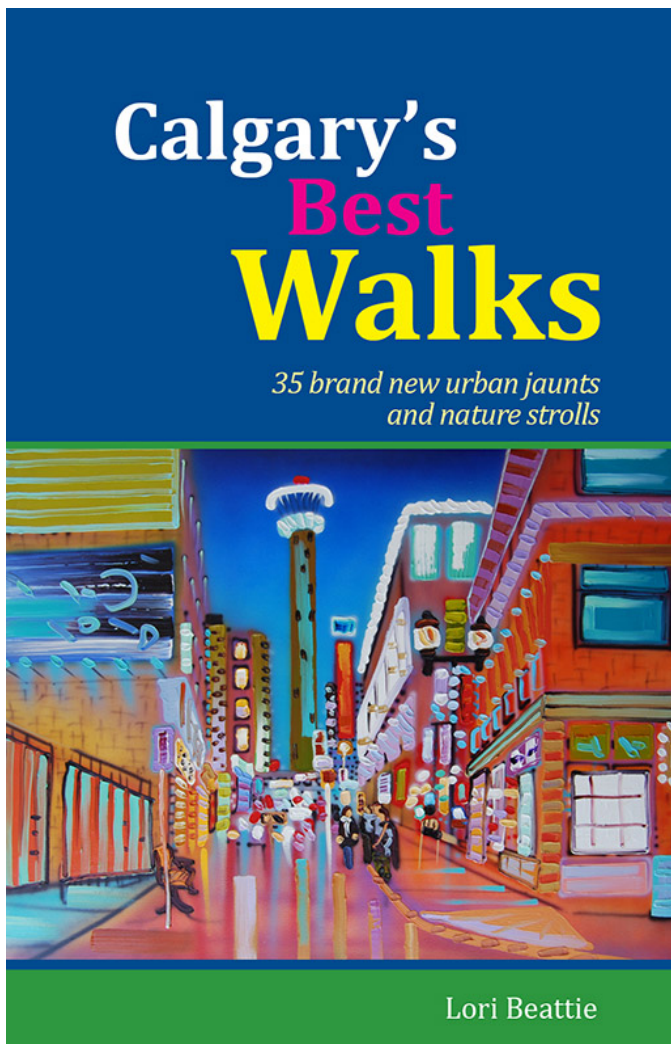


**Book release March 9, 2015!**



**Best selling author** and intrepid urban walker, Lori Beattie is back with a brand new guidebook that leads you on **35 new Calgary walking routes**. Surprises await!

**240 glorious full colour pages**  
39 detailed maps  
80 images (artwork and photos)

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ISBN 978-0-9939535-0-7 (pbk.)

\$26.95

A sample of the book is available at [www.calgarysbestwalks.ca](http://www.calgarysbestwalks.ca)

### Media and launch information

**Review copies** will be available and delivered the week of **March 2-6**.

**Media dates for interviews:** March 11 and 12

**Publicity contact:** Cathy Tippet

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**Launch events contact:** Lori Beattie, [lorib@fitfrog.ca](mailto:lorib@fitfrog.ca) or 403-229-4299

## Let's Walk!

I love to walk, everywhere and anywhere. Walking makes me happy. I enjoy the fresh air, the time to think, and the freedom to explore. I also love the simplicity. You don't need special gear or skills to go for a walk, just practical footwear, a few layers of clothes, and the ability to put one foot in front of the other: left, right, left, right.

Exploring Calgary on foot is ideal for anyone, no matter their interests. Taking a walk in the city can help you satisfy your desire to explore and experience wilderness, art, and gardens; rivers, reservoirs, hills and flatlands; as well as the urban core and quiet communities, on trails that end at a local café, restaurant or ice cream shop. It is this vast range of treasures in such a small space that makes walking in Calgary so enjoyable, so stimulating. Walk through neighbourhoods and observe or interact with gardeners, front-porch sitters, or other walkers. See and be seen on a walk along a bustling commercial street. Or log off and reconnect with nature by getting off the beaten track and onto a more remote one.

Walking outside is the perfect way to clear your head, to shake up your routine and put things into perspective. It's also a great activity to engage in with your kids, your family, and your friends. Conversations flow when you walk. What else is there to do but chat and observe? And all that fresh air and Alberta sunshine does wonders for your mood.

The routes included in this book introduce you to parts of the city that may be new to you. Use the routes as guidelines and then expand on them. Change your route midstride and explore. The fun part about urban walking is the unknown, the surprises around unexplored corners. Create your own urban walkabouts, and let me know if you uncover hidden stairways, pathways, or secret neighbourhood cafés. See you out there!

Visit Lori at  
[www.calgarybestwalks.ca](http://www.calgarybestwalks.ca)

Take an art walk through Calgary's downtown, along the East Village RiverWalk and into quirky Inglewood. Soak up some big sky views in Glenbow Ranch Provincial Park. Stop en route for a coffee along 17 Avenue SW before climbing past the impressive homes of Mount Royal. Disconnect and recharge in the Weaselhead wilderness at the Glenmore Reservoir.

Bring your kids, your dog and your sense of adventure. Detailed maps lead you through neighbourhoods and pocket-parks, to hidden staircases, along paved river pathways and onto people-populated walking streets. Calgary's Best Walks has something for everyone, including Lori's favourite coffee shop suggestions for a post-walk treat.

Absorb Calgary's sights, scents and sounds on 35 brand new urban jaunts.

ISBN 978-0-9939535-0-7



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*Nicknamed the "Queen of the Urban Hike" by the Calgary Herald, Lori Beattie is the author of Calgary's Best Hikes and Walks and Calgary's Best Bike Rides and Trails.*

*She leads city walks and Rocky Mountain hikes, snowshoe and ski days with her company Fit Frog Adventures. Lori lives in Calgary with her husband Keith Dewing and her children, Oscar and Eve.*



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