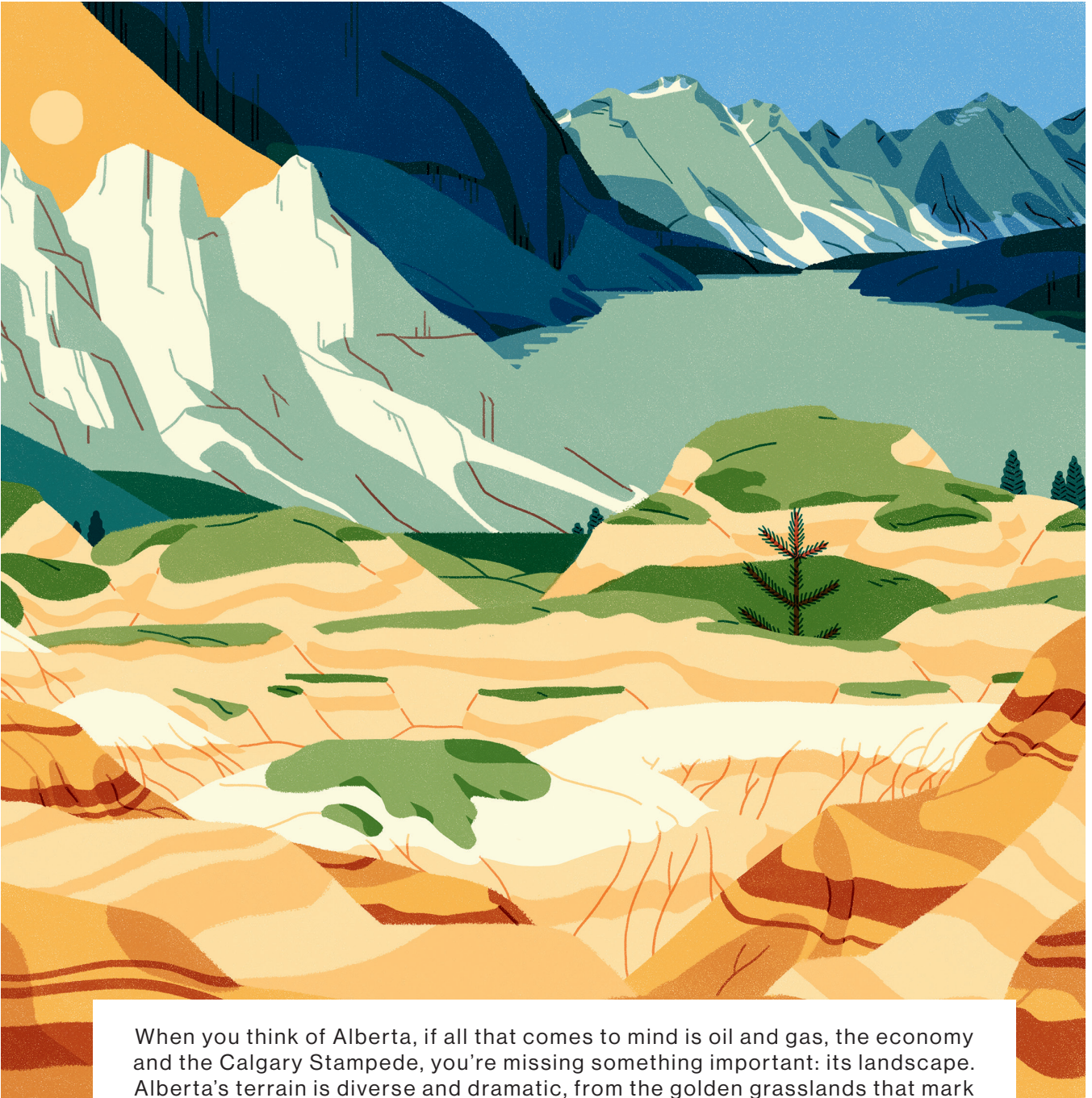


Oh, Canada!

