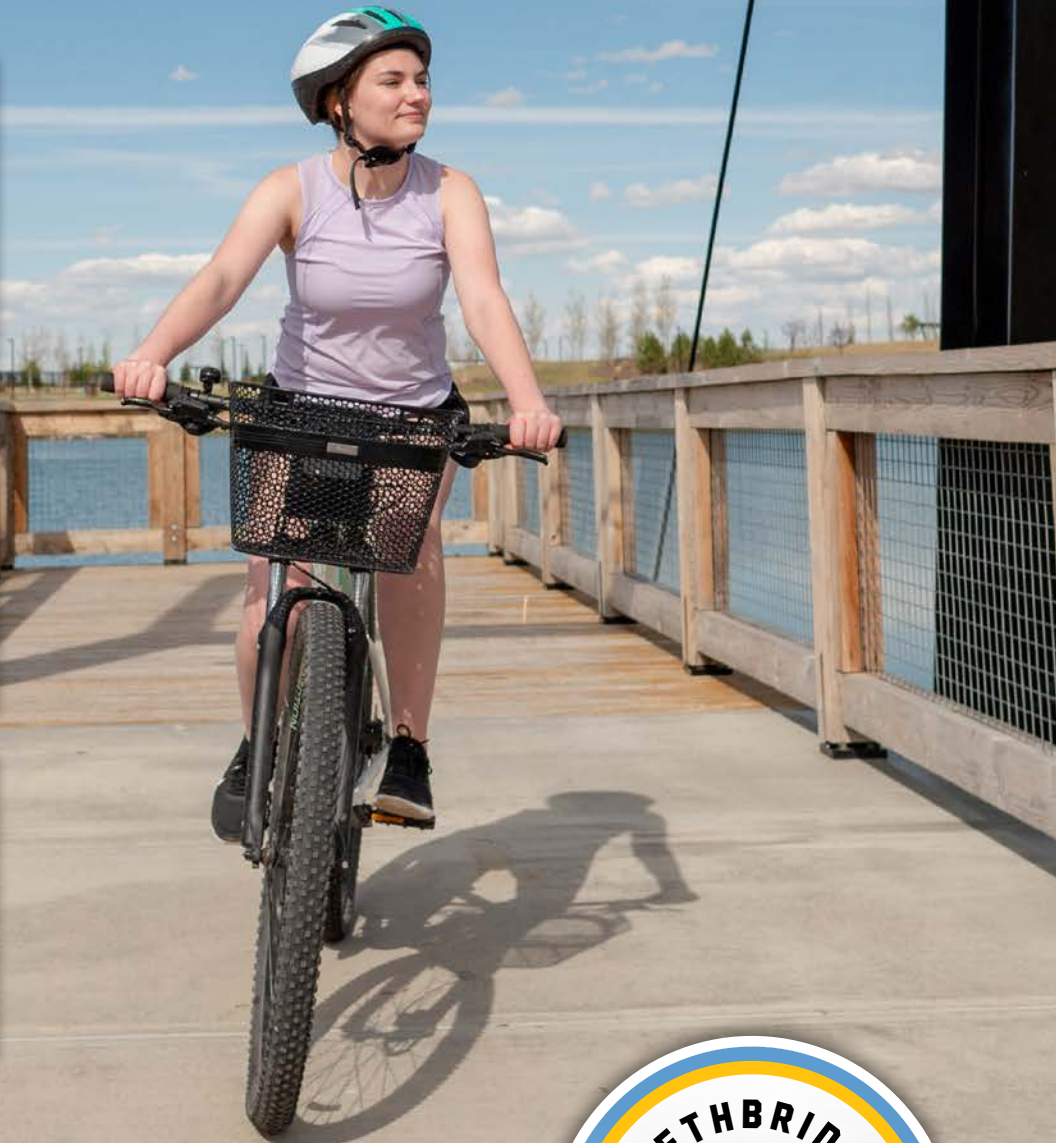


Lethbridge

EXPERIENCES GUIDE



Tourism
LETHBRIDGE
.com



#ExploreLethbridge

Travel Alberta / Roth and Ramberg Photography

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Smoke from fires in British Columbia make's for impressive scenes of the Lethbridge Viaduct

WELCOME to LETHBRIDGE

Endless Skies, Wide-open Spaces, and Big Fun

After two years of changing restrictions and closures due to the pandemic, Lethbridge is excited to welcome the world back to our city and region. With a thriving agri-food scene, amazing local attractions and 4 UNESCO World Heritage Sites a day trip away, Lethbridge is your hub for fun in Southern Alberta.

At the Tourism Lethbridge Visitor Centre (VIC)—2805 Scenic Dr. S—you can stop in to find all the information you need on the fantastic local food and attractions we have to offer. The site hosts a SANI-DUMP for those who are travelling in a motorized home, and bathrooms both inside the center and outside—seasonally—for those travelling without a motorized home. Looking for souvenirs? Pickup a postcard, or purchase travel poster in our VIC. We also recommend the shops at the **Galt Museum** and the **SAAG**.

We love seeing how people are exploring our area. Share your Southern Alberta experience—visiting an attraction, having fun outdoors, eating local food—on social media and tag your post, **#ExploreLethbridge**. We share our favourites on our own channel and website. Don't worry, we'll ask permission first. Share photos with **#ExploreLethbridge!**



Get more info at our VIC - 2805 Scenic Dr South, Lethbridge

This guide is produced by

TOURISM 
Lethbridge

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Legacy Park

Oki - Lethbridge Public Library

Nikka Yuko Japanese Garden

Street Machine Weekend

Printed in Canada for Free Distribution

Lethbridge is full of so many amazing sights that it can be easy to miss some hidden gems. That's why we've created walking, cycling and driving tours. Art, history or local gems—there is something to discover with Tourism Lethbridge on Driftscape. Come back often, we will be adding tours throughout the year.

Scan the QR code to go to the Apple App Store or Google Play on your phone. Or visit **webapp.driftscape.com** on your computer.





Fort Whoop-Up

INDIGENOUS LETHBRIDGE

Written by **Rebecca Many Grey Horses**. From the Blood Tribe, she has worked with the **Galt Museum and Archives** (page 20), which is called **Akaisamitoh-kanao'pa** in Blackfoot. This means an eternal gathering place.

Blackfoot Territory

“Ksahkominoon,” our land as described, is the Blackfoot Traditional ancestral territory that extends along the east side of the Rocky Mountains from the Yellowstone River in Southern Montana, up towards the North Saskatchewan River in Canada, east into the southwestern part of Saskatchewan Canada. The Nitistapii (Blackfoot) believe they have always lived in this area since time immemorial, and their history speaks of their creation stories and constant relationship to the land.

The Blackfoot continue to live today, as they always have, on what continues of their ancestral homeland. There are three nations that comprise the Blackfoot Confederacy: one reservation in Northern Montana, Amsskaapiikani, and three reserves in Southern Alberta, the Kainai, Pikunii, and Siksika.

The Blackfoot had many places where they convene for sacred ceremonies, with prayers and fasting, connecting with

the spiritual realm. There are thousands of sacred places throughout Blackfoot Territory. The Blackfoot passed this knowledge of the past through oral tradition, and other evidence comes through artifacts and those remaining landmarks which have survived the settlement of the prairies. Medicine wheels, tipi rings, rock formations, pictographs, rock writings, effigies, buffalo jumps, pounds and cairns provide historical clues to the past of the Blackfoot people.

Many of these places have been destroyed, and these sites are viewed as being just rocks or cairns to the settlers. Unfortunately, disrespect for these historical and sometimes sacred sites continues to the present day despite efforts to protect them.

Blackfoot Sacred Sites

The following are the most important sacred sites to the Blackfoot; they are used for vision-seeking sites, fasting, ceremonies, the place to gather medicinal plants, and some have springs considered sacred water with spiritual energy. **Ninastako** (Chief Mountain) is considered to be one of the most sacred mountains, **Omahkai'stoo** (Crowsnest Peak), **Paahtómahksik** (Waterton Lakes National Park), **Kátoyissiksi** (Sweetgrass

Hills), Cypress Hills, Áisinai'pi (Writing-on-Stone Provincial Park) are other sacred sites that hold many stories and landmarks of ancient ceremonies. Many of these sites are still revered and honoured, ceremonies still take place there, and plant medicines are still harvested in the areas by the Blackfoot and other First Nations.

To learn more about Niitsitapissksahkoyi (Blackfoot territory), sacred sites, medicine wheels, and get links to more Blackfoot sites, visit **TourismLethbridge.com/indigenous-lethbridge**.



The next generation awaits at the International Peace Pow-Wow at the ENMAX Centre



THE HIGH LEVEL BRIDGE LETHBRIDGE VIADUCT

The iconic Golden Gate Bridge in San Francisco or the Sydney Harbour Bridge define their cities: The Lethbridge Viaduct is no different! Known locally as the High-Level Bridge, it has framed views of the city for over a century. Its black steel trestles contrast the golden sheen of the rolling coulee hills and the Oldman River.

The Lethbridge Viaduct was constructed by the Canadian Pacific Railway (CPR) from 1907 – 1909 at the cost of over 1.3 million dollars. It has played a vital part in Lethbridge's and the region's history. While locals know all about it, the bridge in Lethbridge isn't nearly as famous as some of its counterparts; this hidden gem is truly a sight to see.

Serving as a local landmark, the Lethbridge Viaduct has greeted visitors to the city for over 110 years. It is not only the longest, but also the highest steel railway trestle bridge in the world, reaching over 1.6 km in length and 100 meters in height. The Lethbridge Viaduct is one of the construction wonders of the world.

This bridge is truly a marvel to see! Many have admired the architecture of the massive bridge that spans across the coulees, but they may not have

considered the history behind it. See incredible archival construction photos and learn more about the bridge at the Galt Museum and Archives and for more information, head over to our website **TourismLethbridge.com/major-attractions/high-level-bridge!**

Lethbridge Viaduct Facts

- The Lethbridge train trestle bridge is not just visually impressive; it is huge!
- It's the longest, highest bridge of its kind in the world.
- 5,327 feet in length
- 314 feet high
- The Government of Canada designated the bridge construction a National Historic Event.

Best Places for a Picture with the Bridge:

- Helen Schuler Nature Centre
- Galt Museum and Archives
- River Valley park and trails
- Coal Banks Trail along the coulees in West Lethbridge



Dignitaries ride the first train over Lethbridge's new High Level Bridge. 6/22/1909



Broxburn Vegetables & Café

CANADA'S FOOD TOURS EXPLORE THE LETHBRIDGE REGION

Lethbridge is at the heart of a rich agri-cultural community, Canada's best growing conditions and the world-class food producers and growers along **Canada's Premiere Food Corridor**. It's not surprising then that you'll find many top-notch agri-food producers in the region feeding the world. With all this bounty on offer, Lethbridge is in the middle of the plate of food tourism opportunities. That's why we've created **Canada's Food Tours** CanadasFoodTours.ca.

