

# SELF-GUIDED FUN ACTIVITIES

## ON CAMPUS ACTIVITIES:

### Sunrise Rotary Trail



Explore this fully paved 3.5-km loop around the perimeter of the Medicine Hat College grounds. With interpretive signs, plaques of donors and outdoor exercise machines along the way, the trail is considered an easy route, and takes an average of 40 minutes to complete.

### The Teaching Garden



Partially funded by a contribution from the Medicine Hat Horticultural Society, the Teaching Garden provides a relaxing outdoor learning environment for Medicine Hat College. Adjacent to the Trades Wing and Vera Bracken Library, this living classroom is also intended to provide a place of relaxation and social interaction for the entire community.

### The Xeriscape Demonstration Garden

Located on the northeast side of the main College building, the Xeriscape Garden is intended to educate homeowners about alternatives to traditional landscaping and showcase a variety of plants and practices that are environmentally friendly. The oriental-inspired design is a tribute to the college's ties with its international partners, particularly those in China and Japan.

### Weight Room

MHC weight room is located in the G-wing. ASSC registrants have free use of the gym while attending the conference.

## OFF CAMPUS ACTIVITIES:

### Brewery & Distillery Tour



Medicine Hat is home to some locally renowned breweries and a distillery. Take some time to visit Medicine Hat Brewing Company, Hell's Basement Brewery, Travois Ale Works, and Grit City Distillery for some liquid refreshment. For additional information:

<https://www.tourismmedicinehat.com/features/local-beverages>

### