



Photo: Alix Kreil/Shutterstock.com

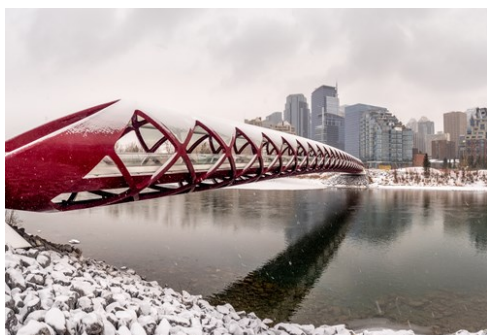


Lucky-photographer/Shutterstock.com

Calgary is a dynamic city located in the province of Alberta, Canada. It is the third largest city in the country and is situated between the Bow River and the Elbow River, surrounded by wide prairies. This diverse landscape also provides access to the breathtaking Canadian Rockies and the surrounding national parks, which are perfect for visits year-round due to the region's dry, continental climate.

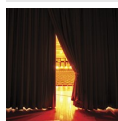


TRphotos/Shutterstock.com

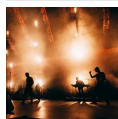


Jeff Whyte/Shutterstock.com

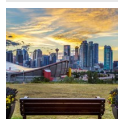
Events



High Performance Rodeo (Ja...
High Performance Rodeo is Calgary's International Festival of the Arts, feat...



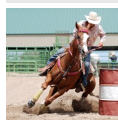
Block Heater (February)
Organized by the Calgary Folk Fest, Block Heater is a winter music festival ...



Calgary Comic & Entertainm...
The Calgary Comic and Entertainment Expo comes with everything a comic fan w...

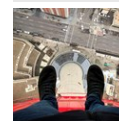


Calgary Folk Music Festiva...
The Calgary Folk Music Festival has been an annual staple for both Calgarian...



Calgary Stampede (July)
A ten-day festival that takes its roots at the start of the 1900s, the Calga...

Top 5



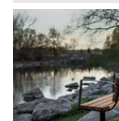
Calgary Tower
Calgary's main landmark — Calgary Tower — is almost 200 meters high and most...



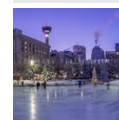
Calgary Zoo
African lions, Amur tigers, giant pandas and whooping cranes are only a few ...



Heritage Park Historical V...
The Heritage Park aims to illustrate how life was in the years going from 18...



Prince's Island Park
Located in Downtown Calgary, Prince's Island Park is a fine choice for those...



Olympic Plaza
Built for the medal presentation ceremonies of the 1988 Olympics, the Olympi...

THE CITY



Darko-HD Photography/Shutterstock.com

Calgary's path towards becoming one of the biggest cities in Canada started in the second half of the 1800s, when many settlers developed the local agricultural economy. The Calgary Stampede is an annual festival that celebrates this period, together with the western culture and heritage.

The discovery of oil just outside the city at the start of the 1900s breathed even more life into the town, a turning point so important that the energy sector is still one of the main strongholds of Calgary's economy. It wasn't until the city hosted the Winter Olympics in 1988 that it was granted international recognition, becoming one of the main Canadian tourism destinations.

The view from the signature Calgary Tower has become a fan favorite, just like the many festivals and events hosted by the town. The mountain ridges that can be found nearby are nice locations for both winter sports and hiking, otherwise one is left with plenty of options for a more relaxed day in the local national parks.

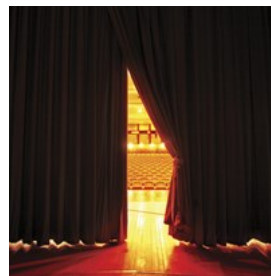
EVENTS



e X p o s e/Shutterstock.com

Calgary hosts different festivals that mainly happen during the summer, but smaller events are held year-round. You'll be able to celebrate the city's heritage and history with the Calgary Stampede and its food culture during Taste of Calgary. You can also find a folk music festival, as well as a comic-con and a firework competition among the town's many events.

High Performance Rodeo (January)



High Performance Rodeo is Calgary's International Festival of the Arts, featuring performances from Canadian and foreign artists who will

entertain audiences using many different spots in the Downtown as their stage. The diversity of the performances is the main draw: you can find theatrical, dancing and musical exhibitions, but also wrestling matches, cabaret and burlesque shows.

Photo: Mario Lisovski/Shutterstock.com

Address: 225 8th Avenue Southeast, Calgary

Internet: www.hprodeo.ca

Email: reception@oyr.org

Block Heater (February)



Organized by the Calgary Folk Fest, Block Heater is a winter music festival taking place across several locations like the National Music Centre, King Eddy, Festival Hall, and the Central Library in Downtown Calgary. Both Canadian and international performers join this annual celebration of all genres of music, from electronic to folk.

Photo: Gallks/Shutterstock.com

Address: 1215 10th Avenue Southeast, Calgary

Phone: +1 403 233 0904

Internet: calgaryfolkfest.com/block-heater/about

Email: hello@calgaryfolkfest.com

Calgary Comic & Entertainment Expo (April)



The Calgary Comic and Entertainment Expo comes with everything a comic fan would need: scheduled autograph and photo sessions with international authors, Q&A panels with your favorite artists, over 700 retailers with articles and gadgets on sale, as well as cosplay contests that bring fictional characters to life.

Photo: Mikhail Zapolskyi/shutterstock

Address: Stampede Park, Calgary

Internet: fanexpohq.com/calgaryexpo

Email: info@calgaryexpo.com

Calgary Folk Music Festival (July)



The Calgary Folk Music Festival has been an annual staple for both Calgarians and tourists since 1980. Set in Prince's Island Park, the

festival not only gives a stage to many local and international artists, both up-and-coming and well-established, but also includes a Talk Tent where comedy shows and panels take place, as well as an artisan market and a beer garden.

Photo: Halfpoint/Shutterstock.com

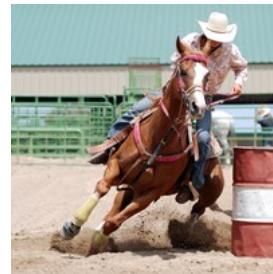
Address: 698 Eau Claire Avenue Southwest, Calgary

Phone: +1 403 233 0904

Internet: www.calgaryfolkfest.com

Email: hello@calgaryfolkfest.com

Calgary Stampede (July)



A ten-day festival that takes its roots at the start of the 1900s, the Calgary Stampede starts off with a western-themed march through the town. It is mostly famous for having the world's biggest outdoor rodeo, with a range of activities including bull riding and barrel racing that take place during the afternoon. Every day ends with a chuckwagons derby, followed by a variety show featuring comedy, music and dancing, while a firework display acts as the grand finale.

