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**For Immediate Release**

Bestselling Alberta author Lori Beattie is back with an expanded and updated 2nd edition of her hugely successful compendium of Calgary's best walks and urban jaunts.

**Calgary winter walkabouts** are frozen waterfalls and Rockies views, ravines, wetlands and rivers, hoar frost that sparkles, chickadees that land on your hands, colourful murals, Christmas Lights, communities with cafés and craft beer, little free libraries, friendly neighbours, connections and conversations. **Let's walk!**

**New in this edition:**

10 new walk routes with **full colour maps**

- Botanical Gardens of Silver Springs, NW
- Varsity & Dalhousie Ravines, NW
- Royal Oak Wetlands, NW
- Bowness and Dale Hodges Park, NW
- Patterson, Coach Hill and Paskapoo Slopes, SW
- Shawnessy, Somerset, Bridlewood Wetlands, SW
- Dover, SE
- Fish Creek Park, Rotary Wetlands and Cranston, SE
- Fish Creek Park, Mountain Park, SE
- Downtown, Beltline & East Village Murals and Art, SW

**40+ suggested detours** for the urban explorer to extend and expand walking routes

**35 revised and updated maps**

More **off leash dog** walking areas featured for pups and their people

Even more tasty pit stop suggestions: **cafes, ice cream and craft beer**

**New photos, artwork and new content** on topics ranging from First Nations history, geology, archeology, botanical gardens, wetlands and **why walking makes us happy!**

To set up an **interview** or to get a **review copy** please contact Lori at [lorib@fitfrog.ca](mailto:lorib@fitfrog.ca) or 403-390-0155 (cell).