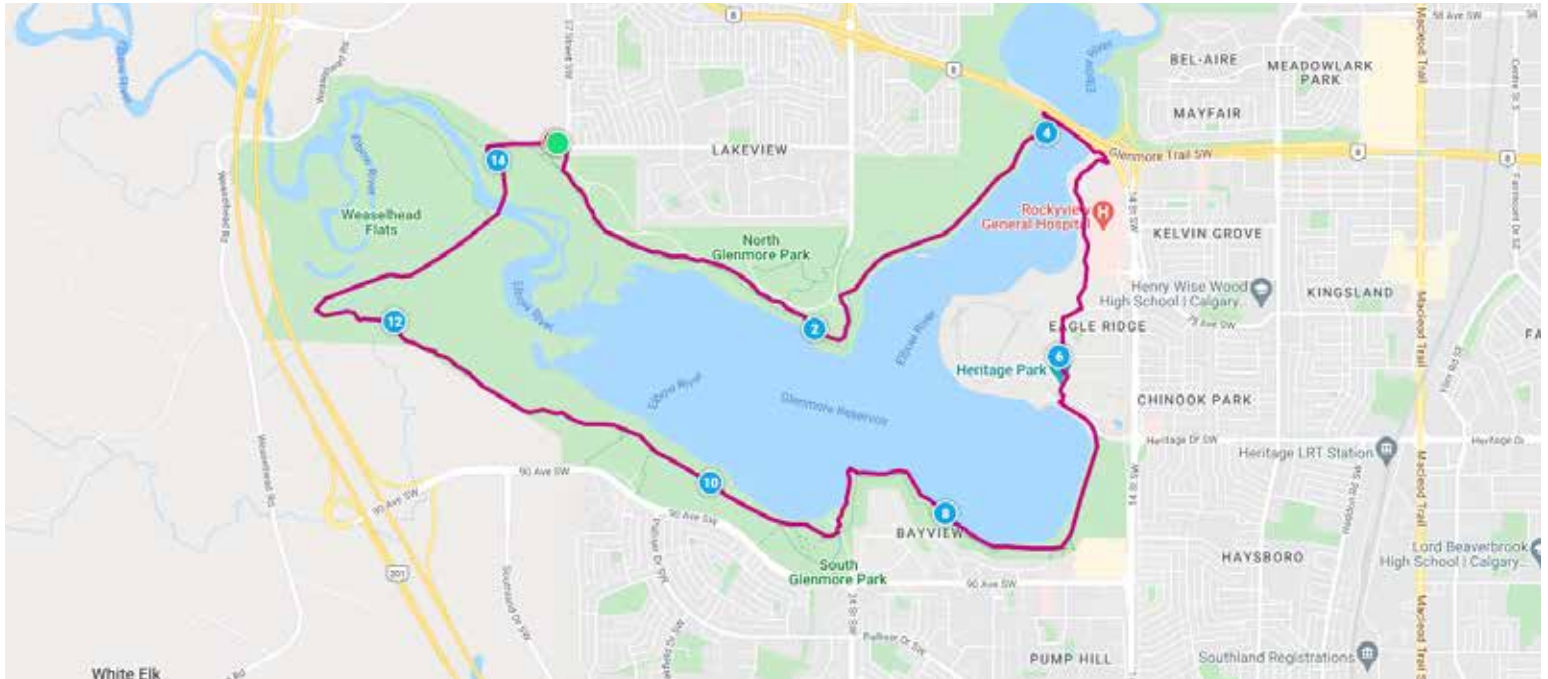


- Start at the Winston Heights off-leash Dog Area
- Head SE on the Nose Creek Pathway at Moncton Rd NE
- Keep left on the path all the way toward 16 Ave NE
- Head North to stay on Nose Creek Pathway as it snakes and stay on the left-hand side of the railroad track
- Continue NW between the two golf courses, 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

