

## **CANADIAN MASTERS BADMINTON TOURNAMENT**

### **SUNDAY, JUNE 11 (1-2 hours) – GET OUT AND STRETCH THOSE LEGS**

Time to stretch the legs after arriving in Calgary. Join Lana Eckert and her two welcoming dogs Logan and Kyla for a leisurely walk up onto the hill behind the Winter Club. Enjoy the great views of the city and the mountains to the West.

Max participants – 15

Departure: 10 AM from Main Entrance of Winter Club

### **MONDAY, JUNE 12 (2 hours) – A WALK ON THE WILD SIDE**

John McFaul is a professional naturalist who has been leading nature walks and hikes for 35 years. Explore the amazing prairie wild flowers in bloom at this time of year and learn about the wildlife that calls the park home.

Max participants – 15

Departure: 10 AM from Main Entrance of Winter Club

### **TUESDAY, JUNE 13 (2 hours) – KEEP THAT HEART RATE UP!**

Join Fred Pember, a long time and avid hiker, for a brisk walk up onto Nose Hill. Stop at some of the notable culture, historic, natural and geologic features along the way. Enjoy the scenic views of the landscape transitioning from Rocky Mountains, to Foothills to the Great Plains.

Max participants – 15

Departure: 10 AM from Main Entrance of Winter Club

### **WEDNESDAY, JUNE 14 (1-2 hours ) – HOW CALGARY CAME TO BE**

Join Peter Spear, member of the first Canadian Everest Expedition, and explore the largest urban park in Canada. See the remnants of its glacial history. Hear how Calgary evolved from an indigenous meeting place to become the fourth largest urban centre in Canada.

Max participants – 15

Departure: 10 AM from Main Entrance of Winter Club

### **THURSDAY, JUNE 15 (2 hours plus travel time) – AN EXPLORATION OF THE OLD CITY**

Join Arlene Connell, who leads historic tours throughout the city, for an exploration of Ramsay. Ramsay is not only Calgary's oldest neighbourhood it is also undoubtedly one of its coolest. Located at the confluence of the Bow and Elbow Rivers, an important traditional gathering place for the Blackfoot Nation, and is full of historic buildings.

Transportation required – Please Indicate if willing to drive others

If sufficient interest can plan to have lunch at Red's Café

Max Participants – 15

Departure: 9:30 AM from Main Entrance of Winter Club

### **FRIDAY, JUNE 16 (2 hours) – LETS GO FOR A COFFEE**

Join Jay and Janice Pritchard (avid international cyclists just returning from a trip to Jordan and Egypt) for a walk across the top of Nose Hill (~5 km) to one of their favourite coffee houses – Friends Cafe. Great snacks to be had at the turn around point and beautiful views all the way there and back.

Max participants – 15

Departure: 10 AM from Main Entrance of Winter Club

### **SATURDAY, JUNE 17 (2 hours plus travel time) – HISTORIC TOUR OF DOWNTOWN CALGARY**

Join Jack Connell, who has led this tour for the past 20 years, to gain an appreciation of the history of Calgary and the story of downtown Calgary from its early beginnings. See the major landmarks and the unique architecture throughout the Downtown area.

Transportation required – Please Indicate if willing to drive others

If sufficient interest can plan to have lunch at James Joyce Pub

Max Participants – 15

Departure: 9:30 AM from Main Entrance of Winter Club