

AUGUST 2021



ROCKY RIDGE ROYAL OAK

Your Community Newsletter since 2005

VIEW

Suburban Journal

*Happy
Summer*

**Coyotes and
our Ecosystem**

**The Mental Health Benefits
of Spending Time Outdoors**



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Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1

403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

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The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com

Website: cascadesroyaloak.com

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403-268-2430

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Editor & Article Submissionseditor@suburbanjournals.ca

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Phil: 403-660-7324phil@suburbanjournals.ca

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Councillor Report

Update - Coyote attacks in the NW

The coyote behind the attacks in the NW of Calgary was located. The City of Calgary consulted with Alberta Fish and Wildlife and the coyote was euthanized. An autopsy was conducted to confirm if the coyote had rabies, which is necessary as rabies can be transmitted through direct contact, such as a bite. Only coyotes with attacks on humans are tested for rabies.

Residents feeding wild animals has resulted in an escalated visit of coyotes to residential backyards. Feeding wild animals also creates unwanted behaviour from coyotes. It is important to not feed any wild animals in your neighbourhood, indirectly or directly. For example, leaving out pet food, compost, waste or open birdseed attracts rabbits or birds, which in turn, attract mice and voles. This situation creates an array of prey for coyotes, which causes the coyotes to leave their wooded areas and come into residential neighbourhoods.

We need to live side by side with wildlife and respect their space. Please remember that there are other coyotes that do not exhibit behavioural issues. Tuscany will be monitored for aggressive coyotes until The City is confident that the coyotes are behaving in a way that is acceptable.

Only call 311 if you have an encounter with a coyote, not for a general sighting.

For more frequently asked questions about coyotes, visit: <https://www.calgary.ca/csps/abs/frequently-asked-questions/coyote.html?redirect=/coyotes>

Ward Sutherland, Councillor, Ward 1



Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at rrroca.org to sign up for a membership, or email membership@rrroca.org if you have any questions.

Benefits of RRROCA Membership

Here are all the current benefits of RRROCA membership, please visit our webpage regularly for updates.

- Access to Babysitter Registry
- Register for Community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding Block party for free
- Purchase discount tickets or enter draws for free tickets to the shows at Shane Homes YMCA
- Receive free pancake breakfast at annual Stampede Breakfast event
- Receive discounts at Cloverdale Paint, Servus Credit Union, Stealth Alarms and iLoveKickboxing.
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration

We are always working on expanding our membership perks. If you are a business owner who wants to give incentives to our members, please contact Monique Chiasson at membership@rrroca.org.

RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30 ☐ New membership ☐ Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ **Phone #:** _____

Email*: _____

* Please note e-mail is used to communicate your membership number.
If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? ☐ Yes ☐ No

Send form and cheque to: **RRROCA Membership**
P.O. Box 91009, RPO Royal Oak
Calgary, AB T3G 5W6

Important Phone Numbers

If you require emergency supports to meet basic needs, income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!



In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA.

Vice President

Assist in developing and maintaining positive relations among the Board, committees, staff and community to enhance RRROCA'S mission. Act as leader in the absence of the President/Chairperson. Assist President whenever possible, works closely as a consultant and advisor.

Time commitment: 10 hours/month

Volunteer Chair

Keep community members informed of volunteer opportunities through emails, website and monthly newsletter. Recruit board and committee members as needed. And other related work as required.

Time commitment: 12-15 hours/month

Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up. **Time commitment:** 3 - 7 hrs/month

Administration Assistant:

With direction from the Secretary, assist with mails and messages and other required by board members.

Time commitment: 2-5 hours/month

Sponsorship Lead

With direction from the Sponsorship Chair, the Sponsorship Lead helps to develop and maintain relations with sponsors for RRROCA events and programs.