Life Cycle - Calgary Recommended Cycle Routes

Route 3: Musical Ride (Glenmore Reservoir) ~15 km — Mostly paved

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

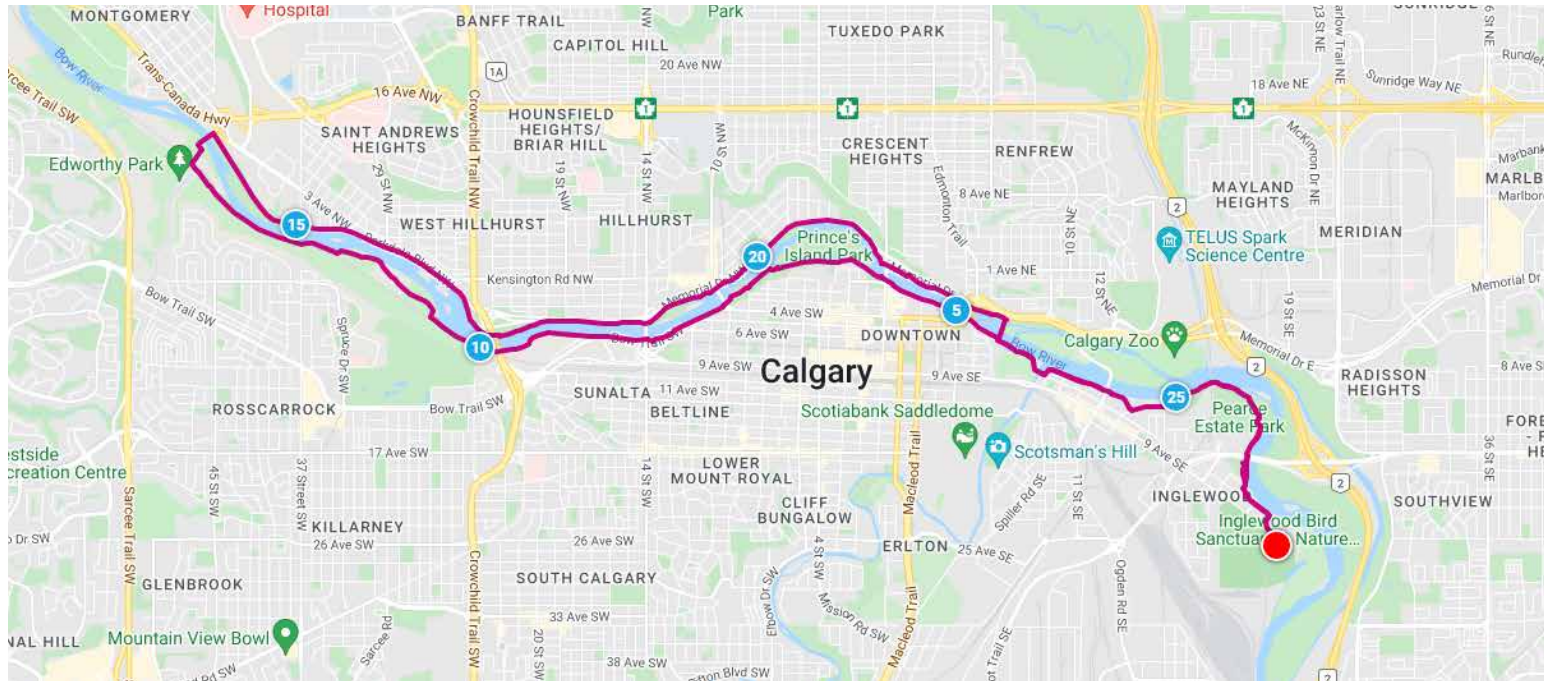


- Start at the Weaselhead Parking lot at 37 St SW and 66 Ave SW
- Once you exit the parking lot, turn left on to Glenmore Pathway
- Continue on the Glenmore Pathway beside the Elbow River
- Pass the North Glenmore Park on your left and the Calgary Canoe Club on your right
- Keep on the Glenmore Pathway 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 4: Calgary Half Day Highlights Tour ~28 km — Mostly paved

