**SETAC PNC 2019 Lethbridge Recreational Offerings**

**Food and Beverages**

**The Zoo/SU food court** – The on-campus bar for U of L students, the Zoo will have limited hours during the summer (lunch hours) though they do offer a spacious patio and a great view of the coulees to go along with a selection of booze and excellent food. The Zoo is located above the university food court located in the Student Union Building. The food court is also limited during summer months.

**Pop’s West** – Just a short walk west of the University, Pop’s is a staple of U of L student/staff lunch and post work beer repertoire. Daily specials are available and there are plenty of screens to watch sports or other events.

**Coulee Brew** - Located on the east end of the city, this brewery is a bit of a drive but well worth it. The outdoor patio space is dog friendly, offers a variety of patio game options, and of course locally brewed beer.

**Theoretical Brewing** – Located in the heart of downtown Lethbridge this Nano-brewery was originally founded by University of Lethbridge Alumni. A dog friendly venue with a cozy patio await you along with their various beers on tap. (Note: Theoretical does not serve food but you’re welcome to order in/bring food to their venue.)

**Plum** – Fancy some fine dining? Regarded as one of the premier restaurants in town you can’t go wrong with a luxurious dinner and cocktail evening at Plum. Although a bit pricier on a student’s salary the excellent locally sources meals are worth every penny and their lunch menu offers moderately priced options.

**Mocha Cabana** – More than just desserts… but let’s talk about their cheesecake… Worth the trip downtown alone, Mocha has a rotation of made in house cheesecakes and desserts that are not to be missed. Their food and patio are also among the best in town. Mocha is located in a historic blacksmith shop and features as much locally sourced food as possible. With prices that rival most chain restaurants, Mocha is a treat for those wanting something unique and local.

**Things to do in Lethbridge**

**Horns Recreation –** The on-campus facilities offer a great selection of activities for a reasonable price. Enjoy rock climbing (all gear included in admission prices) or bouldering at the climbing wall, swim a few laps in the pool, or join in on the weekly badminton, basketball, or fitness classes that are all included in the price of admission.

**Disc Golf** – Did you know Lethbridge has the longest disc golf course in Western Canada? Neither did I until I moved here. We will have some discs available to borrow for a quick game but if those run out there are establishments that offer rentals (Games Galore 403-320-9780). The course is in Nicholas Sheran Park, which is about a 5-minute walk west of the university.

**Coulee hikes** - The Lethbridge coulees are famous for their unique undulating appearance and historical significance. Nowhere is this more obvious than in Fort Whoop up or Helen Schuler Nature centres. Explore the facilities or just get lost in the various coulee trails that line the valley.

**Round Table Board Gamerie** – Located just across the valley on the west end of downtown the local boardgame café offers near countless table top games and a selection of food and booze items. Excellent daily specials and friendly staff make this a great venue to mingle with friends or meet some new board game friends.

**Golf** – People in the Southeast of Alberta must really love their golf. We have a variety of courses in the region including 4 local courses (Paradise Canyon, Bridge Valley, Lethbridge Country Club and Henderson Lake) and several excellent courses in the surrounding region.

**SAAG** – Visit current exhibitions and browse their shop for unique local goodies at The Southern Alberta Art Gallery (SAAG). The June exhibitions are “Of Surroundings”, featuring artists working within traditional territory of Southern Alberta, and “Koko’sinnoonksi Omaniiyaawa: Our Children Speak the Truth”, a collaboration with Blackfoot and non-indigenous youth that provided an opportunity to explore and experience truth and reconciliation through creative pathways using visual art.

**Nikka Yuko Japanese Gardens –** A hidden gem nestled by Henderson Park, Nikka Yuko Japanese Gardens encompasses the beauty and peacefulness of an authentic Asian garden. The site includes plants and elegantly shaped ponds with Japanese decoration and statues. The Japanese Gardens are perfect for a quick stop to learn about Japanese Culture and the site’s historical significance to Lethbridge.

**Things to do in the Region**

**Waterton Lake National Park –** Feeling the call of the mountains? Waterton National park is a scenic 1.5 hour drive from Lethbridge. While the recent fires have made their mark on the landscape, it has not detracted from the Parks natural beauty, nor has it disrupted the excellent local vendors and services.

**Writing on Stone National Park –** Another National Park located in the Lethbridge Area is awaiting your visit. This location hosts historic First Nations art and a beautiful landscape. Come see the early Aboriginal art and read about what makes this location unique.

**Head Smashed in Buffalo Jump** – Not sure I need to expand on this place after the name. This World Heritage site is a historical hunting ground for First Nations that inhabited the region. Excellent interpretive facilities mesh with a beautiful foothills landscape to really tie together this unique experience.

Enjoy your stay in Lethbridge. Feel free to contact me if you have questions about anything on this list.

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