

FISH CREEK PROVINCIAL PARK

PARK NOTES

Winter Safety Tips

Fish Creek Provincial Park is open year-round for recreation and enjoyment in Calgary. With proper outerwear and knowledge, you can avoid injuries, prevent accidents and stay safe in winter conditions while exploring the park.

Winter Pathway Safety – Boots, boots, boots!

Warm footwear with good grip is essential to winter pathway safety. Consider additional traction aids, like “yaktrax” and walking poles. Pathway conditions can change quickly, and even pathways that are cleared of snow can have snow-packed, slippery sections. “Layer up” your clothing from top to bottom for adjustable comfort, walk cautiously, and always be aware of your surroundings.



Stay Hydrated

Walking and cross-country skiing are excellent physical activities in the winter months. Although it is cold outside, it is still important to remain hydrated.

- Fill a thermos with warm water prior to your outing. Warmer water is easier to drink in the cold and is less likely to freeze.
- Soups or sports drinks are effective options to stay hydrated during physical activity.
- Avoid caffeinated drinks like coffee, that dehydrate you.



Thin Ice and Melting Snow

Warm Chinook winds and flowing water create uneven ice and snow conditions throughout the park. Please keep off of the Bow River, Fish Creek, and stormwater ponds. Enjoy snowshoeing and cross-country skiing off of these waterways, and when snow conditions allow.

Safety in the Dark

- For early morning and evening walks, flashlights and reflective clothing will assist with visibility and accident prevention.
- Remove all valuables from unattended vehicles.
- Stay on designated pathways and know your route to avoid getting lost.
- Travel in groups and with a fully charged mobile phone in case of accidents. With fewer park visitors, it is a good idea to have a plan in case of emergency.



Photo courtesy of Anne Elliot

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