Time commitment: 0 – 3 hours/month

Communications Lead

Implements and maintains internal communications tools within RRROCA, and also assists with external

communications as directed by the Communications Chair and/or President. **Time commitment:** 5 hours/month

Social Media Lead

Administrate the creation and publishing of relevant, original, high-quality content. Be an advocate for RRROCA in social media spaces, engaging in dialogue and answering questions where appropriate

Time commitment: 8-10 hours/month.

Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. **gain valuable volunteering experience and essential work skills;**
2. **know the first-hand community news;**
3. **get the RRROCA membership (\$30) or one sport registration for free (\$50 or \$65) every year;**
4. **the most important: help us to build a thriving community!**

Want to receive emails about any volunteer opportunities for the community association?

Please email volunteerlead@rrroca.org to sign up.

Photographers Corner



"Busy" Bees at a N.W. Calgary Garden/Park. By Gordon Hunsaker

Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can



- cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Emergency Medical Services, Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

5						4		
	2	3	6					
1				5	3		7	8
3		1	7	9				
		8				5		
				4	8	7		1
8	5		3	7				9
					9	6	5	
		2						7

Answer on Page **XXXXXX**

DID YOU KNOW??

Apples are more effective at waking you up in the morning than coffee.





ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

www.rrrha.ca officeadmin@rrrha.ca

Office Hours

9:00am-9:00pm unless otherwise stated

Bike Safety

Protect Your Noggin

- Toddlers to adults should think twice before getting on a bike without a helmet. The helmet should fit nicely and cover the forehead. Calgarians under the age of 18 are required to wear a helmet.



Ring, Ring!

- Having bell can let those around you know you're coming!

Stop!

- Being a cyclist follows similar rules to driving a vehicle. Pay attention to posted signs, speed limits and watch out for pedestrians.
- Know your route ahead of time. This can help you be aware of potential detours and hazards.

Increase visibility

- Having reflector or lights can increase your visibility for other cyclists, pedestrians, and cars.

A message from the Federation of Calgary Communities

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Cell tower update:

The General Meeting held in July offered the membership an opportunity to vote on the continuance or termination of the existing lease with Freedom Mobile. With 89% majority, the vote in favour of terminating the lease was recorded. Further updates are available online.

Park and Pool news:

Please visit our website for the most up-to-date information about the pool closing date. We hope to remain open until the end of August, and may potentially stay open until the long weekend.

Fall programs:

We are excited to bring back our variety of yoga classes and pilates this September. Full class details and schedules will be available online for registration by mid-August.

Other programs:

We hope to welcome back Deborah Laxton School of Dance, Sportball, and Karate. Info on these programs can be found at the following websites:

Fall events: TBA

With annual events and parties having been put on hold due to Covid, we are planning to host a holiday market, Halloween party, and Christmas party this year. An additional fall event may be scheduled if possible. Annual HOA fees: In light of the many difficulties faced over the past year and a half, the deadline for payment of the 2021 fees was extended until September. If fees are outstanding please contact the office to arrange payment. Overdue accounts will be sent to Miller Thomson for collections as of September 30, 2021

Photographers Corner



"Busy" Bees at a N.W. Calgary Garden/Park. By Gordon Hunsaker

Coyotes and Our Ecosystem

Safety Tips - Coyotes and our ecosystem

Coyotes are not usually dangerous to people and play a valuable role in our ecosystem. We can live safely with them if we take the appropriate steps. The City is asking citizens to help spread the word on how to stay safe around coyotes with these tips:

How can I avoid a negative encounter?

- Don't approach or feed coyotes. Teach your children not to approach wildlife either.
- Never leave small children unattended.
- Keep dogs on a leash in areas frequented by coyotes, even in off-leash areas.
- Don't allow cats to roam.

What should I do if a coyote approaches or acts aggressively?

- Do not run or turn away.
- Try to scare the animal by shouting and waving your arms overhead
- Bang sticks or clang pots together towards the animal.
- Maintain eye contact with the animal and back slowly away.