Photo: Diane Garcia/Shutterstock.com

Address: 1410 Olympic Way Southeast, Calgary

Phone: +1 403 261 0101

Internet: www.calgarystampede.com

GlobalFest (August)



The GlobalFest is further split into the OneWorld Festival and the International Fireworks Festival. The first aims to showcase different cultures from around the world through onstage performances, interactive activities and food stalls, while the latter is a competition between five countries' best pyro-musical artists.

Photo: e X p o s e/Shutterstock.com
Address: 17th Avenue Southeast, Calgary
Phone: +1 403 569 9679
Internet: globalfest.ca
Email: contactus@globalfest.ca

Taste of Calgary (August)



This festival does not only allow you to taste Calgary's food and drinks from the many tents and trucks, but also to engage with local artisans and get to know their craft, while the stages host live music bands and DJs. The sampling tickets come at \$1 each, and can be bought either online or on site.

Photo: Monkey Business Images/Shutterstock.com
Address: Eau Claire Market Plaza, Calgary
Opening hours: Daily 11am-10pm
Phone: +1 403 453 7424
Internet: tasteofcalgary.com
Email: taste@tasteofcalgary.com

Beakerhead (September)



Beakerhead is an annual festival that celebrates the ways in which engineering and science can create art. Recurring displays include exhibitions featuring robots, street experiments and music on Stephen Avenue Walk, workshops and panels for educational purposes and nightly events with 3D projections and dance performances.

Photo: Neal Sanche/Shutterstock.com
Address: 1405 4th Street Southwest, Calgary
Phone: +1 587 351 7787
Internet: www.beakerhead.com
Email: connect@beakerhead.com

Calgary International Film Festival (September)



Since the year 2000, Calgary has hosted the largest film festival in Alberta every year, with screenings of feature and short films of any genre, coming from not only Canada but also other countries. During these twelve days the audience is able to ask questions and engage with the filmmakers during panels, film talks and behind-the-scenes events.

Photo: Andrey Krupenko/Shutterstock.com
Address: Calgary Economic Development Cineplex, 999 8th Street Southwest, Suite 260, Calgary
Phone: +1 587 393 3730
Internet: www.ciffcalgary.ca

Imaginarium by Wordfest (October)



Wordfest, the third-largest Canadian literary festival, hosts Imaginarium, a 10-day long celebration of national and international writers, ranging from columnists to essayists. Readings, Q&As, and panels are staple events, but there's also the annual late-night Literary Deathmatch, where authors have seven minutes to show off their wordsmith skills to both the judges and the audience.

Photo: Feel good studio/Shutterstock.com
Address: Memorial Park Library, 1221 2nd Street Southwest, Calgary / Central Library, 800 3 Street Southeast, Calgary
Phone: +1 403 237 9068
Internet: wordfest.com
Email: info@wordfest.com

DO & SEE



Alix Kreil/Shutterstock.com

The sight unfolding from the Observation Deck of Calgary Tower is a must for anyone visiting the city. From there, a wide range of activities opens up in front of you: visit the local zoo and meet different species of animals, get thrown back into the 1900s thanks to a historical village's reproduction of that era, or hike and relax in one of the town's many parks.

Calgary Tower



Calgary's main landmark — Calgary Tower — is almost 200 meters high and mostly known for offering a 360° view of the city, thanks to the observation deck's glass floor. Included in the ticket is the admission to their Theatre Room, featuring a short film that goes through the history of the tower.

Photo: Rene Baker/unsplash

Address: 101 9th Avenue Southwest, Calgary

Opening hours: September through May: daily 9am–9pm.

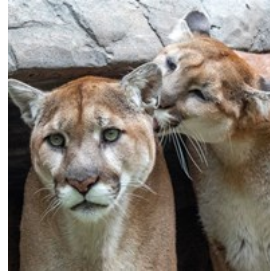
June through August: daily 9am–10pm

Phone: +1 403 266 7171

Internet: www.calgarytower.com

Email: info@calgarytower.com

Calgary Zoo



African lions, Amur tigers, giant pandas and whooping cranes are only a few of the animals that can be seen at the Calgary Zoo. You will also be able to witness events such as tiger training sessions and learn more about gorilla family dynamics. Restaurants are also available if you are planning for a longer stay, as well as gift shops and playgrounds for kids.

Photo: Andy Holmes/unsplash

Address: 210 St. George's Drive Northeast, Calgary

Opening hours: Daily 9am–5pm

Phone: +1 403 232 9300

Internet: www.calgaryzoo.com

Heritage Park Historical Village



The Heritage Park aims to illustrate how life was in the years going from 1860 to 1950, making use of interactive exhibitions with costumed interpreters and historical buildings. It is split into four areas: there's the main square with cafes and restaurants, then a 1900s-inspired village, a railway settlement and a fur trading fort coming straight from the late 1800s.

Photo: S Buwert/shutterstock

Address: 1900 Heritage Drive Southwest, Calgary

Phone: +1 403 268 8500

Internet: heritagepark.ca

Email: info@heritagepark.ca

Prince's Island Park



Located in Downtown Calgary, Prince's Island Park is a fine choice for those who are looking for a place to relax, thanks to the many picnic areas, and those who want to go on a hiking trip along scenic trails. Here you can find the Chevron Learning Pathway, which goes around a wetland and provides information about the local wildlife. This is also where many of the city's festivals are held, such as Canada Day.

Photo: Mikhail Zapolskyi/Shutterstock.com
Address: 698 Eau Claire Avenue Southwest, Calgary
Opening hours: Daily 5am-11pm
Internet: www.calgary.ca/parks/princes-island-park.html

Olympic Plaza



Built for the medal presentation ceremonies of the 1988 Olympics, the Olympic Plaza is now a venue used for events throughout the year. You can walk by its reflecting pool in the summer while having an outdoor lunch, or you can head here during the winter to enjoy some outdoor ice skating, free of charge, with the option of renting the equipment on-site.

Photo: Jeff Whyte/shutterstock
Address: 228 8th Avenue Southeast, Calgary
Opening hours: Daily 6am-11pm
Phone: +1 403 268 2489
Internet: www.calgary.ca/parks/olympic-plaza.html
More Info: In the winter, the Olympic Plaza becomes a public skating rink.

The Confluence Historic Site & Parkland



Representing the birthplace of the city, The Confluence (formerly Fort Calgary) has a museum that showcases the ways of life of the 19th-century North-West Mounted Police once stationed here. Private tours can be booked, and your visit can also include events such as murder mystery dinners, black and white movie nights and artisan fairs.

Photo: Jeff Whyte/shutterstock
Address: 750 9th Avenue Southeast, Calgary
Opening hours: Wed-Sun 10am-5pm
Phone: +1 403 290 1875
Internet: www.theconfluence.ca

Banff National Park



Established in 1885 Banff is the first national park in Canada. Located at a distance of 120 km from Calgary, it can be reached via the On-It Regional Transit company offering public rides. You can explore its trails either by hiking or biking, enjoy fishing from the Bow River shores, join a zipline tour or have a relaxing birdwatching session, among the many outdoor and learning activities available.