These Southern Alberta food trails are easy self-drive journeys you can follow to get a taste of the incredible flavours on offer in Southern Alberta.

You'll be sweeping past golden yellow mustard fields, finding deep purple haskap berries, and snacking on the reddest tomatoes you've ever seen! Canada's Food Tours serve up a rainbow of exceptional agri-food products and experiences. The pot of gold? The food you eat along the way!

How to do a Food Tour

There are so many options on the table that if you attempted to try everything in one day, your stomach would burst. We've created a **sample itinerary** to point you in the right direction, but think of it as a tasting menu with many ways to enjoy the buffet of amazing local choices Lethbridge has to offer!

Break up your tastings into a multi-day adventure. Those short on time might want to stay in Lethbridge and discover the flavours of this tour at a featured restaurant or pick up local ingredients at a participating shop and have a picnic in the river valley.



Mocha Local

Food Tour Ideas

First Course

Explore **downtown Lethbridge!** Urban Apothecary grows exceptional micro-greens and mushrooms, and Umami Shop is a world grocery boutique plus kitchen and deli! Mocha Local carries many of our tour participants' products, including Luco Farms mustard.

-or-

Visit a farm! Broxburn Vegetables & Café grows superior field and greenhouse fruits. Enjoy their café, u-pick berry patch, and market.



Broxburn Vegetables & Café



Broxburn Vegetables & Café

Second Course

Hit the road and drive north to **Picture Butte**. Prairie Hill Farms grows healthy and tasty haskap berries. Cattlemen's Chophouse serves classic chophouse fare and features Ben's Quality Meats and Little Gem Winery beverages.

-or-

Stay in Lethbridge and enjoy a **locally-sourced lunch**. The menu at Mocha Cabana Bistro features over 20 local farms, including Broek Pork Acres' Berkshire pork. The Water Tower Grill delivers internationally inspired, casual cuisine in the sky.



Broek Pork Acres



Mocha Cabana

Third Course

North of the city—discover delicious dairy products at the cheese factory, store, and café of Crystal Springs Cheese. Or get it to go, for a picnic at Park Lake. On your way, stop at the Broek Pork Acres shop.

-or-

In Lethbridge, have your picnic catered! Both **Fort Whoop-Up** and **Nikka Yuko Japanese Garden** offer unique picnic experiences featuring local food from the tour. Learn about the Fort on pg 17 and the Garden on pg 23.



Nikka Yuko Japanese Garden



Water Tower Grill & Bar

Fourth Course

Still hungry? Lift your fork at the Italian Table and **discover more local producers** like Let's Pasta, Holi Cannoli, Messinger Meats, Homestead Bakery and Stronghold Brewing Co. Bon appetite!

-or-

Too full for food? Unwind at a craft brewery! Theoretically Brewing and Spectrum Ale Works make craft beer that ranges from approachable to daring! Learn more about the **Highway 3 Ale Trail** on pg 8-9.

Learn More

This page is just the starting point. You'll find more information about these agri-food attractions, and a more structured suggested itinerary, on the website—CanadasFoodTours.ca.

Enjoy the Ale Trail Along Highway 3

8 tasty stops in Medicine Hat, Lethbridge and the Crowsnest Pass.

Adventure under the wide skies of Southern Alberta. From beautiful coulees and bluffs to majestic Rocky Mountain peaks, you're in for big blue skies and sunshine.

Medicine Hat, Canada's Sunniest City, offers 3 breweries — all with dog-friendly patios. They each tell a different story of the city's history with their brewery names and locations. **Lethbridge** — easily accessed from Calgary along Hwy 2 — continues its long brewing history with 2 stops in town and one more in nearby Fort Macleod. Finally, the **Crowsnest Pass** serves up creative breweries in Lundbreck and Blairmore.

From IPA's, and Stout, to Pale Ales and food menus that elevate each drink, savour the flavour of Alberta-made beer along the Highway 3 Ale Trail!

Theoretically Brewing Company

📍 1263 2 Avenue S, Lethbridge, Alberta
📞 403-715-5140
🌐 theorybrew.ca
📱 @theoreticallybrewing
📱 @theorybrew
📱 @theoretically_brewing_co

Stronghold Brewing Company

📍 230 24 Street, Fort Macleod, Alberta
📞 403.635.9381
🌐 strongholdbrewing.ca
📱 @strongholdbrewing

Oldman River Brewing Ltd.

📍 101 Breckenridge Avenue, Lundbreck, Alberta
📞 403.751.0017
🌐 oldmanriverbrewing.com
📱 @OldManRiverBrew
📱 @OldmanRiverBrewingLtd

The Pass Beer Company

📍 10801 20 Avenue Blairmore, Crowsnest Pass, Alberta
📞 403.753.1100
🌐 passbeer.ca
📱 @ThePassBeerCo

Hell's Basement Brewery

📍 552 18 St SW, Medicine Hat, Alberta
📞 403.487.0489
🌐 hellsbasement.com
📱 @hellsbasementbrewery
📱 @hellsbasementmh
📱 @hellsbasement

Medicine Hat Brewing Company

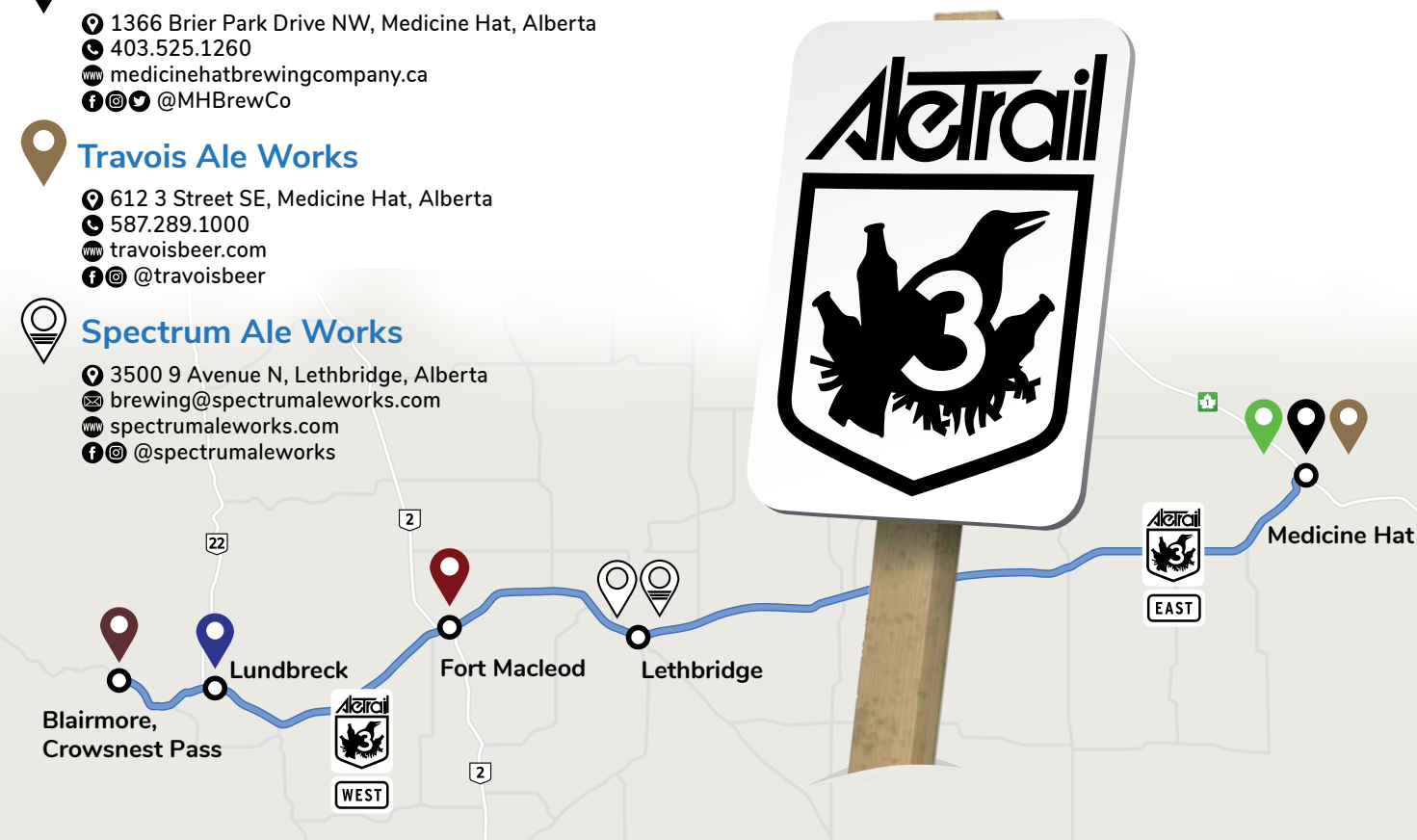
📍 1366 Brier Park Drive NW, Medicine Hat, Alberta
📞 403.525.1260
🌐 medicinehatbrewingcompany.ca
📱 @MHBrewCo

Travois Ale Works

📍 612 3 Street SE, Medicine Hat, Alberta
📞 587.289.1000
🌐 travoisbeer.com
📱 @travoisbeer

Spectrum Ale Works

📍 3500 9 Avenue N, Lethbridge, Alberta
📧 brewing@spectrumsaleworks.com
🌐 spectrumaleworks.com
📱 @spectrumaleworks



#ExploreLethbridge



Sondra aka. The Beer Maven at Spectrum Ale Works

HIGHWAY 3 ALE TRAIL LETHBRIDGE AND AREA STOPS

Grab your friends and hop between the **8 craft breweries** along the Highway 3 Ale Trail. Get a taste of the province as you sip and sample a variety of styles along **Crowsnest Highway**. Learn more at AleTrails.ca.

Craft Beer

Lethbridge has a long and storied brewing history that is as rich as a stout is dark. In 1901, **Fritz Stick** started the Alberta Brewing Company and created the **Old-Style Pilsner**. While no longer brewed in Lethbridge, it's still being enjoyed across the prairies. Today, new craft brewers are taking on the local tradition and are brewing up traditional and approachable brews and experimenting with the latest styles. Start sipping in Lethbridge!