The City's role

It's important to remember that just because a coyote is in the area, doesn't mean that it is a danger or problem. If you are concerned about an overly bold or aggressive coyote, contact 311. City staff will investigate and determine the appropriate response. We also appreciate calls to 311 for coyote sightings, as we use this data to look for trends in activity. Please note if a coyote is on private property it is the responsibility of the landowner to manage any issues.

What can you do in your yard to co-exist with coyotes?

- Remove coyote attractants from your property and encourage friends and neighbours to do the same. Minimizing conflicts with coyotes is most effective when the entire community works together.
- Never feed pets outdoors. Store all pet food in secure containers.
- Remove water features like fountains in dry climates.
- Remove bird feeders or clean fallen seed to reduce the presence of small mammals that coyotes like to eat.
- Clean up fallen fruit around trees.
- Don't put meat or dairy in your backyard composter. Use your green cart instead.



- Clean up food around barbeque grills after each use.
- Secure all trash containers with lids and set them out on the morning of your pick-up day. Periodically clean your bins to reduce residual odors.
- Trim vegetation to reduce hiding places and potential denning sites.
- Restrict access under decks and sheds, around woodpiles, or any other structure that can provide cover or denning sites for coyotes or their prey.
- Enclose property with a six-foot fence to deter coyotes. Ensure that there are no gaps.

For more information on how we can work together to live in harmony with coyotes and other wildlife, visit calgary.ca/coyotes.

City of Calgary

Sudoku Corner Solution

5	8	7	9	2	1	4	6	3
4	2	3	6	8	7	9	1	5
1	6	9	4	5	3	2	7	8
3	4	1	7	9	5	8	2	6
2	7	8	1	3	6	5	9	4
6	9	5	2	4	8	7	3	1
8	5	6	3	7	2	1	4	9
7	3	4	8	1	9	6	5	2
9	1	2	5	6	4	3	8	7

Transit Safety

The City of Calgary is committed to keeping you safe when you use our services. We do that through an extensive network of security features. We also encourage customers to practice safe habits when using the transit system.

How we keep you safe

In addition to our uniformed peace officers patrolling the system, our stations, buses and CTrains are equipped with cameras to enhance your safety. These cameras are monitored by security staff that are in direct contact with our peace officers and can dispatch them quickly, or call other emergency responders.

The collection of recorded camera images is authorized under section 33(c) of the Freedom of Information and Protection of Privacy Act (FOIP). If you have any questions about this surveillance, please contact us.

What you can do to keep yourself safe

Help Buttons/Help Phones

Our CTrain stations and platforms are all equipped with Help Phones and every CTrain car is equipped with a Transit Help Intercom System, which allows customers two-way communication with the CTrain operator in the event of an emergency.

You can press one of eight Help Buttons located in each car until it clicks and the green light comes on to tell the operator what the situation is. The operator will provide further instructions, call for assistance, or stop at the next station.

Around our stations

If you're walking to one of our CTrain stations, make sure to look both ways for trains when crossing the tracks and obey all traffic signals. Motorists should also be aware of flashing lights and crossing arms when CTrains are passing through.

Waiting for the train

While waiting for the CTrain, please ensure you stand and remain behind the yellow line until the train has fully stopped. Never put any objects or limbs in the closing doors and don't try to pry the doors open once they've closed. Wait for fellow transit users to exit the train before get on.

On the train

Once you're on the train, move to the centre of the car so as not to block other customers from getting on and off. Each CTrain car has yellow lines and signs to indicate



where it's safe to stand when the doors are opening.

Getting off the train

When you're exiting the CTrain, please move towards the door before the train comes to a stop. Once the train has stopped, press the button near the exit to open the door. This will make it easier for you to get off the train in a timely manner.