Photo: Zhukova Valentyna/Shutterstock.com
Address: 224 Banff Avenue, Town of Banff
Opening hours: The park is open year-round. For up-to-date business hours of the visitor centre, please check the website.
Phone: +1 403 762 1550
Internet: parks.canada.ca/pn-np/ab/banff

Calaway Park



Calaway Park is the biggest amusement park of Western Canada, with more than 30 rides that cater to kids and adults alike. All the classics such as the carousel, bumper cars and Ferris wheel are here, along with their own spin on the drop tower with "Free Fallin'" and on roller coasters with "Vortex". Seasonal events are also hosted all year long, examples being "Halloweekend" and for Canada Day.

Photo: Scott Webb/unsplash
Address: Range Road 33, Calgary
Opening hours: May to October
Phone: +1 403 240 3822
Internet: www.calawaypark.com
Email: calaway@calawaypark.com

Canada's Sports Hall of Fame



There are more than 600 honored members in Canada's Sports Hall of Fame, which houses exhibits that celebrate the country's sporting achievements. You will find themed galleries such as the Glide Gallery, focusing on winter sports, the Bounce Gallery, which ranges from baseball to soccer, and the Olympic and Paralympic Gallery displaying the medals won by Canadian athletes.

Photo: daveynin/Shutterstock.com
Address: 169 Canada Olympic Road Southwest, Canada
Opening hours: September through June: Wed-Sun 10am-5pm. July & August: daily 10am-5pm
Phone: +1 403 776 1040
Internet: www.sportshall.ca
Email: info@cshof.ca

Studio Bell — The National Music Centre of Calgary



Studio Bell is home to the National Music Centre of Calgary, the ideal stop for those who want to experience the Canadian music scene. The permanent exhibitions available range from educational tours to hands-on jamming sessions with the available instruments. Guided tours can be booked, going in-depth into the Studio's history and architecture as well.

Photo: Daniel/Shutterstock.com
Address: 850 4th Street Southeast, Calgary
Opening hours: Wed-Sun 10am-5pm
Phone: +1 403 543 5115
Internet: www.studiobell.ca
Email: info@studiobell.ca

Glenbow Museum



The list of permanent exhibitions available at the Glenbow Museum includes a dynamic gallery depicting the lives and stories of the men who contributed to shaping Alberta, a mineralogy collection and a presentation about warriors around the world, from Maoris to Samurais. Limited events showcase art by contemporary artists not only from Canada, but from all parts of the world.

Photo: AIVRAD/shutterstock
Address: 130 9th Avenue Southeast, Calgary
Opening hours: Glenbow's main building is closed for renovations. The temporary location, Glenbow at The Edison, is open Wed-Fri 11am-7pm, Sat & Sun 10am-6pm
Phone: +1 403 268 4100
Internet: www.glenbow.org
Email: info@glenbow.org

TELUS Spark



Calgary's science museum, TELUS Spark, features exhibits, events and conferences for people of all ages.

Highlights include a dome theatre with movie screenings and planetarium shows, live science demos and their Open Studio, where you can give life to your artistic creations through technology. Themed limited events are available year-round, as well as the adults-only show Spark After Dark.

Photo: Mariia Golovianko/Shutterstock.com

Address: 220 St. George's Drive Northeast, Calgary

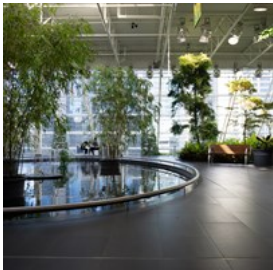
Opening hours: Sun-Thu 10am-4pm; Fri 10am-4pm / 5pm-9pm; Sat 10am-5pm

Phone: +1 403 817 6800

Internet: www.sparkscience.ca

Email: info@sparkscience.ca

Devonian Gardens



The Devonian Gardens is a botanical garden located in Downtown Calgary, on the fourth floor of The Core shopping center. You

don't have to buy a ticket in order to visit its living wall, koi carp ponds, fountains and waterfall, while kids can enjoy the playgrounds. Being enclosed in glass, natural light is all that you need in order to also see the art that adorns the walls, like masks and banners.

Photo: ollytheoutlier/shutterstock

Address: The Core Shopping Centre, 333 7th Avenue Southwest, 4th floor, Calgary

Opening hours: Mon-Sat 10am-6pm, Sun noon-5pm

Phone: +1 403 268 2489

Internet: www.calgary.ca/parks/devonian-gardens.html

Downhill Karting by Skyline Luge Calgary



Skyline Luge gives you the chance to ride down tracks that stretch for more than 1800 meters featuring 50 twists and turns, using karts

powered only by the force of gravity. You can book rides for groups and get a picture of you taken during the ride as well. There are height limits for kids: those who do not reach 110cm in height cannot ride alone.

Photo: Bizi88/Shutterstock.com

Address: Winsport Canada Olympic Park, 88 Canada Olympic Road Southwest, Calgary

Phone: +1 403 776 0617

Internet: www.downhillkarting.ca

Email: info@downhillkarting.ca

DINING



Foodio/Shutterstock.com

Dining in Calgary is like attending a food tour encompassing specialities from all over the world: you can sample Canadian staples like poutine, Middle Eastern delicacies such as shawarma and fatayer, Italian homemade pizza as well as vegetarian dishes that are sure to be appreciated by meat-lovers, too. Whether you're looking for brand new flavors or aim to stay as close as possible to your food comfort zone, Calgary has all the right places for it.

Pigeonhole



The Pigeonhole restaurant's interiors feature exposed brick walls, leather couches and marble tables, at which you'll be able to enjoy either vegetarian dishes, like charred cabbage and roasted beets, or meat-based ones like tagliatelle with beef ragout, half chicken schnitzel and roasted pork belly.

Photo: Magdanatka/Shutterstock.com

Address: 306 17th Avenue Southwest, Calgary

Opening hours: Tue-Thu 5pm-10pm, Fri 5pm-1am, Sat 11am-1am, Sun 11am-9pm, Mon closed

Phone: +1 403 452 4694

Internet: www.pigeonholeyyyc.ca

Email: info@pigeonholeyyyc.ca

Ten Foot Henry



Taking its name from a comic strip character by Carl Anderson, Ten Foot Henry is a restaurant that takes pride in using freshly picked vegetables for many of its dishes. Other than the many vegetarian options, you can have pasta in the form of bucatini and tagliatelle, or pick from their fish and meat offerings, such as their spring salmon and masala chicken.

