



CALGARY OUTDOORS

ALBERTA, CANADA

2½-DAY PARKS ROAD TRIP

Discover Calgary's outdoor lifestyle on foot and by car. Follow our downtown walking day, make a counterclockwise loop through larger city parks, and save a final morning for a relaxed wander before Banff. Choose the stops that fit your pace.

DAY 1 - DOWNTOWN ON FOOT

Prince's Island Park

A green island in the Bow River, close to the skyline.

- **Parking / start:** Eau Claire/downtown paid parking; cross a pedestrian bridge (park: 698 Eau Claire Ave SW).
- **Walk & explore:** River paths and island walkways.
- **Amenities:** Washrooms, gardens, picnic areas, River Café.
- **Why go:** A riverfront escape right beside downtown.

Website: [City of Calgary - Prince's Island Park](#)

Crescent Heights & McHugh Bluff

A ridge-top path with wide downtown views.

- **Parking / start:** Legal street parking near 240 Crescent Rd NW.
- **Walk & explore:** Bluff-top walkway and nearby natural trails.
- **Amenities:** Benches and viewpoints; limited facilities.
- **Why go:** See the skyline from above.

Website: [City of Calgary - McHugh Bluff](#)

RiverWalk - East Village

A lively urban riverfront promenade.

- **Parking / start:** Walk from downtown or use paid parking in East Village near 6 Ave SE.
- **Walk & explore:** Walk, bike or roll along the Bow and Elbow riverfront.
- **Amenities:** Seating, public art and nearby cafés; washrooms vary by location.
- **Why go:** Experience Calgary's connected urban pathways.

Website: [Calgary Municipal Land Corporation - RiverWalk](#)



DAY 2 - CALGARY PARKS ROAD TRIP

Start at Nose Hill, then drive counterclockwise around Calgary. We walked about 1–3 miles at most stops; seven parks in one day is ambitious, so shorten the loop if you prefer a slower pace.

1 - Nose Hill Park

Wide-open prairie grassland and rolling hill trails.

- **Parking / start:** 6465 14 St NW; multiple access lots.
- **Walk & explore:** Paved and natural trails; check the designated off-leash areas if walking with or avoiding loose dogs.
- **Amenities:** Washrooms at select access points; few developed facilities.
- **Why go:** A big prairie landscape within the city.

Website: [City of Calgary - Nose Hill Park](#)

2 - Bowness Park

A classic riverside recreation park with a lagoon.

- **Parking / start:** 8900 48 Ave NW; free on-site lot.
- **Walk & explore:** Paved river and lagoon paths.
- **Amenities:** Washrooms, playgrounds, picnic sites, seasonal boating and Seasons of Bowness restaurant.
- **Why go:** Pair a walk with lunch on the restaurant deck overlooking the water.

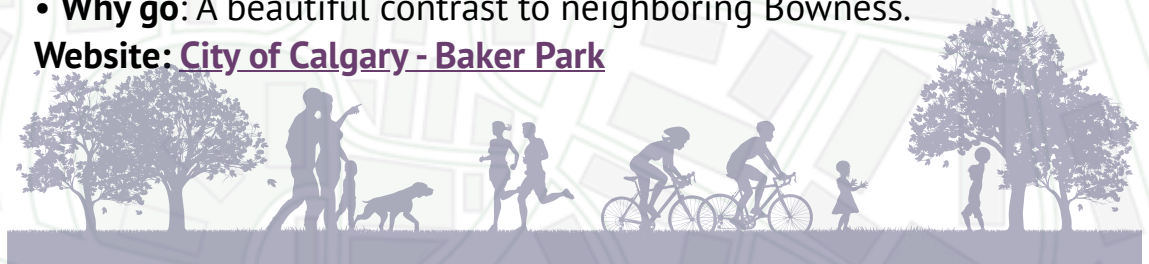
Website: [City of Calgary - Bowness Park](#)

3 - Baker Park

Manicured grounds, archways and memorable bronze bear sculptures.

- **Parking / start:** 9333 Scenic Bow Rd NW; on-site lot.
- **Walk & explore:** Landscaped pathways and Bow River connections.
- **Amenities:** Washrooms, picnic spots and disc golf.
- **Why go:** A beautiful contrast to neighboring Bowness.

Website: [City of Calgary - Baker Park](#)





DAY 2 - CONTINUED

4 - Edworthy Park

A major access point to Calgary's Bow River pathway network.

- **Parking / start:** 5050 Spruce Dr SW; verify access during construction.
- **Walk & explore:** Paved riverside routes and natural trails.
- **Amenities:** Washrooms, picnic areas, playgrounds and off-leash areas.
- **Why go:** Great for watching Calgary's cycling and walking culture; check Douglas Fir Trail closures.

Website: [City of Calgary - Edworthy Park](#)

5 - Glenmore Reservoir

A scenic reservoir with an approximately 9.6-mile perimeter pathway.