Theoretically Brewing

Theoretically Brewing

1263 2 Ave S Lethbridge AB

With their inventive and innovative brews, the team behind Theoretically Brewing is creating some of the most scientifically sound and delicious beers in Southern Alberta. The periodic table style labels hint at their roots in the University of Lethbridge Chemistry department. They've combined an interest in the scientific method and natural small-batch brews. Their Warehouse District tasting room (and dog-friendly patio) is the perfect spot to discover craft beer!

TheoryBrew.ca

Spectrum Ale Works

3500 9 Ave N Lethbridge AB

Spectrum Ale Works makes beer that's dialed in. Their core favourites — think a very sessionable ESB English Pub Ale, the Drifter Brown Ale and more — and a rotating tap selection of tasty tipples will keep you wanting more. Enjoy a flight of samples in the fun and welcoming tasting room or get it to go in a growler — for sale along with other great merchandise! Discover quality brews made with high-quality local ingredients that support the local economy. SpectrumAleWorks.com

Stronghold Brewery

230 24 St, Fort Macleod, AB T0L 0Z0

The Stronghold Brewery in **Fort Macleod** combines a love for family and friends with a love for delicious craft beers to create a warm and inviting atmosphere. Their three flagship beers and a rotation of experimental brews offer something for both the backyard beer lover and those who walk on the wild side! The town's historic main street is a Hollywood favourite, so you might recognize their building from recent blockbusters or the hit series " Fargo."

Little Gem Winery

When life gives you potatoes, grow some haskap berries and turn them into wine! Little Gem Winery is a hidden gem in local brewing. While not quite ready to welcome visitors to their farm, you'll find delicious Little Gem Winery haskap berry wine and ciders available at local restaurants, bars and some local liquor stores. See our **Food Tour** on pg 6-7.



Henderson Lake Golf Club

GOLF - WHERE BIRDS & BEASTS MEET BOGIES & BIRDIES

Golf in Lethbridge

Lethbridge is a golfers paradise. You'll find a wide variety of golf options that fit every budget, skillset and scoreboard. The coulees, or what we locals call the river valley, is an incredible place to play at your own pace or challenge your game.

For more Lethbridge golfing information and links to these links, head to TourismLethbridge.com/outdoors/golf.

Paradise Canyon Golf Resort

Nestled in the hills and cliffs of the Old Man River, Paradise Canyon Golf Resort is waiting to challenge your game and expectations of what a golf resort can be. There's a reason it's Southern Alberta's #1 rated golf course! A clubhouse, driving range, and onsite accommodations complete the experience.

Henderson Lake Golf Course

Test your accuracy as you navigate fairways, water hazards and sand traps at this classic course! This welcoming 18-hole par 70 golf course is excellent for all skill levels. Not to mention the picturesque views of the lake that can be

seen from the course. Wind down at the onsite Henderson Grill or head next door for a relaxing stroll through Nikka Yuko Japanese Garden.

Evergreen Golf Centre

This 9-hole, par-3 course is a fun two hours of play. Practice your swing all year long at this golf facility's award-winning driving range! Or indulge your inner child with a round of mini-golf.

Bridge Valley Golf Course

Nestled in the coulees, north of the High-Level Bridge, this 9-hole par 3 course tees up a relaxed, family-friendly game. The 18-hole mini-putt offers views that are anything but mini! Experienced golfers will love the driving range and the chance to improve their shorthand.

Picture Butte Golf Club

Drive a short distance north of Lethbridge to 27 holes of picturesque golf at Picture Butte Golf Club. The well-maintained site offers three combinations of play. No matter your handicap, get ready for an enjoyable day of golf.

Lethbridge Golf and Country Club

Designed by legendary course architect Stanley Thompson, this course is one of Alberta's five historic golf clubs. Included here in light of its prestige, visitors to Lethbridge should be aware that this is a private club and requires an invitation to play. It may be worth moving to Lethbridge to play here!

For more information on all these fantastic Lethbridge golf courses, head to TourismLethbridge.com/outdoors/golf.



Paradise Canyon Golf Resort



Bridge Valley Golf Course

#ExploreLethbridge

Golf in the Region

Magrath Golf Club

A half-hour drive to the east outside of Lethbridge, and you'll find yourself in Magrath and close to the amazing Magrath Golf Club. This astounding 18-hole course has been a player favourite since golfers first got the green light to take on these greens in 1925. At 6,300 yards, it may not be long by today's standards, but it is a great hidden gem of Southern Alberta golfing.

Lee Creek Valley Golf Course - Cardston

For more than 115 years, Cardston has taken immense pride in their historical preservation, but they preserve their golf course just as well. This amazing course in Cardston is just one more reason for the people of the town to be proud. With 18 holes of impeccable looking greens, elevation changes, and some demanding 300-yard par 3's, this is an incredible place to play a round.

Waterton Lakes Golf Club - Waterton Lakes National Park

There are few courses in North America that are as scenic, historic and affordable as the Waterton Lakes Golf Club. Constructed in 1929, this 18-hole gem rests in the shadows of the rocky mountain peaks Waterton is known for. Stanley Thompson designed this course to be a beautiful and breathtaking experience and less of a championship experience.

Crowsnest Pass Golf Course

Crowsnest Pass Golf Course is Rocky Mountain golf at its finest. First opened in 1918, it has always been recognized as a beautiful and enjoyable course to play. Under the careful eye of Gary Browning, 8 new or redesigned holes have been implemented into the course. The course also recently renovated their greens, creating a new and exciting golfing experience for those both familiar with and new to the course.

Fort Macleod Golf Course

In 1890, the Fort Macleod Golf Course became the first course built between the West Coast and Winnipeg. Did we mention that this is where the Prince



Evergreen Golf Centre



Nicholas Sheran Park - Disc Golf Course

of Whales teed up in 1924? Be a part of the heritage. Then, get refreshed at the Stronghold Brewery tasting room. Learn more about the **Highway 3 Ale Trail** on pg 8-9.

These courses form what esteemed golf writer Michael Cunningham has named the **Heavens Breath Golf Trail**. It's an agreeable way to think those blustery Southern Alberta days while on the links! Find links to these fantastic courses and more at TourismLethbridge.com/outdoors/golf.

Disc Golf in Lethbridge

In addition to the diverse collection of golf courses in our area, Lethbridge is also home to multiple disc golf courses.

Nicholas Sheran Park is home to the oldest. It's conveniently close to the Backstreet Pub, which rents disc golf equipment. It's a great place to unwind after a game. Learn more about the sport on our Stories page — search for disc golf on TourismLethbridge.com



Head-Smashed-In Buffalo Jump

YOUR UNESCO WORLD HERITAGE SITE HUB



Couple enjoying Maskinonge, Waterton

There are 6 UNESCO World Heritage Sites in Alberta. You can see 4 of them as day trips from Lethbridge! These attractions range from cloud-tickling Rocky Mountain peaks to otherworldly bad-land landscapes. You can walk amongst dinosaur fossils or get an unparalleled introduction to over 6,000 years of Indigenous history and culture at an award-winning Interpretive Centre.

Waterton Lakes National Park / Paahtómahksikimi

Less trafficked than Banff or Jasper National Parks, but equally astounding, Waterton Lakes is not only a UNESCO site but the very first International Peace Park. Hikers will rejoice at the options, like the jaw-dropping Crypt Lake hike. It's for the adventurous only!

Those who prefer to 'go deeper' can scuba dive in Emerald Bay, exploring the wreckage of 'Gertie,' an old paddle wheeler.

If taking it easy is your speed, hit up Pat's or Blakiston & Co. for an e-bike rental. The townsite shops and restaurants are great. Drives to Red Rock Canyon or Cameron Lakes are worth it.

Head-Smashed-In Buffalo Jump / Estipah-skikikini-kots

The migration of the buffalo herds were lives integral to the Indigenous people of the western plains. You can discover the significance of the cliffs through exhibits on culture, archaeology, and the over 6,000 years of history of this site.

From Lethbridge, the 45-minute drive crosses prairies and coulees via the town of Fort Macleod. While not nearly as old as the Jump, the town centre boasts historic buildings and the **Fort Museum of the Northwest Mounted Police and First Nations Interpretive Centre**. Enjoy the Northwest Mounted Police music ride in the summer.



Try paddleboarding in Waterton



Hoodoo at Writing-On-Stone Provincial Park

Writing-On-Stone / Áísínai'pi

Called Áísínai'pi in Blackfoot, this site is spiritually significant to the Blackfoot people. A visit here is your chance to see ancient rock art and towering sandstone pillar hoodoos up close and in person. Wandering through the site, it doesn't take long to feel the power of the place. A visitor centre and guided hikes introduce visitors to the site and its integral role in the culture of the Indigenous Peoples of the Western Plains.

This place is a spiritual destination, so please respect the site and its landscape accordingly. Learn more about other sacred Blackfoot sites at TourismLethbridge.com/beyond-lethbridge.com/indigenous-lethbridge.



Writing-On-Stone Provincial Park

Dinosaur Provincial Park

Dinosaur lovers staying in Lethbridge should know that Dinosaur Provincial Park has some of the richest dinosaur fossil beds in the world. This alien-looking landscape is world-renowned for its abundant fossils, riverside cottonwood groves, and stunning badlands. No matter how much you like dinosaurs, you'll dig up some interesting information at their interpretive centre. The Park is a field site for the Royal Tyrell Museum.

For other amazing adventures just beyond Lethbridge, turn the page, then visit TourismLethbridge.com/beyond-lethbridge!



Head-Smashed-In Buffalo Jump



Rills at Dinosaur Provincial Park Jeremy Klager @jeremyklager



Dinosaur Provincial Park

Andy Best @andy_best



Lethbridge is a great place to hang your hat when exploring

Southern Alberta

Hotels, restaurants, unique attractions — Lethbridge is the ideal spot to explore Southern Alberta. Staying in Lethbridge means you can explore prairie towns one day and epic peaks the next. Your hotel and other comforts await your return in Lethbridge. Start exploring!

You’ve read about the Food Tour (pg 6-7) and how Lethbridge is a UNESCO hub (pg 12-13). Now build even more incredible day trips from Lethbridge. Some of these routes take you to UNESCO sites. All can be broken out into excursions on their own.

Looking for more ideas? Contact Tourism Lethbridge in person, by phone or online — TourismLethbridge.com/contact.



Kootenai Brown Pioneer Village

Don’t Pass Up the Pass!

Driving west on Highway 3 towards the Crowsnest Highway is a scenic drive that sweeps you past wind turbines and rolling foothills to the rugged Rocky Mountains. **Head-Smashed-In Buffalo Jump** is an easy detour at Fort Macleod.