Photo: IZOTOV DMITRII/Shutterstock.com

Address: 1209 1st Street Southwest, Calgary

Opening hours: Daily 11am-11pm

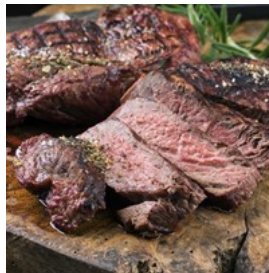
Phone: +1 403 475 5537

Internet: www.tenfoothenry.com

Email: eat@tenfoothenry.com

More Info: Special brunch menu Sat & Sun 11am-2pm

Modern Steak



The bright white walls and sofas contrast against dark wooden tables at the Modern Steak, where the marble counter and soft lighting add finishing touches to the interiors. They exclusively serve Alberta beef in different cuts, be it filet, rib eye or flat iron, cooked as you like. They also have seafood, pasta-based and vegan dishes, and can accommodate for gluten and lactose intolerance as well.

Photo: hlphoto/Shutterstock.com

Address: 107 10A Street Northwest, Calgary

Opening hours: Mon-Sat 4pm-11pm, Sun closed

Phone: +1 403 670 6873

Internet: modernsteak.ca

Email: contact@modernsteak.ca

Blue Star Diner



Blue Star Diner's sandwiches, salads, hamburgers and steak dishes are made with ingredients that are locally sourced, and can be ordered for breakfast, lunch or dinner. A drink list that includes house cocktails, draft beer and wines complements their food offering, and they also host discount events like Taco Tuesday or Burger and Beer Wednesday.

Photo: ltummy/SHutterstock.com

Address: 809 1st Avenue Northeast, Calgary

Opening hours: Sun & Mon 8am-3pm, Tue-Sat 8am-9pm

Phone: +1 403 261 9998

Internet: www.bluestardiner.ca

John's Breakfast & Lunch



John's Breakfast & Lunch is a fine choice if you feel up to trying out some of what Canada's cuisine has to offer, with the added bonus of being easily accessible thanks to the free parking nearby. They're open for breakfast, brunch and lunch, with food options like poutine made with fries, cheese and gravy, omelettes with ham and eggs Benedict coupled with bacon.

Photo: Maridav/Shutterstock.com

Address: 2614 4th Street Northwest, Calgary

Opening hours: Mon-Sat 8am-3:30pm

Phone: +1 403 277 0255

Internet: www.instagram.com/johnsbreakfastyyc

Gaga Pizzeria



Whether you stop and have a seat at Gaga Pizzeria or pick from one of their Grab & Go options, you'll be able to enjoy a wide variety of topping combinations made with imported goods. Their menu also includes homemade soups, sandwiches and their baklava dessert, a Turkish pastry made with dried fruits.

Photo: massimofusaro/Shutterstock.com

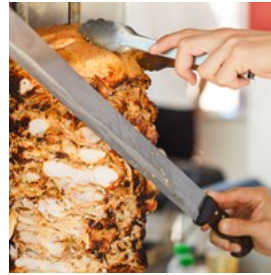
Address: 1236 12th Avenue Southwest, Calgary

Opening hours: Tue-Fri 10am-8pm, Sat noon-8pm, Sun & Mon closed

Phone: +1 403 264 2421

Internet: www.pizzeriagaga.ca

Jimmy's A&A Deli



Jimmy's A&A Deli has won many awards for their shawarma: chicken meat or beef cut into thin slices and then served in a salad or with pita (a slice of round, thin bread). Their menu is based on Mediterranean cuisine, featuring also falafel, fatayer, which is a Middle Eastern meat pie, and empanadas, turnover pastries filled with beef or vegetables.

Photo: BUY THIS/Shutterstock.com

Address: 1401 20th Avenue Northwest, Calgary

Opening hours: Sun-Thu 11:30am-8:30pm, Fri & Sat 11:30am-10pm

Phone: +1 403 289 1400

Minas Brazilian Steakhouse



Minas Brazilian Steakhouse offers rodízio, an all-you-can-eat service featuring skewered cuts of meat that follows the culture of Southeastern Brazil. Dishes are complemented by vegetables like beans, squash and okra, as well as fruits like pineapple and banana. They also offer take-out service if you want to have a taste of Brazilian cuisine in the comfort of your home.

Photo: Norberto Marques/Shutterstock.com

Address: 136 2nd Street Southwest, Calgary

Opening hours: Sun & Tue-Thu noon-9pm; Fri & Sat noon-9:30pm; Mon closed

Phone: +1 403 454 2550

Internet: www.minassteakhouse.com

Email: info@minassteakhouse.com

Vero Bistro Moderne



Vero Bistro Moderne has menus for brunch, lunch and dinner featuring Italian meals with a Canadian twist to be enjoyed in a softly lit

setting. Their signature dishes include mushroom fricassee skillet, bison sausage with wild boar ragu and their grass-fed steak & frites, with the option of additional sides like croissants and Vita eggs.

Photo: mmkarabella/Shutterstock.com

Address: 209 10th Street Northwest, Calgary

Opening hours: Tue-Sun 5pm-10pm, Mon closed

Phone: +1 403 283 8988

Internet: www.verobistro.ca

Email: info@verobistro.ca

Himalayan



The Himalayan is a fine choice for those who want to have a taste of Nepali cuisine. You can start your meal with steamed dumplings called

momo, and then order a rice and lentil soup-based 'dal bhat', with your choice of either lamb or chicken meat or paneer cheese. Grilled seafood and vegetarian dishes are available as well, with some options being gluten free.

Photo: Muslianshah Masrie/SHutterstock.com

Address: 3218 17th Avenue Southwest, Calgary

Opening hours: Wed, Thu & Sun 4:30pm-9pm; Fri & Sat 4:30pm-9:30pm; Mon & Tue closed

Phone: +1 403 984 3384

Internet: himalayancuisine.ca

Santorini Greek Taverna



Santorini Greek Taverna has been open for more than 30 years, letting Calgarians and visitors savor the typical flavors of Greece. In its bright

pastel blue, red and white interiors you can order traditional dishes like skewered beef, chicken or prawn called 'souvlaki', 'arni psito', a roast rack of lamb, or 'moussaká' made with layered eggplants, minced meat and potatoes.

Photo: Timolina/Shutterstock.com

Address: 1502 Centre Street North, Calgary

Opening hours: Tue-Fri 11am-3pm / 5pm-9:30pm; Sat noon-9:30pm; Sun 4pm-9pm; Mon closed

Phone: +1 403 276 8363

Internet: www.santorinirestaurant.com

Email: santorinigreektaverna@gmail.com

Pfanntastic Pannenkoek Haus



Pfanntastic Pannenkoek Haus is a corner of Calgary where you can have a taste of Dutch cuisine. Pannenkoek is the traditional Dutch

pancake which can be either savory, with a prime example being their potato, onion, bacon and cheese pannenkoek, or sweet, such as their Black Forest with cherries, ice cream and chocolate sauce.