City of Calgary

Alberta Points of Interest Waterton-Castle Region



The southwest corner of Alberta has everything you need, if what you need is mountains, wildlife, lakes, history, restaurants, views, waterfalls and boat cruises that cross an international border. Waterton Lakes National Park, Castle Provincial Parks, Crowsnest Pass and Pincher Creek are the soon-to-be-not-so hidden gems of the Canadian Rockies.

Picture this: The town of Waterton offers lakefront-mountain views from your restaurant table.

Hike this: Castle Provincial Park is the newest park in the Rockies, which means crowd-free pleasure.

Discover: Crowsnest Pass is filled with quaint towns, fascinating history and the site of an eye-popping rockslide.

Reprinted with kind permission from Travel Alberta

Summer Fun In Bowness Park

Bowness Park has been a summer gathering place for Calgarians since 1911. Over its 100 year history, the park has undergone several phases of redevelopment reflective of the changing cultural uses of the landscape. Today the park features a swimming lagoon, an outdoor swimming pool, boat rentals, a miniature train ride, a concession building, and picnic and restaurant dining in addition to grassed open spaces and naturally forested areas. Many of these features are reconstructions in the spirit of their historic predecessors. As a result of its long history as an urban historic landscape, Bowness Park is designated as a municipal heritage resource.

The earliest period of development beginning in 1914 resulted in the construction of the swimming lagoon, playground, and grassed versus naturally forested areas. This phase of the park development was overseen by William Reader and inspired by the City Beautiful Movement, a planning tradition that believed that parks and greening urban spaces resulted in social harmony and

order. Throughout the 1920's a teahouse was built, along with a Canada's first floating fountain, and in 1929 an orthophonic device was installed in the centre of lagoon that played music. In the 1950's and 60's, an expanded dance hall and a concession building were added. A portion of the park known as Funland operated until 1988, and featured several amusement rides. The most recent redevelopment occurred after the 2013 floods. Interpretive signage and several historic elements were incorporated into the redevelopment to celebrate the 100 year history of the park. Among these features are the 'orthophonic', the concession building, and the historic circulation pattern of the pathways (consisting of two road loops on the east and west side of the park).

Bowness park is a valued example of a historic designed landscape in Calgary and is well worth a visit on a hot summer's day.

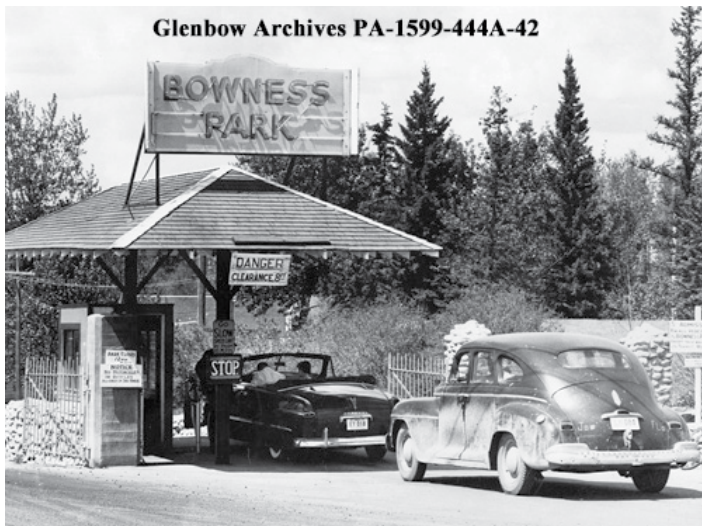
Sarah Ebbern is a Heritage Management Consultant.

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



Boathouse Bowness Lagoon 1920 (Glenbow na-2885-1)



Entrance Bowness Park ca.1957 (Glenbow pa-1599-444a-42)



Paddleboard Bowness Park 2021 (CHI)



Cafe Bowness Park 2021 (CHI)

The Mental Health Benefits of Spending Time Outdoors

Have you ever noticed the sense of calm you feel after spending time in nature? In addition to physical health benefits, outdoor activities have also been shown to promote and maintain your mental health.

