



John McFaul Owner and Guide

John McFaul is a professional naturalist who has been leading nature hikes in southern Alberta for over twenty years. He is accredited with the Interpretive Guides Association.

Energize the body

Enrich the mind

Rejuvenate the soul

Alpenglow Nature Hikes

43 Hartford Road NW
Calgary, Alberta
T2K 2A4

www.alpenglownaturehikes.ca

Direct registration enquiries to:
alpenglow@alpenglownaturehikes.ca
(403) 289-9517



Alpenglow Nature Hikes

2010



*Lighting your way to the
natural wonders
of Alberta*

www.alpenglownaturehikes.ca

Alpenglow Nature Hikes

Explore the natural wonders of Calgary and beyond with Alpenglow Nature Hikes.



Nature Hikes

A series of slow-to-moderate paced hikes. The longest hike is 12 kilometres return, with a maximum elevation gain of 500 metres.

Spring Session

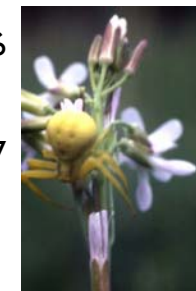
Destinations: Jumping Pound, Curly Sand, Indian Oils, Ptarmigan Cirque

Group A: Saturdays
May 1, May 29, June 12 & 26

Group B: Sundays
May 2, May 30, June 13 & 27

Group C: Wednesdays
May 5, June 2, 16 & 30

Fee: \$150.00 (incl. GST) (4 hikes)



Nature Hikes

Summer/Fall Session

Destinations: Long Prairie Loop, Rawson Lake, Cat Creek Hills, Eiffel Lake

Group D: Saturdays
July 10, Aug. 7, 28, Sept. 11

Group E: Sundays
July 11, Aug. 8, 29, Sept. 12

Group F: Wednesdays
July 14, Aug. 11, Sept. 1 & 15

Fee: \$150.00 (incl. GST) (4 hikes)



Advanced Nature Hikes

These full-day hikes will cover greater distances and elevation gains than Nature Hikes.

Destinations: Yamnuska Ridge, Picklejar Lakes, Mount Ware, Paradise Valley, Chester Lake

Group A: Saturdays
May 8, June 19, July 24, Aug 14, Sept. 18

Group B: Sundays
May 9, June 20, July 25, Aug. 15, Sept. 19

Group C: Saturdays
May 15, June 26, July 24, Aug. 21, Sept. 25

Fee: \$185.00 (incl. GST) (5 hikes)



Nature Adventures

These overnight adventures will allow you to become immersed in the beauty of the Canadian Rockies.

Engadine Snowshoe Weekend

The warmth and comfort of Engadine Lodge is a perfect base to enjoy the sparkling snow by day and the glittering stars by night in the beautiful Smith-Dorrien Valley.

Dates: March 5 - 7

Fee: \$630.00 (includes GST, accommodation and food)

Engadine Lodge Photo

Waterton Ridges

Escape to Waterton National Park to explore Akamina and Lineham Ridges. Their beautiful alpine vistas await.

Dates: July 17 - 19

Fee: \$375.00 (includes GST and accommodation, food is extra)

Icefields Alpine

Glaciated peaks towering above beautiful lakes and flowery meadows provide a spectacular setting for this adventure.

Dates: August 20 - 22

Fee: \$375.00 (includes GST and accommodation, food is extra)

Lake O'Hara Lodge

This alpine oasis has many pretty lakes and stunning mountain vistas which will capture your heart.

Dates: Sept. 26 - 28

Fee: \$700.00 (includes GST, accommodation & food)

Nature Strolls

These are slow-paced, half-day outings to lovely local nature spots.

Spring

Destinations: Bow Valley, Big Hill Springs, Sheep Valley, Jumping Pound

Dates: Fridays, 9:00 AM to 1:30 PM
June 4, 11, 18, 25

Fee: \$100.00 (incl. GST) (4 strolls)

Fall

Destinations: Canyon Creek, Sheep Valley, Lorrete Meadows, Brown-Lowery

Dates: Fridays, 9:00 AM to 1:30 PM
Sept. 10, 17, 24, Oct. 1

Fee: \$100.00 (incl. GST) (4 strolls)



Calgary Nature Walks

These walks will give you a great opportunity to visit Calgary's natural jewels with a professional naturalist.



May

Destinations: Carburn, Inglewood Edworthy, Nose Hill

Dates: Thursdays, 7:00 PM to 9:30 PM
May 6, 13, 20, 27

Fee: \$80.00 (incl. GST) (4 walks)

June

Destinations: Fish Creek, Hextal Woods, Bowmont, Weaselhead

Dates: Thursdays, 7:00 PM to 9:30 PM
June 4, 11, 18, 25

Fee: \$80.00 (incl. GST) (4 walks)



Morning Bird Walks

Morning saunters to enjoy the migrant birds returning to brighten our world.

Destinations: Bowness, Inglewood, Weaselhead, Fish Creek

Dates: Thursdays, 9 AM to 11:30 AM
May 6, 13, 20, 27

Fee: \$80.00 (incl. GST) (4 walks)

Wildflower Picnic

Celebrate summer's return with a picnic and flower walk to the Many Springs Trail.

Destination: Bow Valley Prov. Park

Date: June 22, 6:00 PM to 10:00 PM

Fee: \$45.00 (incl. GST) (includes picnic)

Snowshoeing

Snowshoeing will give you plenty of fresh air and exercise as you frolic in the sparkling snows and winter beauty of Kananaskis Country.

Destinations: Penstock Loop, Black Prince Cirque, Chester Lake

Dates: Sundays
Jan.31, Feb. 7 & 28

Fee: \$35.00/day
(incl. GST)



Dianne Weeks Photo