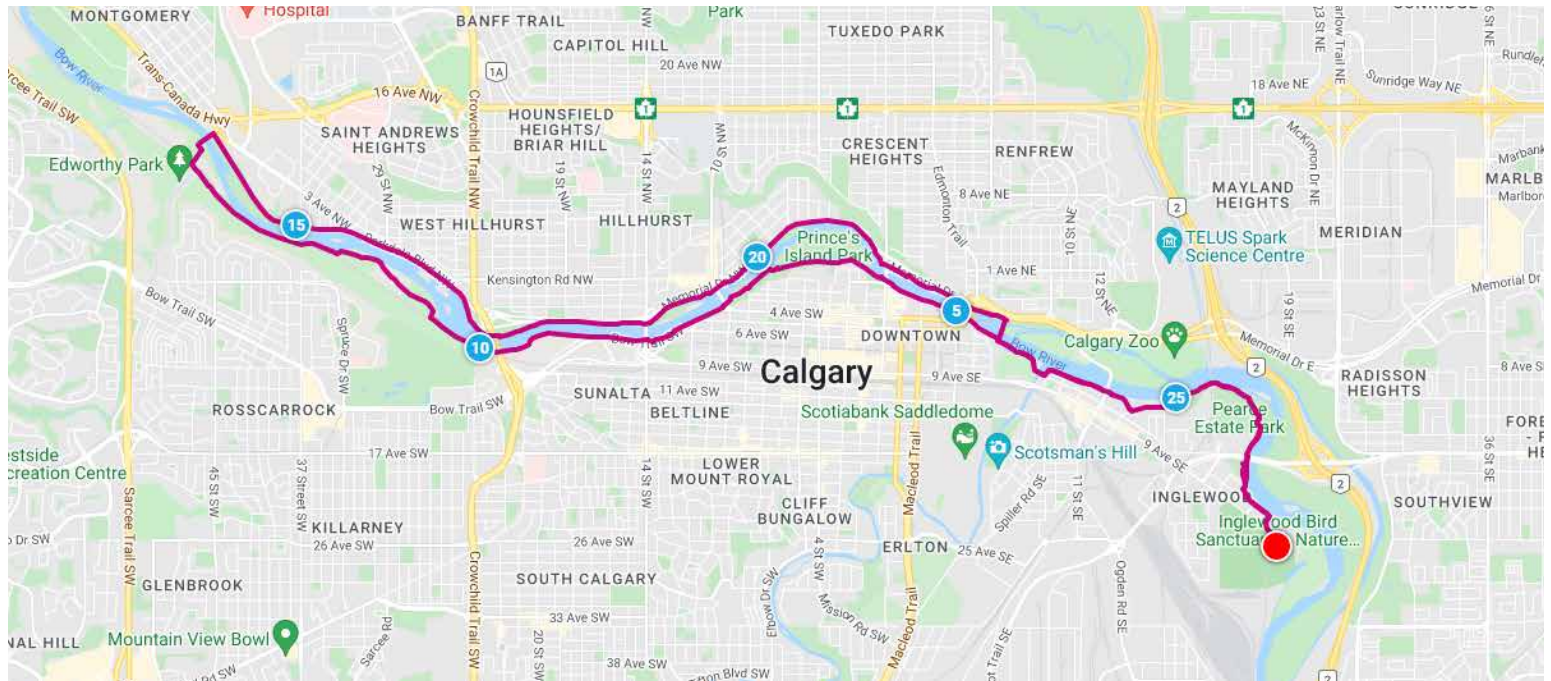
A ride recommended for families with experienced cyclists — bring your camera and your appetite!



- 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

Life Cycle - Calgary Recommended Cycle Routes

Route 4: Calgary Half Day Highlights Tour (Continued)