- **Parking / start:** South Glenmore Park: 8415 24 St SW.
- **Walk & explore:** Walk, bike, run or scooter a section of the multi-use loop.
- **Amenities:** Washrooms at select points, picnic areas and playgrounds; no swimming.
- **Why go:** A versatile waterfront path for every pace.

Website: [City of Calgary - South Glenmore Park](#)

6 - Fish Creek Provincial Park

A huge protected creek valley within city limits.

- **Parking / start:** Bow Valley Ranch: 15979 Bow Bottom Trail SE.
- **Walk & explore:** Paved & natural trails; multiple trail options.
- **Amenities:** Visitor facilities / washrooms at select areas, picnic sites.
- **Why go:** Woodlands, grasslands and wildlife habitat.

Website: [Alberta Parks - Fish Creek Provincial Park](#)

7 - Scotsman's Hill

A grassy neighborhood hilltop overlooking downtown and the Stampede grounds.

- **Parking / start:** Street parking along Salisbury St SE in Ramsay.
- **Walk & explore:** Short hillside stroll and skyline lookout.
- **Amenities:** Park benches & lawns; limited facilities.
- **Why go:** Join locals enjoying the view, picnicking and playing with their dogs.

Website: [City of Calgary - Scotsman's Hill](#)





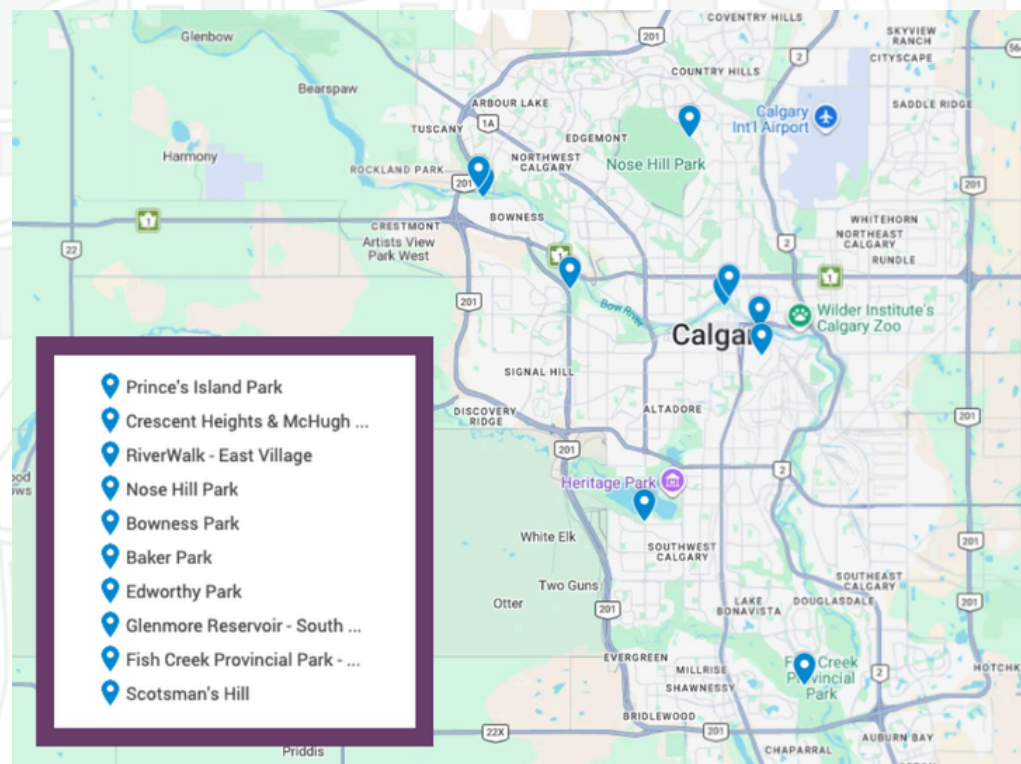
PLANNING YOUR ADVENTURE

- **Transportation:** Day 1 is designed for walking. A rental car makes the Day 2 park circuit easier.
- **Choose your own distance:** We walked roughly 1–3 miles at most featured locations. Longer trails are available, but you do not need to complete them to enjoy the parks.
- **Check before you go:** Confirm park access, washroom availability, trail closures, restaurant hours and seasonal activities on the linked official websites.
- **Share the paths:** Expect walkers, cyclists, runners and other wheeled users. Observe posted path rules and dog-leash designations.
- **Day 3:** If time permits, wander the downtown green spaces near the confluence of the Bow and Elbow rivers.

MAP YOUR CALGARY ADVENTURE

10 Parks & Pathways - At a Glance.

Explore the [Interactive Google Map](#)



MORE CALGARY ADVENTURES

Find more Calgary travel ideas and our Get High in Calgary guide at SpaceBetweenAdventures.com.