The mountains are the destination, but there’s plenty to do on the way. **Kootenai Brown Pioneer Village** in Pincher Creek brings history to life. Sip craft brews at **Oldman River Brewing** (pg 8) in Lundbreck. **Lundbreck Falls** is a photo stop must. KootenaiBrown.ca

Once in the Pass, go deeper into history at the historic **Bellevue Underground Mine** for an underground mine tour. BellevueMine.com

Next, when the highway is suddenly flanked by boulders bigger than your car, you’ll know you’ve reached **Frank Slide**. The deadliest landslide in Canadian history, 110 million tonnes of rock enveloped three square kilometres and the town of Frank in about 100 seconds. Head to Frank Slide Interpretive Centre for an in-depth look at the tragic story. FrankSlide.ca

Golfers seeking a panoramic mountain round should check out the **Crowsnest Pass Golf Club** (pg 10-11).

For more information about Southern Alberta Itineraries, go to TourismLethbridge.com/beyond-lethbridge



Oldman River Brewing

King of the Castle!

Powder to ski, trails to hike — Castle Mountain offers year-round outdoor thrills just a short drive from Lethbridge. Fresh air lovers rejoice.

Summer

Summer is a great time to explore **Castle Mountain Provincial Park**. Discover mountain landscapes, montane forests and meadows on **hiking trails** that range from easy to expert. This is bear country — know your backcountry etiquette.

Consider horseback riding in this beautiful park. **Centre Peak High Country Adventures** offers horseback riding from Castle Mountain Resort to Haig Lake.

The **Huckleberry Festival** closes out the season on August 26-27, 2022, at Castle Mountain Resort. Enjoy live music, scenic chairlift rides, berry picking, and more. You’ll leave with a huge smile and a purple tongue.

Winter

Castle Mountain Resort is “owned and operated by skiers who are driven by adrenaline, not profit.” From beginner to black diamond, multiple runs mean there is fresh powdered fun for everyone. SkiCastle.ca

Snowshoeing tours are also available. The tours are guided, and snowshoe rentals are included. Start exploring!



Catch a movie or live music at the Empress

Small Towns, Big Options

Downtown Fort Macleod and the Empress Theatre

Fort Macleod has an incredibly preserved historic downtown. You’ve probably already seen it in blockbusters like *Ghostbusters: Afterlife* and hit shows like *Fargo*. Stop into **Stronghold Brewery** (pg 8-9) for a taste of history. Or end your visit with a movie or live music at the historic **Empress Theatre**. MacleodEmpress.com



The Fort Museum of the NWMP and First Nations Interpretive Centre

Fort Macleod Fort Museum

The Fort Macleod Fort Museum in Fort Macleod shares the history of the Indigenous people and the North West Mounted Police within Southern Alberta and Canada. Visit the museum to view the NWMP Musical Ride or participate in their educational school and Groom-A-Horse programs. NWMPmuseum.com

Raymond Drive-in

Raymond is a small town presenting big-name concerts at their drive-in! The Raymond drive-in presents exclusive filmed shows of the globe’s top performers. Local food vendors add to the experience. Raymond.ca/drivein



Carriage House Theatre

Remington Carriage Museum in Cardston

A family-friendly stop, this largest museum of its kind in the world shares the story of horse-drawn travel. Even hesitant visitors will be won over by interactive displays, horses, and beautiful restorations. RemingtonCarriageMuseum.ca

Carriage House Theatre

Each summer, the Carriage House Theatre presents a pair of live theatre performances in this historic theatre. Catching a show is the perfect end to a daytrip to Waterton. CarriageHouseTheatre.com

Travel Tip

Hikers rejoice! National Geographic named the trail to Crypt Lake in Waterton, one of the world’s most thrilling hikes. Get ready for a natural mountain tunnel, skinny rock ledges and views all day long. while this hike may take a full day, completing it gives you serious bragging rights!



Andy Best @andy_best



GALT MUSEUM & ARCHIVES AKAISAMITOHKANAOP'PA

The Galt Museum & Archives (Akaisamitohkanao'pa) holds significant portions of Lethbridge's history within its walls! From the history of our land and its people before the great coal rush to each and every development since the first pickaxe broke coal in our coulees, the Galt Museum has all the nitty-gritty details that have settled with the dust on the history of Lethbridge's past.

Since its opening of the Galt Museum in 1964, the museum has worked not only to inspire and educate the community but to create a wealth of archival information on the city and region. They have helped paint a complete and vibrant picture of our past. They are not only the keepers of our past but hold the keys to our future! On April 26, 2022, the Galt Museum and Archives had the honour to receive a **Blackfoot name** Akaisamitohkanao'pa meaning an eternal gathering place!

Take a stroll through Discovery Hall to learn about the importance of coal and agriculture in Lethbridge and Alberta. Learn about the historic **Lethbridge Viaduct's** construction and the many iconic stores and businesses of downtown past.

The **Discovery Hall** also hosts rotating exhibits that feature information about local and national history as well as beautiful interactive and vibrant educational displays.

After strolling through the exhibits, you can take a moment and enjoy the coulees from the Galt **viewing gallery!** Take in the panoramic view of the beautiful and expansive natural coulee landscape and our historic bridge. From there, you can head outside and enjoy some of the outdoor learning spaces or the courtyard.

Fun Fact: Did you know that the brick wall in the courtyard is the only remaining wall of the original Galt Hospital structure? It was built even before the newer hospital the front of the museum is housed in!

The Galt also features an incredible **gift shop** where you can find all sorts of unique Lethbridge-themed souvenirs. Made from local creators, many of the items in this shop speak to the local spirit we try to cultivate in Lethbridge! You can also find books on the history and culture of both Lethbridge and the greater Southern Alberta region.

If there was something that you really loved learning about in Discovery Hall, you might want to take a print copy home with you! Temporary rotating exhibits oftentimes have print versions for sale in the gift shop as well. While the books can differ in length and contents, they frequently mirror directly what is in the exhibits.

For opening hours and current exhibition information, go to [GaltMuseum.com](https://www.galtmuseum.com)



The Galt is home to extensive archives



FORT WHOOP-UP

What is now known as Southern Alberta has long been the homelands of the Niitsitapi (Blackfoot). Their traditional ways of life included nomadic living, following herds of bison across the plains. In 1870, Alfred B. Hamilton and John J. Healy set up a trading post at the meeting of the St. Mary and Belly (now Oldman) Rivers called Fort Hamilton that later became known as Fort Whoop-Up. This spot was a traditional wintering site for the Siksikaitsitapi (Blackfoot Confederacy). The **buffalo robe and whisky trade** brought tremendous change to Niitsitapi social and cultural life.

While the bison roamed the prairies in great herds, the European demand for buffalo robes brought the animal close to extinction. Traders made fortunes from trading buffalo robes for firearms, blankets, and whisky. The "whisky" they traded for wasn't really whisky as it might contain anything from chewing tobacco to burnt sugar. Due to this, it was often called "firewater." One to two litres of this were traded for one robe.

In 1873, Prime Minister Macdonald announced the formation of the **North-West Mounted Police (NWMP)** to enforce Canadian laws in the West and close down the whisky trade. As the NWMP approached, some traders fled to Montana; others rebranded as legiti-

mate traders, later becoming politicians or legal businessmen. When the NWMP arrived at Fort Whoop-Up on October 9, 1874, they found a nearly abandoned fort with no whisky in sight.

However, the buffalo robe trade continued until the near extinction of the bison in the late 1800s. Already struggling with **epidemics like smallpox** and tuberculosis, the Niitsitapi were devastated by the loss of the bison and the effects of alcohol. The Tsuu T'ina, Nakoda, and Siksikaitsitapi nations signed Treaty 7 in 1877. The Niitsitapi were resilient, with a strong traditional culture despite ongoing challenges. The Southern Alberta landscape was transformed in the 1890s

by railways, farms, irrigation and permanent settlements. Furthermore, the naturally changing flow of the Oldman River has eroded the original site of Fort Whoop-Up.

On October 28, 1963, the Fort's original location was declared a **National Historic Site of Canada** and in 1967, a reconstruction of the Fort was erected in the river valley. Today, the Fort Whoop-Up facility and staff continue to tell the challenging story of the brief but formative period of the buffalo robe and whisky trade in Southern Alberta and its impact on Niitsitapi social and cultural life.

To learn more about the Fort and visitor information, visit [Fort.GaltMuseum.com](https://www.fortgaltmuseum.com).



A view of the tipi and coulees from inside Fort Whoop-Up



DISCOVER LETHBRIDGE'S DOWNTOWN

Rich culture, original nightlife, delicious food — enjoy it all in Downtown Lethbridge! Grab a handcrafted latte at one of the independent cafes downtown, and let's explore!

Downtown is where you'll find **great local shopping**. Silla, Purple Hippo Boutique, Meadow Lane, Analog Books — the names of these boutiques are as unique as what you'll find inside! Is all that shopping working up your appetite? From lip-smacking Dylan's Piggyback Pouterie to the fabulous cocktails at Bread, Milk and Honey — Late Night Cocktail Bar, from the farm-to-fork fare at Mocha Ca-

bana to slippery noodles at Taro Noodle House, the menu downtown has something for everyone, find more restaurants at TourismLethbridge.com/food.

These are historic streets, and history buffs will love our historical walking tours. Stroll from the Galt Museum past significant buildings. Art lovers can use the app to discover public art in the downtown. Get the Driftscape app and start exploring — scan the QR on page 3.

Looking for nightlife? Grab some awesome ales at the Telegraph Tap-house — another historic setting — or hunker down at the Round Table Board

Gamerie with friends. Like your entertainment live? Good Times Comedy Club, the Owl Acoustic Lounge and others all host great entertainers. Plus, Galt Gardens hosts multiple outdoor events throughout the year — so get your glowsticks ready for the Lethbridge Electronic Music Festival. And, of course, Lethbridge's newly renovated performance space, the Yates Memorial Theatre (page 22), hosts theatre and visiting shows year-round.