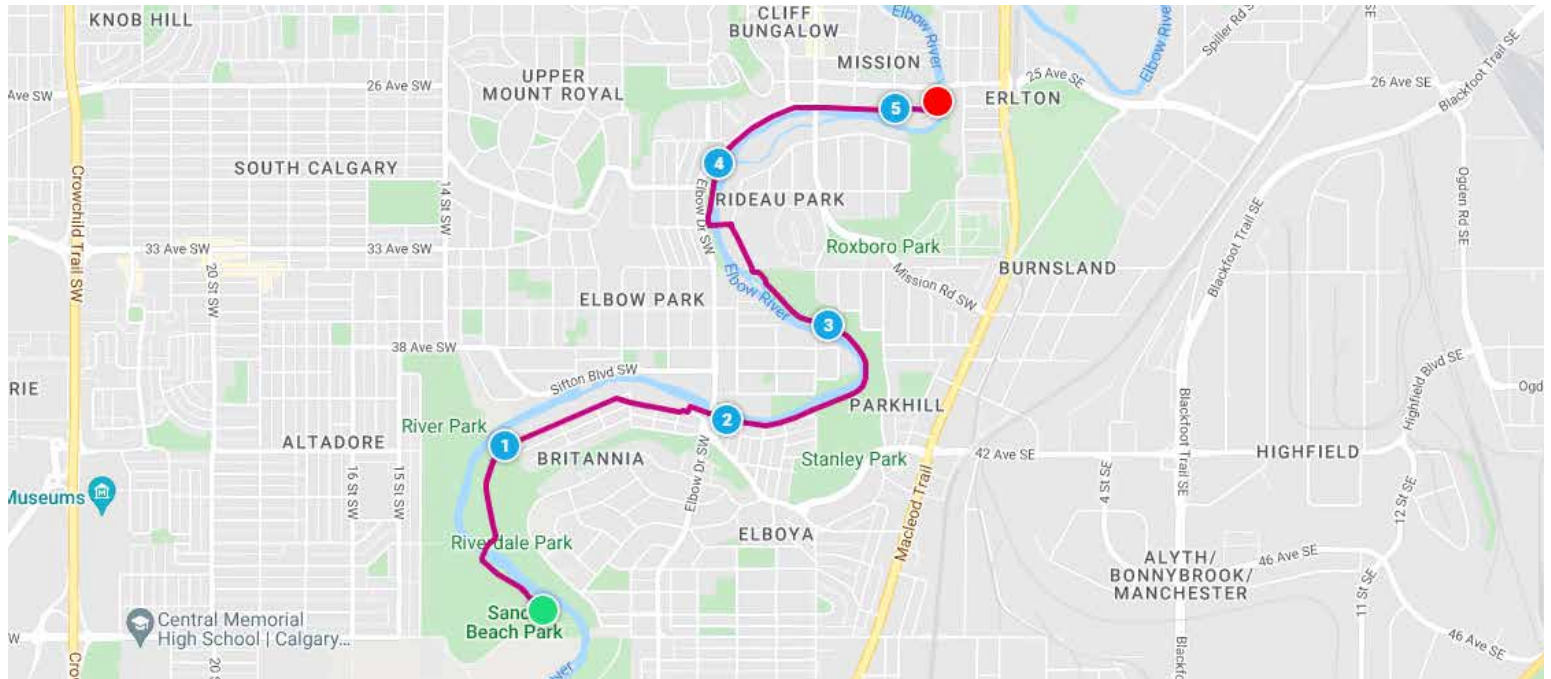


- Turn right and cross the railroad tracks in to Edworthy Park
- Turn right to cross the Bow River Pathway Bridge
 - *Optional stop at Angel's Café for recommended refueling*
- Turn right after you exit the Bridge to stay on the Bow River Pathway on the opposite side of the Bow River
- Follow the Bow 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 5: 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.