ALBERTA



When you think of Alberta, if all that comes to mind is oil and gas, the economy and the Calgary Stampede, you're missing something important: its landscape. Alberta's terrain is diverse and dramatic, from the golden grasslands that mark it as one of the Prairie provinces to its coulees (deep V-shaped valleys formed centuries ago by retreating glaciers) to its turquoise lakes and hot springs. The badlands are home to sand and clay hoodoo rock formations that seem to jet straight up from the earth, plus a treasure trove of dinosaur bones. And, of course, it's all crowned by the jagged, ice-capped peaks of the Rocky Mountains.



WEST WORLD

See a side of Calgary that you never knew existed, from its booming food scene to its network of scenic bike paths.

BY ANDREA KARR



STAY

Style Setter Hotel Arts

This chic downtown hotel is worth a visit for its decor alone, but the amenities are also top notch: two award-winning restaurants, Raw Bar and Yellow Door Bistro; luxurious in-room spa treatments; and free bike rentals in the warmer months.



DO

Spring Calgary by Bike

One of the city's best perks is its urban pathway system, the largest in North America. Popular Calgary blogger Mike Morrison has released a bike map with must-visit spots around town since 2015. (Get yours at calgarybybike.ca.) If you need to borrow a ride, try Nomad Mobile Gear Rentals (nomadgearrentals.com); they'll deliver a bike to your door, then pick it up once you're done.

Location, Location

River Wynde

If you really want to get a sense of the city, stay at the cozy River Wynde B&B, which is located on a quiet side street just a short walk from Kensington Village, the popular shopping and restaurant district. It's also close to yoga studios, cafés and spas.



EAT

Patio Pleasures Rooftop Bar @Simmons

This rooftop bar is about more than just drinks. Chef Jessica Pelland takes her commitment to local food seriously, sourcing from local farmers, ranchers and artisans and taking inspiration from what's in season when developing her menu. Also worth checking out: Charbar, Pelland's indoor resto, located on the lower floor.

Summer

St. Patrick's Island

Cross the George C. King Bridge onto this island park for one of the best views of downtown Calgary. The space was redeveloped in 2015 and now offers an amphitheatre, a picnic grove, wading pools and public art.

Fall

Inglewood

Satisfy your inner shopaholic by wandering through the Inglewood neighbourhood. Visit The Silk Road Spice Merchant for hard-to-find spices, The Uncommons for gifts and Plant for terrariums and vintage home decor.

Winter

Studio Bell, home of the National Music Centre

Built to preserve the history of music in Canada, Studio Bell aims to educate and excite kids, adults and musicians alike. The space has a performance hall, recording studios and interactive exhibits, plus it houses the Canadian Music Hall of Fame.

Veg Out

Ten Foot Henry

Named after a cartoon character that became a fixture on Calgary's art scene in the '80s, this "vegetable-forward" restaurant easily combines design and delicious food. Though there's meat on the menu, the dishes that shine, like a seriously satisfying omelette, make veg the star.

What's Close By?

If you have time to range farther afield, here are three other cool spots to see in Alberta.



ONE HOUR AWAY

KANANASKIS COUNTRY

Check into the Delta Lodge, then hit the slopes at Nakiska Ski Resort or hike waterfall-lined trails, which will look familiar if you've seen *The Revenant*.



THREE HOURS AWAY

RED ROCK COULEE

Get your camera ready! The prairie vistas at Red Rock Coulee are filled with unique spherical red boulders, thought to be the largest in the world.



FOUR HOURS AWAY

ATHABASCA GLACIER

In the summer, go for a guided tour across the most-visited glacier in North America. You can walk on the ice and collect fresh water from the streams.





ONE ON ONE

“WE DON’T HAVE MOUNTAINS, BUT WE HAVE NICE PEOPLE WHO KNOW HOW TO GIVE BACK AND THINK ABOUT FUTURE GENERATIONS. I CAN’T SEE MYSELF LIVING ANYWHERE ELSE.”