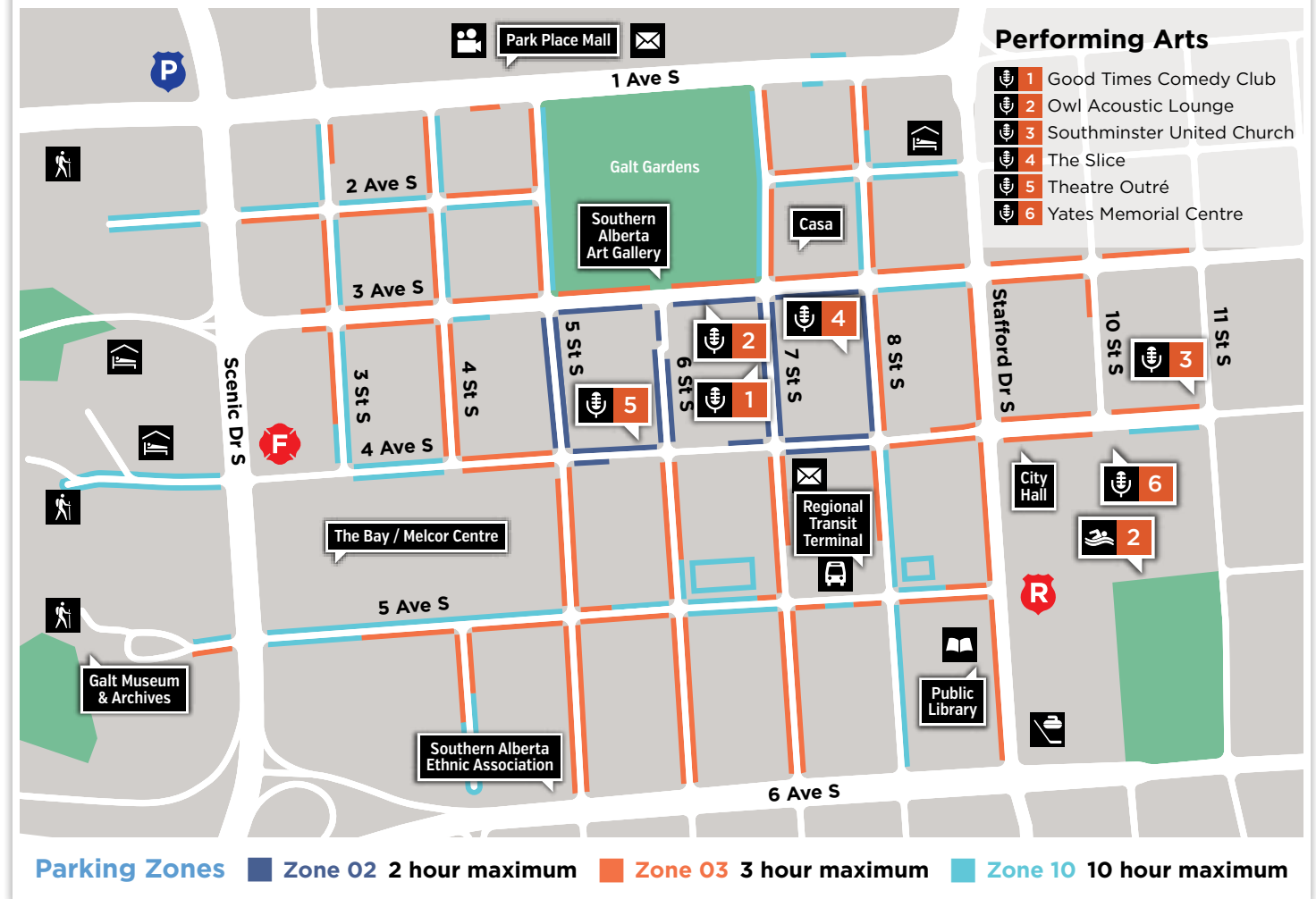
Of course, this is just a taste of what you'll find in the heart of Lethbridge — discover more at DowntownLethbridge.com.



Diverse dining, shops, and entertainment — discover downtown Lethbridge



Downtown Lethbridge Map





Casa

A VIBRANT ARTS SCENE - CASA & ULAG

Lethbridge is home to a “rich visual art community.” That’s straight from the mouth of Josephine Mills, the curator of the University of Lethbridge Art Gallery! Our city is home to numerous galleries, cultural centres, as well as countless artists.

Along with the art stops profiled here, don’t miss the nature and environmentally-themed exhibitions in the Nature Centre gallery. It’s naturally different!

Or, try a public art walking tour — scan the QR code on pg 3 to download the app.

Casa

In Lethbridge, Casa is the home to many of the fantastic works of local art and future works of art of our city. Casa features not only a wide array of public artworks throughout the centre, but it also helps to support the arts community by housing performance spaces, studio spaces, and small private rooms which artists can rent to use for a variety of their artistic endeavours. Whether you want to stop in and browse the public works, or you are stopping in to catch a lively performance from a local group, down to stopping by for an art class, there is something for everyone’s artistic instincts inside of Casa.

CasaLethbridge.ca



Visitors can experience many different works in the Casa Art Gallery

U of L Art Gallery

From knitting noon hours to the art lab, the University of Lethbridge Art Gallery (ULAG) offers fun ways to connect with their collection. The University’s collection of over 16,000 objects spanning the 19th and 20th centuries, is an invaluable resource for students and our community.

In 2017, the ULAG received an exceptional bequest from Dr. Margaret (Marmie) Perkins Hess. The diverse collection features historically important artists such as the Group of Seven, Indigenous masters Alex Janvier, and Bill Reid, and others including Pablo Picasso and Henri Matisse. The gallery hosts rotating exhibitions throughout the year and a special summer exhibition to ensure all are welcome. **ULAG.ca**



SAAG / MAANSIKSIKAIT SITAPIITSINIKSSIN

SAAG

You’ll find the Southern Alberta Art Gallery (SAAG) in the heart of downtown, on the southern edge of Galt Gardens. Originally the site of the Carnegie library, this historic building has more than kept with the times through extensive renovations allowing SAAG to push boundaries by featuring contemporary artists. SAAG encourages broad public engagement, and promotes awareness and exploration of artistic expression.

Exhibitions at SAAG regularly features art by renowned regional, national, and international artists.



Southern Alberta Art Gallery

With a tempting gift shop carrying unique, handcrafted items produced by local and area artisans, a visit is a must. Because the Gallery is in the centre of town, you’re close to great cafes and bars where you and your friends can discuss what you’ve just experienced.

Discussion is the name of the game as SAAG looks to promote community engagement and increase connections between programming, exhibitions and the public.

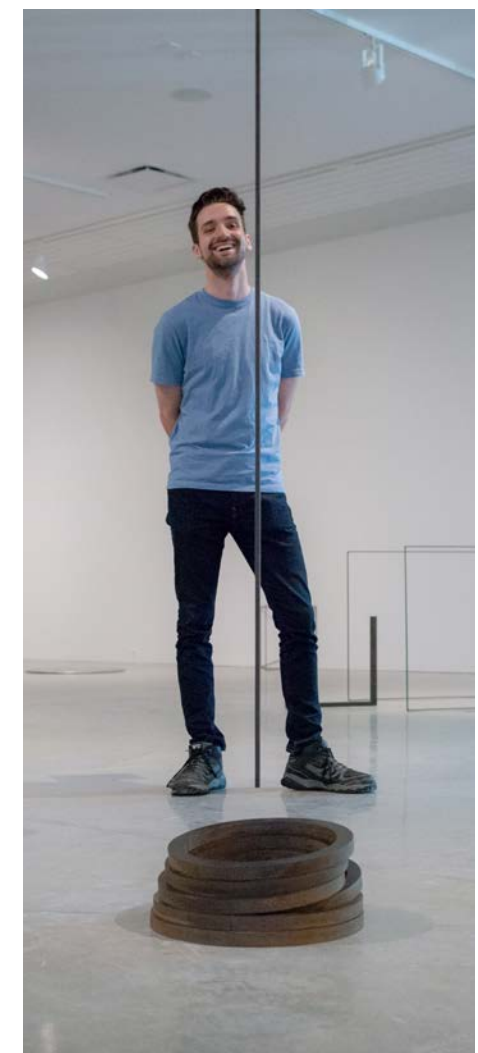
For the Adults

Virtual events, Bletcher hour reading group, SAAG Cinema—the Gallery is always innovating, always challenging so you can better engage with art!

For the Younger Crowd

Cultivate creative kids! One of the Gallery’s most popular programs is miniSAAG. The Gallery hosts imagination-inducing camps, both virtual and in-person. You don’t need to wait for special programming. A visit to SAAG will enhance your young one’s artistic appreciation any time of year!

Find out more at **SAAG.ca**.



Southern Alberta Art Gallery



New West Theatre at the Yates Memorial Centre

PERFORMANCE & ENTERTAINMENT

New West Theatre

Get ready to laugh! Every summer and winter, New West Theatre performs encore-inspiring comedic musical shows. Along with the laughs, their season delivers productions in a variety of styles. Be moved and entertained at the (newly renovated!) Yates Memorial Theatre. **NewWestTheatre.com**

Theatre Outré

Theatre Outré entertains, enlightens, challenges and provokes. This professional performance company presents alternative theatrical content, subject matter, styles and forms to what is already being offered in our community. From family-friendly to adults only, experience an uncensored artistic platform. **TheatreOutre.ca**

The Owl Acoustic Lounge

The Owl Acoustic Lounge is now in a new and larger location across the street from SAAG. Many nights of the week, you'll get great live music to accompany your food and drinks. Easily accessible, their tree-shaded patio is the perfect place to unwind after a day spent shopping downtown. You'll agree, the Owl is a hoot! **OwlAcousticLounge.ca**

Geomatic Attic

On the South Side of Lethbridge is the Geomatic Attic, a place for all to come together and enjoy some love music. From bluegrass to alternative, the acts at Geomatic Attic will have the roof raised in no time, so be sure to bring your dancing shoes. **GeomaticAttic.ca**

ENMAX

What do Cirque du Soleil, Five Finger Death Punch, and Carly Rae Jepsen all have in common? The fact they have all performed at the ENMAX Centre in the last decade! With a wide variety of live performances to fit any interest, and as home of the Hurricanes, the ENMAX Centre is your centre for good vibes. **EnmaxCentre.ca**

Good Times Comedy Club

You think you're a funny guy, eh? Well, why don't you try your hand at breaking ribs at the Goodtimes Comedy Club? Featuring local acts and open mic nights, the Goodtimes Comedy Club features more than enough laughs to fill a bucket. **GoodTimesYQL.com**

Pure Casino Lethbridge

Just off Hwy 3, and surrounded by hotels, it's easy to be a part of the fun at the casino. **PureCasinoLethbridge.com**

Bullys Casino and Rocky Mountain Turf Club

This classic complex across from Henderson Lake gives the chance to win at the casino and horse track. **RockyMountainTurfClub.com**



The Owl Acoustic Lounge patio on 3rd Ave. S



NIKKA YUKO JAPANESE GARDEN

Konnichiwa and welcome to Nikka Yuko Japanese Garden, a taste of authentic Japanese culture in the very heart of Lethbridge! Tea ceremonies, meditation activities, and a traditional rock garden reveal tranquillity in the city's center, while daily programming — such as Sumo Sundays, Anime Saturdays and Gin & Juniper sessions — buzz with energy!