Photo: Brent Hofacker/Shutterstock.com

Address: Crowchild Corner, 2439 54th Avenue Southwest, Calgary

Opening hours: Wed-Fri 9am-3pm, Sat & Sun 8am-3pm, Mon & Tue closed

Phone: +1 403 243 7757

Internet: dutchpancakes.ca

Shokunin Izakaya



Shokunin Izakaya is a Japanese restaurant that focuses mainly on yakitori, different cuts of grilled chicken meat, but also has a selection of deep fried dishes called agemono, featuring either eggplant and goat cheese or squid. Your dishes can be accompanied by a variety of drinks, including sake, whiskey, wine as well as signature cocktails such as their rum and coconut milk-based 'shiso colada'.

Photo: Vacancylizm/Shutterstock.com
Address: 2016 4th Street Southwest, Calgary
Opening hours: Wed & Thu 5pm-10pm, Fri & Sat 5pm-11pm, Sun 5pm-10pm, Mon & Tue closed
Phone: +1 403 229 3444
Internet: www.shokuninyyc.ca
More Info: Free underground parking is available after 5 pm

Pho Hoai Vietnamese Noodle House



Pho Hoai offers both pickup and delivery services in addition to the option of eating its Vietnamese dishes at its location in the Dragon City Mall. The menu includes bowls of soup and noodles with or without meat, rice in satay sauce with pork or beef, seafood wonton soup and house specials featuring rice vermicelli with spring rolls and chicken.

Photo: JoannaTkaczuk/Shutterstock.com
Address: Far East Shopping Centre, 132 3rd Avenue Southeast, Calgary
Opening hours: Daily 10am-8pm
Phone: +1 403 264 8174
Internet: pho-hoai-vietnamese.com

CAFES



Jacob Lund/Shutterstock.com

Coffee shops in Calgary have more to offer than hot and cold beverages, pastries and tarts. Some will give you the opportunity to learn a musical instrument or discover emerging local artists, others will have you relax in the company of cats while many of them also sell the tools of their trade: brewers, mugs and coffee beans.

Higher Ground Cafe



Higher Ground is a local coffee house that promises to serve guests with fresh organic coffee. You can couple your hot beverage, be it a decaf or an espresso, with a selection of side meals such as soups, gluten-free vegan chili, salads and chicken quesadilla, a stuffed tortilla.

Photo: jakkapan/Shutterstock.com
Address: 1126 Kensington Road, Calgary
Opening hours: Daily 8am-10pm
Phone: +1 403 270 3780
Internet: www.highergroundcafe.ca
Email: info@highergroundcafe.ca
More Info: Second location on Capitol Hill

Monogram Coffee



Monogram Coffee's interior features white walls, wooden planks, stump chairs and tables equipped with lamps. Muffins, open sandwiches and tarts are served along with their iced or hot coffee, and before leaving you have the option of buying some of their coffee beans, brewers or mugs.

Photo: Ben den Engelsen/unsplash

Address: Altadore Shopping Centre, 4814 16th Street Southwest, Calgary

Opening hours: Mon-Fri 6am-4pm, Sat & Sun 7am-4pm

Phone: +1 403 457 2589

Internet: monogramcoffee.com

Email: info@monogramcoffee.com

More Info: In addition to the original Altadore locations, Monogram has 3 more venues

Alforno Bakery & Café



Located in the neighborhood of Eau Claire, Alforno offers a menu that includes quick bites like sandwiches, yogurt parfaits and tartines that can be coupled with either hot or cold beverages, as well as more filling meals like pizza and pasta coming in the form of risotto and tagliatelle. They also have a delivery service allowing you to enjoy their food wherever you prefer.

Photo: Slawomir Fajer/Shutterstock.com

Address: 222 7th Street Southwest, Calgary

Opening hours: Mon-Sat 8am-9pm, Sun 8am-8pm

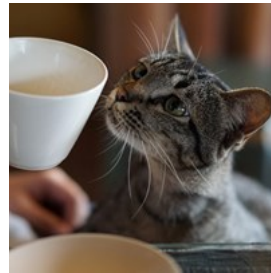
Phone: +1 403 454 0308

Internet: alforno.ca

Email: info@alforno.ca

More Info: Second location on 1st Street Southwest

Regal Cat Cafe



At Regal Cat Cafe you can enjoy pastries, cookies and tea provided by local producers in the company of adoptable feline pets. They also host a variety of events, like "Cats & Yoga" and "Kitty Paint Party", which take place mostly during the weekend. There's a gift shop as well, selling cat-related souvenirs like pillows, pins and bags.

Photo: Quietword/Shutterstock.com

Address: 303 10th Street Northwest, Calgary

Opening hours: Daily 8am-8pm

Phone: +1 403 455 2287

Internet: www.regalcatcafe.com

Email: reservations@regalcatcafe.com

Hexagon Board Game Cafe



More than 100 board games are available at Hexagon, ranging from classics like Jenga! and Clue to the most recent releases. Since the games can also be bought, you can try them out here before you make a purchase, all while sipping from a cup of coffee or a glass of wine and having a bite of their pastries and sandwiches.

Photo: Mladen Zivkovic/Shutterstock.com

Address: 200 Kensington Road Northwest, Calgary

Opening hours: Sun-Thu 10am-11pm, Fri & Sat 10am-1am

Phone: +1 403 209 2881

Internet: thehexcafe.com

Email: calgary@thehexcafe.com

Analog Coffee 17th Ave



Taking the name from the street in which it is located, Analog Coffee 17 Ave couples their cups of latte, espresso and tea with pastries like ham and cheese puffs, blueberry muffins and lemon scones. Their cornered position allows you to enjoy the view of the bustling crossroad, and you can also buy some of their coffee beans to bring back home with you.

Photo: kakegarcia/Shutterstock.com

Address: 740 17th Avenue Southwest, Calgary

Opening hours: Sun-Thu 7am-8pm, Fri & Sat 7am-9pm

Phone: +1 403 910 5959

Internet: www.analogcoffee.ca

Cornerstone Music Cafe



You can head to the Cornerstone Music Cafe for either breakfast or lunch, where you'll be able to order gluten-free quinoa bowls, egg wraps and tacos, as well as beef kebab panini and grilled cheese croissants. Your meals can be accompanied by live music events by local artists, and they also offer the chance to join a music lesson for various instruments in their studio.

Photo: imimss/Shutterstock.com

Address: 14919 Deer Ridge Drive Southeast, Calgary

Opening hours: Mon-Thu 9am-9pm, Fri & Sat 9am-3pm, Sun closed

Phone: +1 403 278 3070

Internet: www.cornerstonemusic.ca

Cafe Gravity (Inglewood)



Gravity's interiors feature dark blue walls contrasting with the bright wooden furniture and lighting, a nice setting in which you'll be able to enjoy their selection of pastries or cheesecake, as well as savory meals like panini, quiche, soups and salads. Their list of hot beverages includes coffee, tea, ciders and wines, and the experience is further improved by the presence of live music.