ON THE BALL

Olympian and rugby superstar Jen Kish tells us why Edmonton will always be home.

BY GRACE TOBY

WHEN JEN KISH was growing up in Edmonton, she rarely spent her time playing video games or going to the movies with friends. Instead, she was busy grocery shopping and getting herself to and from her after-school activities, including basketball and taekwondo.

After her parents’ divorce when she was 3½ years old, her dad, Steve, raised Jen and her older brother, Jason, on his own, juggling multiple jobs for much of their childhood. For several years, the family lived in a one-bedroom apartment with no furniture and had to sleep on the floor, but Steve worked hard to help pay for Jen’s sports-related fees and equipment. “He didn’t want to fail us. His devotion to his kids was his No. 1 priority. He put our needs before his,” she says.

Though Jen didn’t always get the quality time she yearned for as a kid, the father-daughter moment she’d dreamed of came last summer at age 28, just seconds after the buzzer sounded on the Canada versus Great Britain women’s rugby match at the Summer Olympic Games in Rio de Janeiro. Sweaty and elated after capturing bronze, Jen locked eyes with her dad in the stands, who was beaming with pride. “I wouldn’t change my childhood for anything. It helped me become the strong person I am today and the leader I was in the Games.”

Jen is easy to spot on the field, with her platinum-blond hair and ink-covered body. She literally wears her heart on her sleeve, and a scan of her tattoos reveals a parade of significant sayings and symbols to mark momentous events. The two halos on the

back of her neck are for her brother and her father, who has been battling cancer. And her current favourite piece is the newly inked Olympic flame on her calf to commemorate her medal finish.

Her many accomplishments—and the fact that she’s considered one of the best forwards to ever play rugby—make it hard to believe she didn’t know much about the sport when she signed up for her high school’s team. “Rugby found me. I joined purely because my friends were doing it,” she says. And she stuck with it after getting encouragement from older national players, who recognized her talent and pushed her to pursue it. “If it wasn’t for those athletes, I probably wouldn’t have chased rugby like I did. Basically, my entire career comes from peer pressure.”

When she left Rio last summer, she headed home to Edmonton, trading glory on the rugby pitch for pulling out electrical wires and putting up drywall. She and her fiancée, Nadene Selewich, a police officer, were building their new home outside the capital city’s core. Yet, inundated with interview requests, Jen made sure she responded to every reporter who called, in between construction duties. “This city has always been behind me and my sporting career,” she says.

A member of the Canadian women’s rugby sevens team since 2011, Jen had planned to retire after last year’s Olympic Games, but her coaches convinced her to stick around—and that can only be good for women’s rugby. Her goal is to continue growing the sport and level the playing field, both on and off the pitch. For years, she and her teammates had to wear oversize men’s jerseys and weren’t offered the same winning bonuses as their male counterparts. Now, their kits are tailored, they’re constantly making the finals and the sponsors are calling. “I want to prove that women belong in the sports world just as much as men, and that we play with the same amount of skill and finesse. It’s slowly balancing out, but it’s always going to be a fight. It needs to change. I’ll never accept less.” ●

Kish’s Keepers

Canadian rugby star Jen Kish shares her three favourite things to do in Edmonton.

1

The Rec Room

“This is a fun venue with Ping-Pong tables and video games, which I love. Some evenings are adults-only—I’ll go with my friends to hang out and have a beer.”

2

Rogers Place

“The atmosphere in the newly opened arena is amazing. The fans in this city really back their athletes and can get quite emotional—especially when the hometown hockey team, the Oilers, are doing well.”

3

The Melting Pot

“The four-course fondue menu is served on the centre of the tables and has broth, cheese and chocolate pots for dipping. It’s so much fun and so delicious.”



FIND OUR FAVOURITE PLACES TO STAY, RESTAURANTS TO VISIT AND FUN THINGS TO DO ACROSS CANADA AT canadianliving.com/ohcanada.