Traditional yukatas

Established in 1967 for Canada's Centennial, Nikka Yuko celebrates those of Japanese ancestry in Southern Alberta. Designed by master garden architect Tadashi Kubo and featuring components built by artisans in Kyoto, the Garden showcases the friendship between Japan and Canada. The name Nikka Yuko is itself a harmonious melding of the cultures that meet in the Garden — **Nihon** (Japan), **Kanada** (or Canada), and **Yuko** (friendship).

As you walk along the paths, you'll see Southern Alberta landscapes — magnificent mountains, tumbling rivers, and placid lakeshores — mixed with traditional Japanese elements. Each aspect maintains the balance of the Garden.

Each season offers new reasons to visit. In May, the Garden opens, as do many flowers. Warm summer days are the perfect time to contemplate the waterfall from the veranda. Fall brings warm colours as nature prepares for the coming cold. The Garden makes up for missing blossoms in winter with a vibrant **Winter Light Festival**.

The year 2022 blossoms with exciting new experiences coming to life with the **Bunka Centre**, which has just opened at Nikka Yuko Japanese Garden. Stop in and take a moment to rest — enjoy the virtual fish pond, exhibits about Japanese Canadians and grab a drink or sweet treat at Cleo's Cafe! **NikkaYuko.com**



Winter Light Festival



Helen Schuler Nature Centre

FAMILY FUN

Fun Fact for Kids:

Although our city has a **REALLY BIG** bridge, Lethbridge got its name from William Lethbridge, a coal mine owner.



Beasts and Bridges!

Meet all the little critters who call the coulees home at the Helen Schuler Nature Centre (page 29). From there, head up to the rooftop garden for a High-Level introduction to the **native plants of the coulees** and Southern Alberta, and the prettiest place to see the High-Level Bridge (page 5)! Then, take what you have learned about nature and explore the trails surrounding the Centre! With self-guided interpretive trails, and awesome programing you and your family can learn all about **Lethbridge's wild side** at Helen Schuler Nature Centre!

Keep walking, and you'll be in Indian Battle Park. You will love the playgrounds situated close to the Oldman River; you can take a quick stroll to the riverside and start skipping river rocks on the Oldman River. Afterwards, you can find a lovely place to **picnic in the river valley** — learn More about Lethbridge's parks on page 28.

This area is also home to Fort Whoop-Up (page 17). Cannons, costumes, a blacksmith — this replica of a traditional trading fort is where history comes to life. Take a horse-drawn carriage ride!

Play all Day at the Cor Van Raay YMCA

Nature is great, but it's not always perfect. Rain or shine, the Cor Van Raay YMCA at the ATB Centre is here for you when you want to play, and the rain won't go away. You'll find an **aquatic center with a wave pool**, waterslide, and surf station! Skating superstars will even find 2 ice rinks at ATB Centre. If water and ice aren't your thing, the Cor Van Raay YMCA also has courts for basketball, badminton and pickleball. There is even an indoor playground for the tiniest tots.

Climbing Critters, Leaping and Laughing

When you grow up, do you want to be a marvellous mountain goat, a rascally raccoon, or even a super-slow-motion sloth? Then you probably need to be **hanging out on the climbing walls** of Coulee Climbing! Perfect for an orang-utan-in-training! For even BIGGER climbing challenges, check out Ascent Climbing Centre at the University of Lethbridge. Once you've scaled walls, why not really defy gravity? Hop over to Jump LA Trampoline Park!

Grown-ups, please keep in mind that most of these places need you to sign a waiver and accompany younger ones.



#ExploreLethbridge

Bring your canoe to Henderson Lake Park!

Downtown Lethbridge Delights

After an afternoon bouncing around the city, cool down downtown at the Centennial Spray Park at the edge of Galt Gardens. Splash parks are cool, but so is art! Luckily, you're beside two local art centers! Across the street to the east is Casa, home of pottery, printmaking and other **art classes**! These are perfect for kids staying in town a little longer. Head west, and you'll see the Southern Alberta Art Gallery, that's SAAG to us locals (page 21). You'll find summer art camps and other fun programs here and a gift shop with items curated by local artists and creators.

Head a bit further west, right to the edge of the river valley, where the Galt Museum & Archives sits (page 16). Learn about **Lethbridge's past** with fun programming. Check out their event calendar for details. If you don't have time to stop in, start your exploration of Lethbridge's rich history with Tourism Lethbridge's Guided Audio Tours on the Driftscape mobile app.

Henderson Lake is H-2-Oh-so-much-fun!

Henderson Lake Park is one of the biggest parks in the city. Bike along the lake on the trails, discover the many playgrounds and maybe even do some fishing on the dock. This is also where you can cheer on dragon boats and catch special event fireworks! Find more parks in Lethbridge on page 28.

On those super sunny Southern Alberta days, Henderson Pool is H-2-Oh-so much- fun! This **BIG outdoor pool** also has a climbing wall, multiple multi-coloured waterslides, and a spraypark! It's time to make a big splash!

Once you dry off, slide across the street to Spitz Stadium, home of the Lethbridge Bulls baseball team — they're a home run (page 31)!

The grand gem of the park, and Lethbridge, is the Nikka Yuko Japanese Garden (page 23). Discover **Japanese culture** through playful programming the whole family will love. Plus, their new Bunka Centre has the Cleo Café, gift shop and a virtual fishpond! Plan your visit at **TourismLethbridge.com/major-attractions/nikka-yuko**.



Cool off at Galt Gardens Zen Seekers / Paula Worthington



Lethbridge Bulls baseball at Spitz Stadium



HOT DRINKS & SWEET TREATS

HOT DRINKS

Café Noir - South

Located inside Monroe Salon Studios, this is the place to go if you're into espresso and milk and tea drinks. Think luxurious sipping experience meets a fresh new hairstyle.

Arise - Centre

Wake up and "arise" to the occasion with an amazing range of vegan treats and coffee. Check out their delicious baked goods, soft-serve ice cream and coffees. And it's all vegan!

The Penny Coffee House - Centre

The Penny has been pouring cups since 1991. Enjoy their sweet and savoury baked goods, fresh sandwiches, and local art on the walls! That's unique!

Bread Milk & Honey - Centre

Trendy BMH (as locals call it), is always bustling. Seats, both inside and out are at a premium, so come early. Check out their Afterhours cocktails!

Sonders Coffee - Centre

On the edge of the warehouse district, baristas prepare hand-crafted drinks with Red Engine Coffee. Along with the drinks you expect, you'll find excellent baked goods and amazing Liège waffles! Like other popular cafes, seating is prized.

Jonny Bean Coffee - North

Check out this exceptional café in a historic north side building. The bright interior buzzes with happy patrons sipping stellar espresso-based drinks. Hungry? Try the zhug sando!

SWEET TREATS

Tea Bliss - South

Tea Bliss has a wide range of different and delicious drinks. If a drink isn't what you are looking for, they also offer delicious Korean-Cuisine-inspired treats and snacks, such as their Bingsu and K-Corn-dogs!

Milkman Milk Bar - South

What's better than a big bowl of ice cream? A big bowl of delicious small-batch, handmade ice cream! Family-owned Milkman Milk Bar serves up flavours both traditional and a little wild!

Cookie Crimes - Centre

What's a cookie crime? Something delicious but with "caloric consequences." Indulge in homemade style small-batch ice cream and delicious homemade cookies. You'll be singing the jailhouse blues in no time.

Infinitea - Centre

With all your classic picks and a couple extras you might not have tried before, Infinitea is a great place to find fantastic bubble tea in the heart of our historic downtown. Try one of their specialty drinks!

Umami - Centre

Umami Shop is a world grocery boutique plus kitchen and deli! Grab a great sweet bubble tea treat, and top it off with a bahn mi sandwich!

MAMA LA Vietnamese Cuisine - West

Enjoy delicious Vietnamese food with your bubble. With options of pearls and jellies, your drink is extra customizable!

For more about café options in Lethbridge, search for cafés at [TourismLethbridge.com/stories](https://www.tourismlethbridge.com/stories).



ALBERTA BIRDS OF PREY NATURE CENTRE

The Alberta Birds of Prey Foundation brings the beauty of wild birds to you while helping protect the diverse species of birds of prey that call our province home. This non-profit started as a passion project when a husband and wife began taking care of injured birds of prey. Over time they have built the facility to what it is today. At the centre, you can enjoy a wide variety of visual and hands-on experiences that you won't be able to find anywhere else in Southern Alberta!

The Alberta Birds of Prey Foundation's main goal is to help educate the public on our native birds of prey and provide an engaging hands-on experience for people of all ages. Not only visually striking, but these birds are also an essential part of our ecosystem.

One of the most beloved parts of the sanctuary is the chance to feed the horde of domestic ducks that call the sanctuary home! Grab a bag of feed from the gift shop and watch your step because the ducks will be flocking to you in no time! Whether you throw it all in one go or carefully toll it out, the ducks won't leave until you do.

From there, why not head over to the Hawk Walk where you will find multiple species of eagles and hawks. These magnificent birds are often rare to see out in the wild, making this an excellent stop for avid bird watchers to get a chance to see these beautiful birds up close and personal. Even better is, if you're lucky, they might let you hold one!

Once you have had a chance to meet some of the bigger birds, you can admire at some of the smaller ones in the outdoor enclosures. Many of our native prairie species can be found within! While they may be in smaller spaces than the great expanse of nature, these birds are well taken care of and rehabilitated by the hard working and dedicated staff at the Alberta Birds of Prey Foundation.

Finally, check out the outdoor auditorium, where you can watch these majestic birds take flight with daily flight demonstrations! Watch the birds soar through the air and then back down to Earth where they can retrieve their meals. You might not even see the same bird fly twice with their wide array of bird species!

The Alberta Birds of Prey Foundation also features a natural history centre that works to educate those that walk through their doors about our natural history and what the landscape and make-up of the land around us can mean. It also features a large eagle aviary that is home to two eagles!

Take a flight on the wild side and learn all there is to know about our fine feathered friends at the Alberta Birds of Prey Foundation. For more information on the centre and Lethbridge's other amazing main attractions, head over to [BurrowingOwl.com](https://www.BurrowingOwl.com).