Photo: nednapa/Shutterstock.com

Address: Esker Foundation, 909 10th Street Southeast, Calgary

Opening hours: Tue & Wed 7am-7pm, Thu & Fri 7am-9pm, Sat 8am-9pm, Sun 8am-6pm, Mon 7am-6pm

Phone: +1 403 457 0697

Internet: gravitycalgary.com

Email: info@cafegravity.com

Caffe Beano



At Caffe Beano, you can enjoy your meal either sitting beside the counter, in their back room or on their outdoor benches. Their cowboy cookies and muffins are fan favorites, just like their award-winning chocolate espresso milkshake. Their savory options include the Breakfast Sandwich featuring mozzarella cheese, coppa cold cut and sunny side up that can be coupled with their homemade dark espresso.

Photo: Julie208/Shutterstock.com

Address: 1613 9th Street Southwest, Calgary

Opening hours: Mon-Sat 7am-8pm, Sun 7am-7pm

Phone: +1 403 229 1232

Internet: www.instagram.com/caffebeano

Ollia Macarons & Tea



Ollia is a cafe that specializes in macaroons coming in wildly different flavors such as earl gray, berry, vanilla and salted caramel, that can be

tasted with a cup of their hot or iced tea. They offer both takeout and delivery services for their pastries, as well as macaroon baking and tea brewing classes.

Photo: Africa Studio/Shutterstock.com

Address: 810C 16th Avenue Southwest, Calgary

Opening hours: Sun-Wed 11am-5pm, Thu-Sat 11am-7pm

Phone: +1 403 457 9775

Internet: www.byollia.com

Email: bonjour@byollia.com

BARS & NIGHTLIFE



Jacob Lund/Shutterstock.com

Calgary is a city filled with pubs, lounges and clubs. 17th Avenue hosts locations accepting both formal and casual dress codes, but if you're looking for a spot to either watch a sporting event or enjoy a karaoke night with a pint of beer, the Mission district would be your best bet. Downtown is where many of the nightclubs are located, a fine choice for those who feel more like dancing the night away.

The Palace Theatre



While The Palace first opened in 1921, it went through renovations to become one of Canada's most famous theaters, hosting many events

ranging from seminars and corporate events to concerts and other musical performances. The main floor is where you can join the dancing crowd, while a mezzanine is there as a place to take a break and order a drink from the bar.

Photo: Roman Voloshyn/Shutterstock.com

Address: 219 8th Avenue Southwest, Calgary

Opening hours: Open only during events

Phone: +1 587 393 6993

Internet: www.thepalacetheatre.ca

Email: info@thepalacetheatre.ca

Twisted Element



Twisted Element is an LGBT club where you'll be able to enjoy a drink from their bar and join many of the events that are hosted here: there's

karaoke on Wednesdays featuring board games and free pool as well, open variety nights on Saturdays and drag shows on Fridays.

Photo: vchal/Shutterstock.com

Address: 1006 11th Avenue Southwest, Calgary

Opening hours: Wed-Sat 7pm-2am; Sun 10:30am-1:30pm / 7pm-2am; Mon & Tue closed

Phone: +1 403 802 0230

Internet: twistedelement.club

Palomino Smokehouse



The Palomino, or The Pal as the locals call it, is located in the heart of downtown Calgary. The BBQ restaurant equipped with a basement where

both local emerging artist and professional musicians entertain the crowd. It is a 18 and up zone where you can enjoy different genres of music, including hip-hop, folk, metal, country and rock n' roll.

Photo: vladko13/Shutterstock.com

Address: 109 7th Avenue Southwest, Calgary

Opening hours: Mon-Thu 11am-1am, Fri 11am-2am, Sat 10.30am-2am, Sun 10.30am-midnight

Phone: +1 403 532 1911

Internet: thepalomino.ca

Email: booking@thepalomino.ca

Modern Love (formerly Broken City)



Modern Love, was once known as a "social club", aiming to support Calgary's entertainment culture and all of its forms. Today, it's a lively

vegan dance bar with regular live music events. You can also enjoy a meal or a cocktail on their rooftop patio, open to guests from April to Thanksgiving.

Photo: bondvit/Shutterstock.com

Address: 613 11th Avenue Southwest, Calgary

Internet: www.modern-love.ca

More Info: From 2013 to 2023, the venue was known as Broken City

The Blues Can



Located in Inglewood, The Blues Can is a live Blues bar with a monthly calendar featuring events for every day of the week. Both local and

well-known performers get on the stage and entertain their audience, who is also able to order dishes like popcorn prawns, sirloin steak and blackened catfish or chicken.

Photo: TZIDO SUN/Shutterstock.com

Address: 1429 9th Avenue Southeast, Calgary

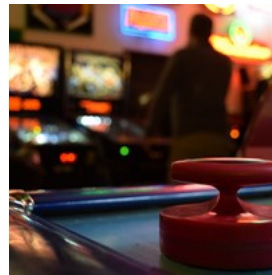
Opening hours: Mon-Thu 4pm-2am, Fri-Sun noon-2am

Phone: +1 403 262 2666

Internet: www.thebluescan.com

Email: info@thebluescan.com

Greta Bar



The neon-lit interiors of Greta contain more than 50 arcade games for you to enjoy, including pinball, air hockey and Donkey Kong, as well as a

dance floor. The bar has an assortment of house specials for cocktails and beers, and also serves street food coming from all over the world, from Italian arancini to Jamaican patties. The events hosted here include a happy hour lasting from 3pm to 6pm from Tuesday to Saturday and half-off prices on games from 7pm until closure on Tuesday.

Photo: Dillon Images/Shutterstock.com

Address: 213 10th Avenue Southwest, Calgary

Opening hours: Tue-Sun 3pm-2am, Mon closed

Phone: +1 403 984 6405

Internet: www.gretabar.com/locations/calgary

Email: info@gretasbar.com

Proof



With multiple lines of bottles decorating its walls, Proof has an ever-changing menu that features drinks whose flavors and names are inspired by works of literature. You'll be able to couple these with snacks like steamed dumplings, vegan or pork steam buns and sugar pies.

Photo: Maksym Fesenko/Shutterstock.com

Address: 1302 1st Street Southwest, Calgary

Opening hours: Daily 2pm-1am

Phone: +1 403 246 2414

Internet: proofyyc.com

Email: info@proofyyc.com

Last Best Brewing & Distilling



The Last Best is a fine spot for those who are passionate about beer. Here you'll be able to taste their in-house There Will Be Porter, a black English Ale, and spirits such as the Afterglow Gin. There's also an ample selection of beer on tap, featured in their daily happy hour from 2 pm to 6 pm. Coupled that with their food options ranging from sandwiches and burgers, to their signature Last Best Bowl with Moroccan Chicken and toasted red quinoa.