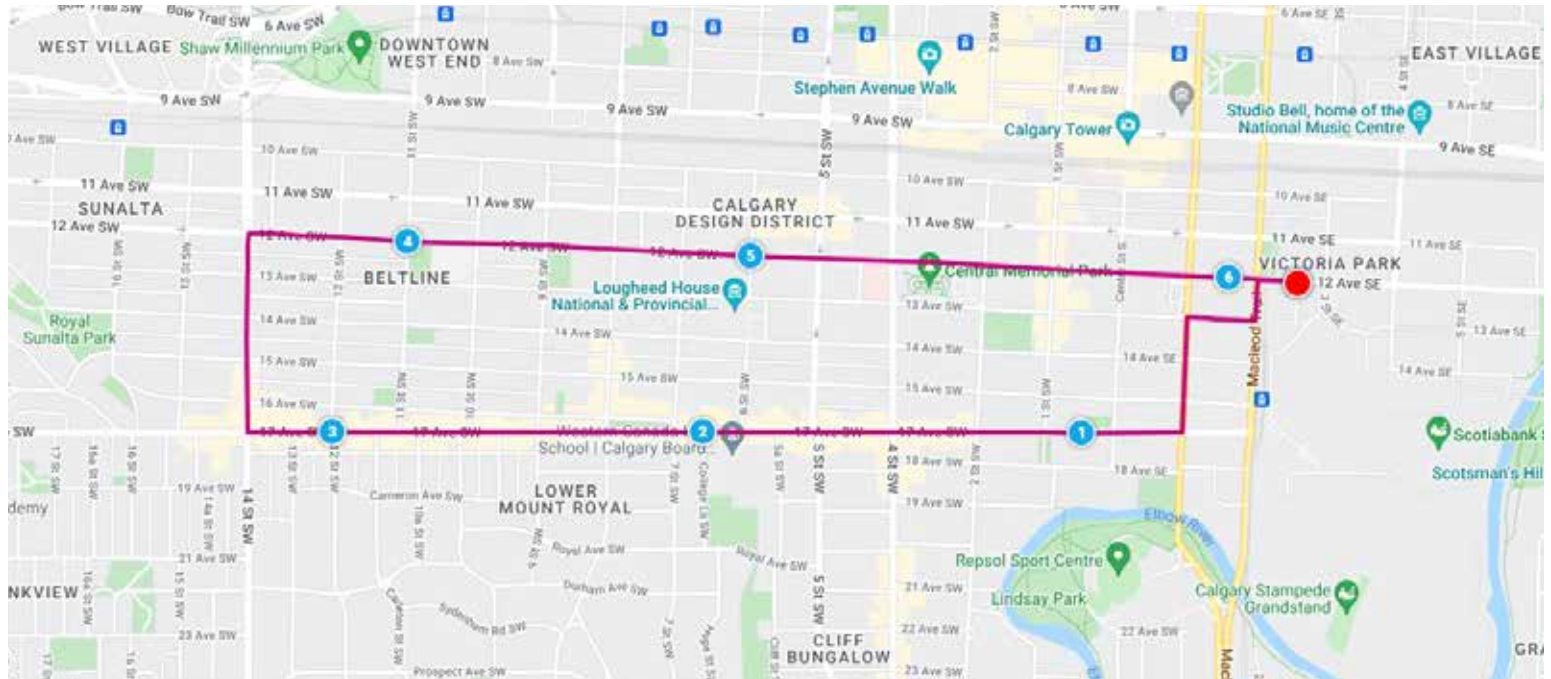


- Start at the Sandy Beach Parking Lot on 50th Ave SW
- Head out on the Elbow River Pathway along the Elbow River
 - *Optional stop to dip your toes in the river at Sandy Beach just before the Sandy Beach Footbridge*
- Cross the Sandy Beach Footbridge on your bike and continue straight on the pathway
- 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

Life Cycle - Calgary Recommended Cycle Routes

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

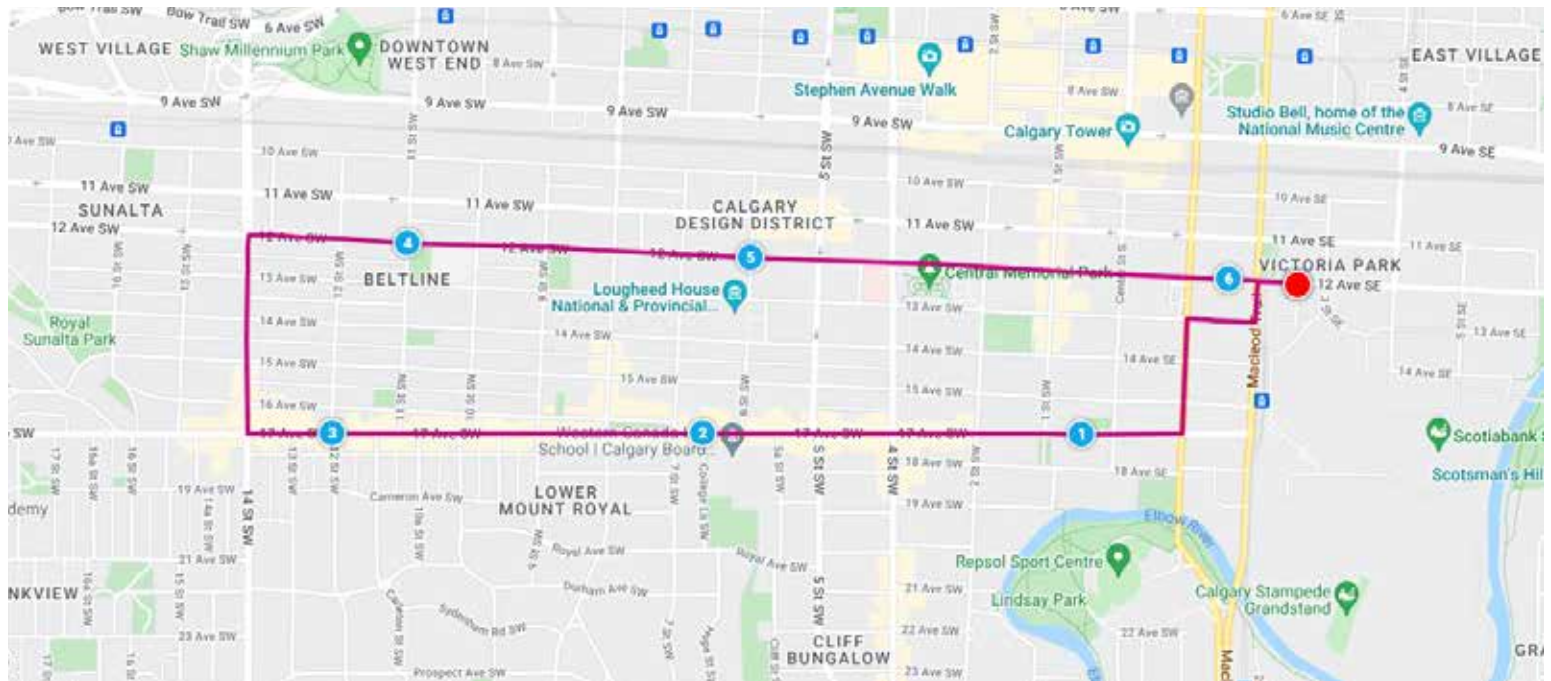
A ride recommended for cyclists with experience riding downtown.



- 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

Life Cycle - Calgary Recommended Cycle Routes

Route 6: 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.