Being in green spaces (such as gardens, parks or forests) can significantly reduce cortisol (a stress hormone), and raise endorphin levels and dopamine production.

Additionally, the vitamin D you get from natural light can help regulate your sleep cycle. Sleeping away from artificial light and waking up with natural sunlight can also reset your circadian rhythm, which will result in better-quality sleeps and likely leave you feeling more alert and capable the following day.

That's why one of the best things you can do right now is get outside and take advantage of summer at its peak. Whether it's tending to a community garden, taking a walk through your local park, or having a picnic outdoors, contact with nature can rejuvenate your body and mind.

What does it take to reap the benefits?

While some people can't get enough time outdoors, many of us may spend most of our time inside, even in the summer months. Your schedule, lifestyle, and access to green spaces can all play a role, but research has shown that spending at least two hours a week outdoors will allow you to reap the maximum mental health benefits.

Plant a little happiness

If you're looking to sustain a connection to nature while indoors, consider adding a few plants to your space. Plants can lower blood pressure, increase attentiveness, raise productivity at work, lower anxiety and improve overall well-being. They also improve air quality.

If you, or someone you know, is struggling with a mental health problem, help is available. Call the Addiction and Mental Health helpline at 1-877-303-2642 or go to www.ahs.ca/helpintoughtimes.

Alberta Health Services

Physical Activity Improves Health at Any Age

Everyone needs to be physically active. Why?

- It keeps your bones and muscles strong and healthy
- It improves your balance
- It helps you move easier
- It keeps your heart and lungs healthy
- It increases your energy
- It helps you sleep
- It improves your confidence when walking



At any age, your body can get stronger with activity. It is never too late to start.

- Do at least 150 minutes of activity every week if you are over 18 years old. These activities should make you sweat a little and breathe a little harder. You can break this into 10-minute periods. If you are just getting active start slowly, and add a few minutes each day.
- Being active will help you with your daily living tasks like getting up from a chair or into a car. Activities should strengthen both your arm and leg muscles. Arm strength is needed just as much as leg strength for daily tasks.
- If it is hard to get started, find a buddy to encourage you, make a plan or try something new to keep it interesting.

Always talk to your healthcare provider before starting a new physical activity. Examples of physical activity include:

- Strength and balance activities such as Tai chi, stair climbing, exercising with weights or exercise bands, and doing wall pushups
- Endurance (heart) activities such as walking, dancing, gardening, and swimming
- Flexibility activities such as Tai chi, yoga and stretching.

Alberta Health Services

How to Build Resilience

Resilience is an inner strength that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes, including illness.

Developing resilience begins with simple actions or thoughts that you practice, such as planning for what you'll do next and learning to accept change.

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations or that you won't feel angry, sad, or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.

Why is resilience important?

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. For example, negative emotions such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

How can you build resilience?

People who are resilient often work to have a positive outlook on life. It may take gradual, small changes in your outlook on life and careful self-evaluation. You may be able to begin this shift on your own. A counsellor or therapist can also help you.

Here are some tips to get started:

Change how you think.

- Accept that things change.
- Look at change as a challenge rather than a threat.
- Examine how and why you feel the way you do when

This Month in History

August 15, 1969

The first day of Woodstock took place in a field at Bethel, New York.



things change.

- Expect things to work out. You can't change what happens, but you can change how you feel about it.

See the big picture.

- Find the positive in stressful situations and learn from the situation.
- Look for things to learn. Difficult or emotional situations can teach you about yourself. Look to the future, and ask yourself how the stressful event might help you.
- See the funny side of bad situations.

Change how you act

- Seek out interactions with people who make you feel better.
- Build relationships that are solid and loving with your family and others. Help them, and don't be afraid to let them help you.
- Develop a support network.

Believe in yourself and the things you can do.

- Solve problems. Look at all aspects of a problem, and brainstorm solutions. Ask friends for suggestions.
- Do things to gain self confidence and build self-esteem. For example, list the things you've achieved in your life or those that make you proud.