Photo: Studio Romantic/Shutterstock.com

Address: 607 11th Avenue Southwest, Calgary

Opening hours: Sun-Wed 11:30am-midnight, Thu 11:30am-1am, Fri & Sat 11:30am-2am

Phone: +1 587 353 7387

Internet: lastbestbrewing.com

SHOPPING



Monkey Business Images/Shutterstock.com

To make the most out of your shopping experience in Calgary, it's best to keep a few hot spots in mind. Downtown hosts a couple of malls as well as 8 Avenue Southwest, where you'll find a great number of stores. The Red Mile, at 17 Avenue Southwest, is where you want to go for clothes and apparel, while Fourth Street caters more to those looking for home furnishing and fashion items. If you want to buy something more locally-sourced, Inglewood would be your best bet, with its boutiques and antique stores.

Stephen Avenue Walk



Often defined as the beating heart of Calgary, Stephen Avenue Walk is a pedestrian mall located in Downtown Calgary. You'll not only be able to shop in its many retail stores and boutiques, but you'll also find a Hudson's Bay department store and The Core Shopping Center. Plenty of cafes and restaurants will be ready to welcome you, in case you need a place to rest.

Photo: i viewfinder/shutterstock

Address: 8th Avenue Southwest, Calgary

Internet: downtowncalgary.com

More Info: The avenue is bounded by 4th Street Southwest at the west end & 1st Street Southeast at the east end.

Inglewood



With its wide green spaces merging with multiple coffee shops and occasional art installations and exhibitions, Inglewood is one of Calgary's most characteristic neighborhoods, housing many local small businesses. You can pay a visit to Cody & Sioux for Western apparel, The Knitting Tree if you're searching for items made with yarn and The Next Page Bookstore to find your next good read.

Photo: sirtravelalot/Shutterstock.com
Address: Inglewood, Calgary
Internet: inglewoodyyc.ca
Email: info@calgary-inglewood.com

17th Avenue Retail & Entertainment District



This district of 17th Avenue, also called The Red Mile, is a good destination for those who are looking for fashion accessories: here you can find boutiques selling scarves and ties, jewelry, eyewear, but also stores selling music equipment and Indian carpets. There are plenty of bars and cafes as well if you need a quick stop.

Photo: George Rudy/Shutterstock.com
Address: 17th Avenue Southeast, Calgary
Internet: 17thave.ca

Calgary Farmers' Market

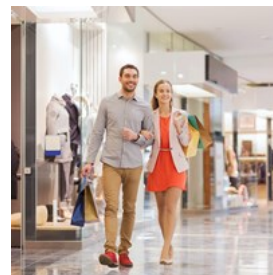


Calgary Farmer's Market aims to support the city's growers and small businesses, by providing a space where they can sell locally grown

products. It has more than 70 vendors selling not only fresh produce, meat and all things food, but also crafted goods, pet products, art and jewelry items. They also host season-themed events, often featuring live music.

Photo: Jeff Whyte/shutterstock
Address: 510 77th Avenue Southeast, Calgary
Opening hours: Thu–Sun 9am–5pm
Phone: +1 403 240 9113
Internet: calgaryfarmersmarket.ca
Email: info@calgaryfarmersmarket.ca

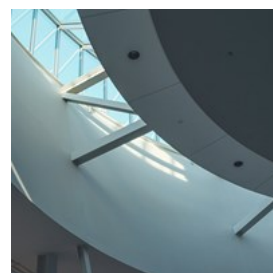
CrossIron Mills



The CrossIron Mills shopping center was built also as an homage to Alberta itself: it is divided into six "neighborhoods" with designs and architecture themed around the province's landmarks and well-known spots. The retailers here sell a range of items that include fashion products for men and women, kids' toys, furniture and technology. The tour culminates in a food court, but there is also an entertainment center equipped with a cinema.

Photo: Syda Productions/Shutterstock.com
Address: 261055 CrossIron Boulevard, Rocky View County, Balzac
Opening hours: Mon–Wed 10am–8pm, Thu–Sat 10am–9pm, Sun 11am–6pm
Phone: +1 403 984 6800
Internet: www.crossironmills.com
Email: ciminfo@crossironmills.com

CF Chinook Centre



The largest shopping mall in Calgary, the CF Chinook Centre mostly features high-end boutiques like Louis Vuitton, Tiffany's and

Saks Fifth Avenue, but more affordable deals are offered by the local Old Navy and H&M stores. The center also includes a food court, as well as a bowling alley and a movie theatre as entertainment options.

Photo: Ryunosuke Kikuno/unsplash
Address: 6455 Macleod Trail Southwest, Calgary
Opening hours: Mon-Sat 10am-9pm, Sun 10am-6pm
Phone: +1 403 259 2022
Internet:
shops.cadillacfairview.com/property/cf-chinook-centre

CORE Shopping Centre



Natural light shines on The Core's interiors thanks to the suspended glass skylight, which also allows the mall to house its own botanical garden on the fourth floor. The stores that you can find here supply apparel, clothing and cosmetics items as well as electronics, food and books. Many of them host limited events and workshops that you can join, plus you can always make use of the free Wi-Fi available here.

Photo: Marc Bruxelle/shutterstock
Address: 324 8th Avenue Southwest, Calgary
Opening hours: Mon-Sat 10am-6pm, Sun noon-5pm
Phone: +1 403 441 4940
Internet: coreshopping.ca

Alberta Boot Company



Whether you're looking for something that could help you blend in during the Calgary Stampede or just for a souvenir to bring home, you can find it at Alberta Boot Company, the only Western boot manufacturer of the province. They offer leather footwear for both men and women, but

also accessories such as hats, belts and necklaces.

Photo: Rosemarie Mosteller/Shutterstock.com
Address: 121 10 Avenue Southeast, Calgary
Opening hours: Mon-Sat 10am-5pm
Phone: +1 403 263 4623
Internet: www.albertaboot.ca
Email: sales@albertaboot.com

Fair's Fair Books



The modest entrance to Fair's Fair Books hides lines of shelves filled with books of different genres that you can browse at your leisure. DVDs and accessories are also available, and they offer trade and sell services, where you can bring in your own used books to get either cash or store credit in exchange for them.

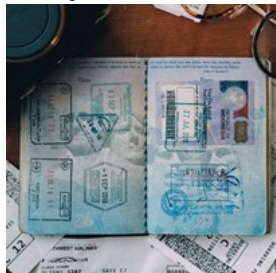
Photo: George Rudy/Shutterstock.com
Address: 907 9th Avenue Southeast, Calgary
Opening hours: Mon-Sat 10am-6pm, Sun 10am-5pm
Phone: +1 403 237 8156
Internet: www.fairsfair.com
Email: fairsfair@shaw.ca

TOURIST INFORMATION



Jeff Whyte/Shutterstock.com

Passport / Visa



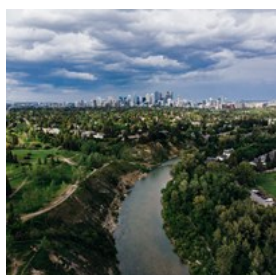
Citizens wishing to visit Canada must obtain a visitor visa issued by one of the Canadian diplomatic missions unless they hold a valid passport issued by one of the EU countries, Australia or New Zealand. From 2016, visa-exempt countries (except for the US) must apply for an Electronic Travel Authorization (eTA) when arriving in Canada by air. However, travelers don't need an eTA if traveling to Canada by land or sea.

