

# Calgary Parks & Outdoors

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Calgary's parks, pathways and gardens offer some of the most pristine natural areas to be found inside any North American city. Whether it's a quiet pause on a bench overlooking the Bow River downtown, or an active day of bird-watching or biking, Calgary has plenty of ways to get back to nature.

The Inglewood Bird Sanctuary shelters more than 250 bird species in a 32-hectare wildlife reserve, while you can watch for great blue herons and osprey along the pathways of Carburn Park and Beaver Dam Flats.

Fish Creek Provincial Park is Canada's largest urban park, while the Weaselhead Natural Area is a habitat for local fish and birds. Edworthy Park's Douglas Fir Trail features a dense stand of 400-year old fir trees and numerous delicate wildflowers.

Bowness and Prince's Island parks are close to downtown and offer year-round recreation: from canoeing, picnics and outdoor festivals to skating and cross-country skiing.

One of Calgary's greatest outdoor features is its 635 km pathway system along the Bow and Elbow rivers: the paths provide safe, scenic routes to walk, run, bike or inline skate.

To organize a media visit to Calgary, contact Maude Laliberté at [maudel@tourismcalgary.com](mailto:maudel@tourismcalgary.com).

For more information on Calgary, Alberta, Canada go to [www.visitcalgary.com](http://www.visitcalgary.com).