Take good care of yourself.

- Do things that you enjoy. Have a good meal. Laugh with your friends. Know what's important to you.
- Try relaxation techniques such as deep breathing and guided imagery.
- Talk about how you are feeling, and manage your emotions.
- Be thankful for the good you see around yourself.

Alberta Health Services



"Silverton Falls & Castle Mountain in Banff" by Carole Westlake

Keep Your Home Safe and Secure While on Vacation

Going on a summer vacation? Before you leave for your vacation, make sure your home is as safe and secure as possible. Check out these tips to help reduce your risk.

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website at calgarycommunities.com

A message from the Federation of Calgary Communities



Gear Up For Epic Mountain Biking In Alberta

Wheels are spinning, dirt's flying and my heart is pounding. I'm hanging onto my handlebars and enjoying the total freedom of riding mountain bike trail networks that reach forever. Racing downhill, I gear down madly for the steep climb ahead. My quads burn as I churn up the ascent. Cranking hard to the top of a ramp, my wheels leave the ground and I'm airborne. Nailed the landing too – what a perfect jump.

Mountain biking in Alberta attracts enthusiasts and Olympic hopefuls from around the world. Whether you want to aim for glory, test your skills in a challenging bike park, or just hit the open trails, you're in for some serious fun.

Hinton Bike Park

There's something for everyone on the 100 km (62 mi) of backcountry trails at the Hinton Bike Park. Located halfway between Edmonton and Jasper National Park, it's our favourite place to stop and burn off some energy on a summer road trip. Ride the hidden trails with the family, or test your abilities in the skills area where you can polish your style on the jumps, teeter-totters and skinnies – narrow logs, planks or boards. Whether you're a gnarly novice or an extreme daredevil, Hinton is a wilderness paradise and mountain biker's dream.

WinSport Canada Olympic Park

All ages can tackle tricks at WinSport Canada Olympic Park in Calgary. My kids have been taking lessons here ever since they were out of training wheels. Choose from a half-day, full day or season pass. Bring your own bike,



or rent one and all of the safety gear. Learn to ride on dirt in the Discover Park and then head to the Skills Centre to practice drops and skinnies. You'll find trails that range from beginner's green to totally advanced double black diamond.

Canmore Nordic Centre

Whenever we're in Kananaskis Country, in the front ranges of the Canadian Rockies, we ride the extensive trail loops at Canmore Nordic Centre, hoping to spot an Olympic athlete in training. When the kids were smaller we'd stick to the wide dirt roads and pull our bike trailer. Now we hit the rolling cross-country ski trails, which are narrower and more of a challenge. The Skills Park is also a fun hangout, even if you just watch the talent. It's free and has everything you need to try out new tricks. Trail Sports, located onsite, offers drop-in lessons, skills camps, rentals and end of season bike sales.

Alberta Mountain Bike Trails

The fun doesn't stop there though. In the northern Rockies, we ride at Athabasca Lookout Nordic Centre where there are trails for all abilities as well as spectacular views of the Canadian Rockies. Devon in Central Alberta, Strathcona County outside of Edmonton and Red Deer in Northern Alberta also have radical rails and cool trails.

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Climbing & Mountaineering

If the thought of becoming a human mountain goat hanging off the side of a cliff terrifies you – don't worry. There's a starting point for everything, even conquering mountains.

- **First time:** Via ferrata is a type of mountaineering up slopes equipped with steel ladders, steps and cables. It makes scaling a mountain way more accessible. Get the same views of Mt. Norquay as a peregrine falcon does – no experience required.
- **Rock star:** The canyons and cliffs in the Canadian Rockies are what rock climbers' dreams are made of. Breathtaking views meet heart-stopping multi-pitch routes up limestone and quartzite. Fledgling climber? Sign up for a climbing class. You've got to start somewhere.

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