Generally, you can submit your application online, but for some countries, after the online application, fingerprints and photo (biometrics) are required.

Photo: ConvertKit/unsplash

Internet: www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/entry-requirements-country.html

Best Time to Visit



The months going from June to September are the ones during which most of the city's events take place, like the famous Calgary Stampede and the firework show of GlobalFest. Summertime is also when Calgary is most crowded and accommodation prices peak though, so booking in advance is advised.

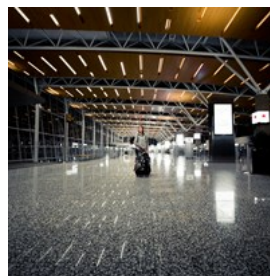
If you're into winter sports, the period between November and February is the best choice to visit the nearby Rocky Mountains and go skiing down its slopes. This is also when most of the locals leave in search of warmer climates, leaving the city in a quieter state where the

prices on rooms are also lower.

If you prefer to have the city all to yourself and aren't really into winter sports, the autumn and spring seasons are your best bets: lower accommodation prices and tourist influx coupled with mild temperatures to give you the ideal setting for exploring Calgary's neighborhoods. Just be mindful of bringing warm clothes with you, as the weather can be quite unpredictable with its sudden snowfalls.

Photo: Kelly Hofer/unsplash

Calgary International Airport (YYC)



Calgary International Airport comes equipped with eateries that make for a fine stop after your arrival, and even two in-terminal hotels. From the airport you can either take a shuttle, bus, taxi or rent a car in order to get to the city.

Many Hotels in Calgary offer the "Hotel Courtesy Shuttle" service that will be able to pick you up, provided that you request it after your landing by calling. Alternatively, there's the Allied Downtown Shuttle Service, offering rides every 30 minutes; tickets are available at the Allied Shuttle counter at the Arrivals level.

The airport's official website has a list of bus operators that have rides going through the airport. Either by shuttle or bus, it takes about 30 minutes to reach Downtown Calgary.

The on-demand taxi service at Calgary International Airport is provided by Associated Cab, with the trip to Downtown Calgary lasting 25 minutes and costing around \$40.

On the Departures level of the airport, you can find in-terminal car rental companies, while there are also off-airport ones that offer shuttle services to their premises, provided that you call and arrange the transportation with them. You'll be able to reach the city in about 20 minutes this way.

Photo: Matthew Cooksey/unsplash

Address: 2000 Airport Road Northeast, Calgary

Phone: +1 403 735 1200

Internet: www.yyc.com

Public Transport



Calgary Transit is the public transit provider of the city. The main mode of transportation is the CTrain, a light rail system that operates on two

lines: Route 201, connecting the southern and northwestern parts of the city, and Route 202, going from east to west. Both of them go through the Downtown area, which doesn't require any payment as long as you stay within its boundaries.

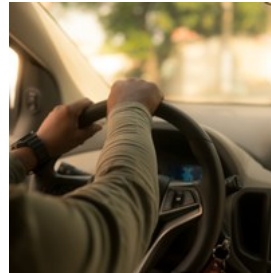
Complementing this system are the 160 bus lines that connect various parts of the city. Fare payment options include cash, tickets, day or monthly passes.

In order to plan your trips, you can use the planner on the Calgary Transit website or their mobile app, Calgary Transit App.

Photo: Ryunosuke Kikuno/unsplash

Internet: www.calgarytransit.com

Taxi



There are plenty of taxi companies in Calgary. They all charge a flat rate for rides to and from the airport, but always remember to ask what the rate is before departure in any case.

Delta Cab Ltd

Phone: +1 403 278 9999

Website: www.deltacab.ca

Calgary United Cabs

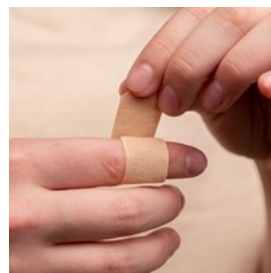
Phone: +1 403 777 1111

Website: www.calgarycabs.ca

Uber is also available in Calgary.

Photo: Jackson David/pexels

Pharmacy



The most common pharmacy chain is Remedy'sRX. There are also many stand-alone pharmacies, but many of them are closed on Sunday.

The biggest hospital in Calgary, as well as one of the most renowned medical centers in Canada, is the Foothills Medical Clinic.

Photo: Diana Polekhina/unsplash

Address: Midtown Remedy'sRx Pharmacy & Travel Clinic, 1110 11 Avenue Southwest, Calgary

Opening hours: Mon-Fri 9am-6pm, Sat 9am-4pm, Sun 9am-2pm

Post



Canada Post handles the postal services in Calgary, and has many offices around town where you can buy stamps and send your mail. You can also make use of the many red mail boxes.

Photo: Stephen Andrews/unsplash

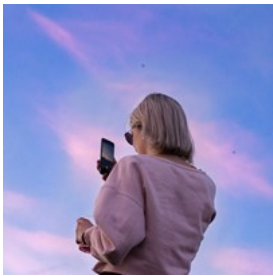
Address: Canada Post Central PO, 639 5 Avenue Southwest, Calgary

Opening hours: Mon–Fri 9am–5pm, Sat & Sun closed

Phone: +1 866 607 6301

Internet: www.canadapost-postescanada.ca

Telephone



Country Code: +1 Area Code: 403

Photo: Marie-Michèle Bouchard/unsplash

Electricity



Canada uses 110-volt electricity, 60 cycle electric power, same as the USA. Power outlets are designed for use with a two-prong and some accept a 3-prong (with ground) plug.

Photo: ergonomofis/unsplash

Population

1.3 million Calgarians (2021)

Currency

Canadian Dollar, 1 CAD = 100 cents

Opening hours

Most shops in Calgary are open from 10am to 8pm during weekdays, while on the weekends they tend to shorten their

business hours, ranging from noon to 5pm. Supermarkets instead are usually open from 9am to 9pm the whole week.

Internet

www.calgary.ca

www.visitcalgary.com

Newspapers

The Calgary Herald: www.calgaryherald.com

the Calgary Sun: www.calgarysun.com

The Globe and Mail:

www.theglobeandmail.com/topics/calgary

Emergency numbers

Police, ambulance & fire brigade: 911

Tourist information

Tourism Calgary (open seasonally)

238 11 Avenue SE, Suite 200, Calgary

Virtual office hours: Mon–Fri 9am–5pm

info@tourismcalgary.com

+1 800 661 1678