Bald Eagle



Lethbridge Nature Reserve

PARKS

Helen Schuler Nature Centre

The conservation area of Helen Schuler Nature Centre (page 29) is the ideal spot to learn about the River Valley and meet some of the animals that live there. Their rooftop garden provides an array of colours, scents and views of the High-Level Bridge (page 5). Even better, this urban escape is only 5 minutes from downtown! Stop by for superb programming, or just pop in to the Centre for displays and advice on how to explore naturally.

Lethbridge Parks

One big reason Lethbridge is such a liveable city and a breath of fresh air for visitors is all the parks! So whether you're exploring the coulees or wandering some of the 200 km of trails connecting the city to nature, it's time to get outside.

To book a picnic shelter, visit [Leisure.Lethbridge.ca](https://leisure.lethbridge.ca)

River Valley Parks

If there wasn't already enough to love about the river valley of Lethbridge, the fantastic parks of the river valley are just the cherry on top! Enjoy 5.0 km of river-bottom trails, a natural playground, and several picnic areas — both booked and drop-in options are available. It's also

home to the Fort Whoop-Up Interpretive Centre (page 17). Stop for a picnic, and explore for hours!

Pavan Park

Pavan Park is a natural escape without travelling far! Pavan Park delivers 125 hectares of birdsong, river paths, and magnificent nature at the city's northern edge. You'll find 10 km of walking and hiking trails, plus playgrounds, horseshoe pits, picnic areas, volleyball and equestrian trails.

Legacy Park

You'll find Lethbridge's newest park on the north side of the city. Burn off steam in the playgrounds, challenge course and over 6 km of paved and natural trails. Get competitive on the many pickleball courts, enjoy a basketball game, or challenge the skateboard park. Or relax at one of the picnic shelters. Legacy Park delivers hours of family fun.

Henderson Lake Park

With its 24-hectare constructed lake, Henderson Lake is one of Lethbridge's oldest and grandest outdoor spaces. Groves of mature trees offer shade, while picnic shelters, playgrounds and over 7 km of pathways keep families entertained. The park is also close to Nikka

Yuko Japanese Garden (page 23), Spitz Stadium, and Exhibition Park (Page 34).

Nicholas Sheran Park

This is one of Lethbridge's largest parks. Enjoy a beautiful constructed lake, a great pathway system, and Canada's longest disk golf course. Families will appreciate the large playground, fitness equipment, an edible orchard, and a small picnic shelter. The park is also home to Nicholas Sheran Leisure Centre, with ice rinks and a pool.

Popson Park

The Oldman River, flat prairies, views of the stunning coulees — Popson Park is bursting with nature in every corner. This epic, wild park offers a boat launch, covered picnic shelters provided for social events and the only off-leash dog park on the West Side. This is also home to the Oldman River Observatory.

Cottonwood Park

Named for its extensive cottonwood forest, Cottonwood Park is one of Lethbridge's City Preservation Areas. Visitors will appreciate the natural grasslands, coulees, and forests. It's also a natural habitat for prairie wildlife species, including the Prairie Rattlesnake. Like Pavan and Popson parks, this is nature in its purest form!



EXPLORE HELEN SCHULER NATURE CENTRE

Calling all crazy coyotes and beautiful butterflies: the Helen Schuler Nature Centre wants to show you what nature and the landscape around you are all about! Be it the animals, ecology, or everything in between, the Helen Schuler Nature Centre has all the info and hands-on educational tools you need to get out and better understand our shared backyard.

The Nature Centre features rotating displays in its gallery that focus on their own subject within nature. Be it a creature, species, plant or biome, the Helen Schuler Nature Centre is always coming up with unique ways to make their nature information as engaging as it is educational.

For those looking to find something a bit more artistic, the Helen Schuler Nature Centre also houses a community art gallery that features art inspired by nature. All featured artists are community members aged 18 or under and create artwork to inspire others to get outside!

If you have any questions you find going unanswered while at the Helen Schuler Nature Centre, you can always ask one of the knowledgeable staff members. Employees are not only trained but highly experienced in all the interesting information that can be found in the nature that surrounds the centre!

Once you are finished inside the Centre feel free to head up to the rooftop garden, where you can sit back and take a moment to relax. At the same time, you enjoy the sounds of the river valley and bridge. In the center of the rooftop garden, you can find an array of seasonal plants that call our coulees and the city home! Test your knowledge and see how many of the different prairie plants in the garden you can identify.

After visiting the Centre, you and your group can head out on the river bottom trails and put your nature knowledge to the ultimate test. Whether you are walking through the long native grasses or down by the river, there are many beautiful places to rest and find some time to breathe in the fresh prairie air. While you may be in the center of our city, nature has never been closer!

While you enjoy the sights, snap a picture with the bridge, as there are many unique views of the bridge just from within the river valley. As well, if you have a young one with you, there are multiple playgrounds in the river valley, all within walking distance of Helen Schuler Nature Centre! [NatureCentre.ca](https://naturecentre.ca)



Gallery at Helen Schuler Nature Centre



Enjoying exhibits at the Nature Centre



Botterill Bottom Park

OUTDOOR ADVENTURE

Lethbridge is all about fresh air! The river valley that's at the center of the city brings it together, outside! So, whether you're cycling, hiking or enjoying a picnic, breathe deep!

Captivating Coulees

Our coulees are naturally incredible. Lethbridge has more than 200 km of trails, many of which connect to the coulee parks. Wander the trails book a picnic shelter (Leisure.Lethbridge.ca) or step up to a scenic viewpoint. Share the birdsong and the breeze with wildlife like deer, beavers, and red-winged black-birds.



Look way up to the High Level Bridge!

Cycling in the City

Lethbridge is Full of hidden gems. One of those gems being the incredible bike culture that lives in our city! From the coulees to our Bike Boulevard, a quiet family ride to adrenaline-pumping jumps, Lethbridge has something for everyone!

Some of the best places in the city to ride are the many paved paths and trails we have such as:

Bike Boulevard (7 Ave)

If you're looking for a paved road with trees that canopy over your path, then the bike boulevard is the best place in the city for a peaceful ride. What's even better is that 7th Ave connects to Henderson Park, so you can continue your ride around the city's biggest park.

The Coulees - Six Mile area

Our natural coulees provide some of the most exhilarating and scenic biking opportunities you can find in Lethbridge. Enjoy the unpaved or paved trails, whether you're looking for a peaceful ride in nature or something thrilling, there are more than enough options in this six-mile area.

River Bottom - Botterill Bottom Park

For the mountain biker and thrill-seekers of Lethbridge, the Botterill Bottom Park is the perfect place to be. With thrilling jumps, rolling hills and enough twists and turn to keep you on your toes, there is always some fun to be had at Botterill Bottom Park.

Cor Van Raay LINK Pathway

The Cor van Raay Link Pathway is a project currently in development. This project, when completed, will span 15 km linking the City of Lethbridge with the Town of Coaldale. This new planned pathway allows you to walk, bike or inline skate between these two urban communities, along the SMRID irrigation canal, enjoying the rural landscape in between.

Dog Gone Fun!

Would your travelling companions rather be playing fetch? For dog runs with views to inspire, like the Scenic Drive Dog Run, search for 'dogs' on Tourism-Lethbridge.com and visit our blog "Dog Days of Summer."

For more on outdoor activities, go to TourismLethbridge.com/outdoors.



Lethbridge Bulls at Spitz Stadium

SPORTS IN LETHBRIDGE

Get ready to root for the home team in Lethbridge! On top of our cultural attractions, being the centre of Agri-food in Alberta and the hub for 4 UNESCO World Heritage Sites, Lethbridge is also home to the WCBL Lethbridge Bulls and the WHL Lethbridge Hurricanes!

Home of the Lethbridge Hurricanes, the ENMAX Centre also hosts terrific events! From big-name bands like Dallas Smith and The Glorious Sons to amazing shows like Cirque Du Soleil and PBR, there is always something happening at the ENMAX Centre! Get your tickets today at EnmaxCentre.ca.

Lethbridge Hurricanes

He shoots... he scores! Get ready to cheer on the Lethbridge Hurricanes at the ENMAX Centre all season long! Feel the excitement of the crowd as the puck flies down the ice. Cheer with the crowd as the Lethbridge Hurricanes give it their all to score — and save — goals as you sit back and enjoy an authentic Canadian experience! Learn more LethbridgeHurricanes.com.

Lethbridge Bulls

Take yourself out to the ball game and experience the sheer force and speed of Lethbridge's best WCBL baseball players in their home, the Spitz Stadium. There is nothing better to do on a warm summer's day than experiencing the excitement of a baseball game! Grab your friends — or family — a cold drink and maybe even some popcorn and get ready to cheer loud as the players hit a home run, strike out the other team and run to the home plate! Learn more BullsBaseball.com.

Lethbridge Sports Council

Lethbridge loves sports, which is why we love our Sports Council. Serving our community as a voice for all athletes and working to help ensure every sports program in Lethbridge is delivered with high-quality programming. If you would like to learn about some of the fantastic sports organizations and programs within the city, you can check out the Lethbridge Sports Council's website LethbridgeSportCouncil.ca.



Lethbridge Hurricanes at the ENMAX Centre



Professional Bull Riders at the ENMAX Centre



Whoop-Up Days

SIGNATURE EVENTS

As a hub for Southern Alberta, Lethbridge also hosts some spectacular events during the year. Of course, being at the heart of Canada's Premiere Food Corridor, you can experience the historic Seed Fair and Ag-Expo and events that have food on the menu. For more signature and one-off events, head over to TourismLethbridge.com/events.

Alberta Food & Beverage Expo *January*

With Lethbridge serving as a hub for Agri-food culture, the Alberta Food and Beverage Expo is your chance to meet chefs and taste the best of restaurants, breweries and more.

International Peace Pow-Wow & Festival *February*

This long-running Pow-Wow lasts two days. Join the community celebration as you admire traditional regalia, music and art that has defined the area for thousands of years. For those new to Pow-Wows, please understand they are genuine cultural gathering and not a tourist attraction. You are a guest, so please respect the space and people present. To learn more about Pow-Wow etiquette and more about the event, head to TourismLethbridge.com/indigenous-lethbridge.

AG Expo & North American Seed Fair *February*

Usually hosted in the last week of February, the AG Expo and the North American Seed Fair is Western Canada's premier agricultural exhibition. You'll get up close and personal with the latest and greatest in agriculture technologies. The North American Seed Fair turns 125 years in 2022!

Southern Alberta Home & Garden Show *March*

Looking at upgrading your home in the near future? With 275 exhibitors covering 370,000 square feet, you'll most certainly be able to find some inspiration for your home at the Southern Alberta Home and Garden Show.

Moonlight Run *March*

When the sun goes down, the runners come out. Every year in March, Lethbridge hosts the popular moonlight run event downtown.

Farmers' Market *May–October*

Get a taste of Lethbridge this summer! The Lethbridge & District Exhibition hosts two different Farmers' Markets in Lethbridge during the summer months. The Saturday Farmers' Market takes over the Lethbridge & District Exhibition from May to the end of October. The Downtown Farmers' Market runs Wednesdays from July to September. It is smaller than the market on Saturday but full of character!

Pride Fest *June*

Feeling loud and proud in Lethbridge? Then join in on the pride festivities in June. The Lethbridge Pride Fest holds events and activities all over the city. You can even join the parade that goes through the city during pride weekend!

Dragon Boat Festival *June*

Marking its 20th anniversary in 2022, the Dragon Boat Festival is a one-weekend celebration of dragon boat racing in Western Canada and Southern Alberta. This festival has quickly become one of the premier festivals in Lethbridge — featuring a weekend of dragon boat races, live music and performances, drinks and food, all on the shores of the beautiful Henderson Lake. Join the fun!



Street Machine Weekend

Street Machine Weekend *July*

Lethbridge loves classic cars! Grab your keys, rev those engines, and head out to street machine weekend to show off your souped-up ride! Street machine weekend, more commonly known among locals as "Street Wheelers Weekend," takes over the city each July. It has grown from a simple celebration of cars into a weekend of drag races, car cruises, and more.

Lethbridge International Air Show *July*

In 2022, the airshow returns to a newly renovated YQL Lethbridge Airport at the end of July. The show will feature the RCAF CF-18 Hornet Demonstration Team July. Firmly on the ground, the Le Barons Car Club will run a classic car show and shine. A food truck fair will keep hungry for more excitement!

Whoop-Up Days *August*

What's the big Whoop about Whoop-Up Days? Well, only the fact that it's one of the biggest events held in the summer here in Lethbridge! Take advantage of our long summer nights in Lethbridge and enjoy rides, fair food, games, and more. Get yourself a wristband and find

out what the big whoop-up is all about! Did you know that Lethbridge's first fair was in 1897? That predates the Calgary Stampede!

For more signature events at the Lethbridge District and Exhibition, go to AgriFoodHub.ca/whats-on-at-the-park.

Arts Days *September*

Each year, the Allied Arts Council celebrates the importance of local arts in Lethbridge. Held in synch with Alberta Culture Days, the Allied Arts Council, along with AAC members and member organizations run a weeklong series of events at multiple downtown facilities.

Nikka Yuko Winter Light Festival *December*

As the light fades and the cold winter nights grow long, there is a beacon in the distance to light the path forward to spring. The Nikka Yuko Japanese Garden brings the magic of over 170,000 lights to the garden. Come and wander through beautiful displays of lights and colours. You'll soon understand why visitors keep coming back.

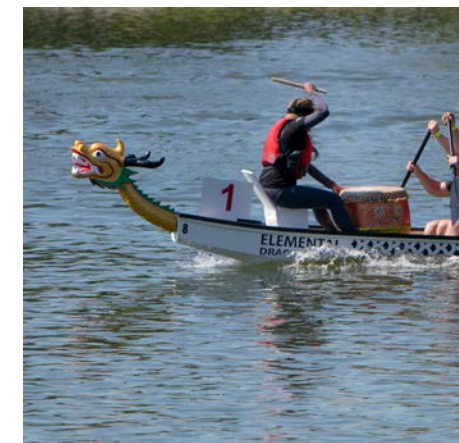
For more events, head to TourismLethbridge.com/events.



Kids love Ag Expo!



Local food at the Farmers' Market



Cheer on the Dragon Boats!



Nikka Yuko Winter Light Festival



AGRI-FOOD HUB & TRADE CENTRE LETHBRIDGE & DISTRICT EXHIBITION

Something big is growing in Lethbridge! The Lethbridge & District Exhibition is currently building a 268,000 square foot Agri-food Hub and Trade Centre. The largest development project of its kind in the history of Lethbridge, the new campus will open in 2023, becoming an economic driver of Alberta's food sector, and a home where guests will come to celebrate and connect in Lethbridge.

Lethbridge is located in the heart of a rich agricultural community, Canada's best growing conditions, and world-class food producers and growers – all located within Canada's Premier Food Corridor.

This is the home to the biggest outdoor events in Lethbridge. The first Lethbridge & District Exhibition was in 1897. Whoop-Up Days has been entertaining our region each summer for decades. Be a part of the excitement any time of year!

See what's on –
AgriFoodHub.ca/whats-on-at-the-park.

Signature Events

AG Expo and North American Seed Fair

Each year Ag-Expo, one of Western Canada's largest AG shows arrives, kicking off the agricultural year. Agricultural industry professionals seek out the latest tech, while kids learn about farming and gaze up at massive farming machines.
Ag-Expo.ca

Farmers' Markets

Producers who make, bake, and grow their own produce supply our community with locally produced, fresh goods at the Lethbridge Farmers' Market. Lethbridge's only Alberta-Approved farmers' market runs Saturdays from **May 7–October 22** from 8 am to 1 pm.

The, open-air downtown market is in Festival Square on Wednesdays from July 6–September 15, 9 am to 1 pm.
LethbridgeFarmersMarket.ca

Smoke, Wind & Fire

The newest signature event **Smoke, Wind & Fire** is a Master Series Barbeque competition sanctioned by the **Kansas**

City Barbeque Society (KCBS). This two-day festival is cooking up something delicious on **July 23–24, 2022**. While this is a competition, visitors can attend to learn more about competition barbeque.
SmokeWindAndFire.ca

Whoop-Up Days

For 125 years, Whoop-Up Days has marked the final act of summer for Southern Albertans. This year, Whoop-Up Days will take place from **August 23–27**. Kicked-off by the highly anticipated annual parade through downtown Lethbridge, this year's Whoop-Up Days features a fair food experience that will take your taste buds on a rollercoaster of local flavours and fun for the whole family. WhoopUpDays.ca

Lethbridge & District Exhibition Lotteries

Your ticket to \$125,000! Rooted in Lethbridge, Lethbridge & District Exhibition celebrates 125 years of giving back to the community and region. With a guaranteed prized lottery pool of **\$125,000 minimum**, this is Southern Alberta's premier lottery pot! Idelotteries.com

What's On at Lethbridge & District Exhibition AgriFoodHub.ca.

LETHBRIDGE

Population 101,482 (2019 City Census)

Time Zone MST (Mountain Standard Time; MDT in Summer)

Blackfoot Confederacy traditional territory

City Information Lethbridge.ca / Call: 311

CANADIAN CURRENCY

The currency in Canada is the Canadian dollar (CA\$).

Coins 5¢, 10¢, 25¢, \$1 ("loonie"), \$2 ("toonie")

Bills \$5, \$10, \$20, \$50, \$100

SALES TAX

In Alberta, you will pay a 5% federal GST on most goods and services. While Alberta does not charge a provincial GST, other provinces do, and the total sales tax rate varies when shopping in Canada.

US / CANADIAN PORTS OF ENTRY

(from West to East)

Chief Mountain Seasonal

Carway / Piegan Year Round

Del Bonita Year Round

Coutts / Sweetgrass Year Round

Aden / Whitlash Year Round

Wild Horse Year Round

ALBERTA ROAD CONDITIONS

511.alberta.ca

TRAVEL DISTANCES / DRIVE TIMES

(from Lethbridge Visitor Information Centre)

Banff 340 km (211 mi) / 3 hr 35 min

British Columbia Border (via Hwy 3) 163 km (101 mi) / 1 hr 47 min

Calgary 218 km (136 mi) / 2 hr 16 min

Coutts (USA / Montana Border) 101 km (63 mi) / 1 hr 1 min

Fort Macleod 54 km (34 mi) / 38 min

Frank Slide Interpretive Centre 141 km (88 mi) / 1 hr 31 min

Head-Smashed-In Buffalo Jump 76 km (47 mi) / 52 min

Medicine Hat 168 km (104 mi) / 1 hr 51 min

Saskatchewan Border (via Hwy 1) 231 km (143 mi) / 2 hr 32 min

Waterton (townsite) 127 km (79 mi) / 1 hr 29 min

Writing-on-Stone Provincial Park 123 km (76 mi) / 1 hr 15min

KILOMETERS TO MILES CONVERSION

(1 mile = 1.609344 km)

30 km/hr 18.6 mph

50 km/hr 31.1 mph

60 km/hr 37.3 mph

70 km/hr 43.5 mph

100 km/hr 62.1 mph

110 km/hr 68.4 mph

FLYQL!

The Lethbridge Airport (YQL) is conveniently located a few kilometers south of Lethbridge. It connects Lethbridge to the hub of Calgary and onwards to the world. #FLYQL on your next visit to Lethbridge or away connection.



LETHBRIDGE RESOURCES*

Download City of Lethbridge apps on your iPhone / iPad or Android device.

Find bus times, maps and more.



Get out and explore paths and parks.



Dial 311 for information on City programs and services.



*These are City of Lethbridge services. Please report any issues directly to them.

Lethbridge

VISITOR MAP

TourismLethbridge.com

- | | | |
|--------------------------------|--------------------------------|-----------------------------|
| 1 1st Choice Savings Centre | 9 Fort Whoop-Up | 17 SAAG |
| 2 Alberta Birds of Prey Centre | 10 Galt Museum & Archives | 18 Servus Sports Centre |
| 3 ATB Centre | 11 Helen Schuler Nature Centre | 19 Softball Valley |
| 4 Bully's Casino & Racetrack | 12 Lethbridge Military Museum | 20 Spitz Stadium |
| 5 Casa | 13 Nikka Yuko Japanese Garden | 21 U of L Art Gallery |
| 6 Centre Village Mall | 14 Oldman River Observatory | 22 U of L Community Stadium |
| 7 ENMAX Centre | 15 Park Place Mall | 23 Val Matteotti Gym |
| 8 Exhibition Park | 16 Pure Casino Lethbridge | 24 Yates Memorial Centre |

Map Legend

- | | |
|-----------------------|---------------------------------------------------|
| 1 Attraction | R RCMP Detachment |
| A Airport | 3 Road - Highway |
| P Campground | 1 Road - Primary |
| F Fire Station | 2 Road - Secondary |
| G Green Space | ? Visitor Info Centre & RV Sanitation Dump |
| H Hospital | W Water |
| P Police | |

Fort Macleod 42 km / 26 mi
Crownsnest Pass 142 km / 88 mi
Calgary 205 km / 127 mi

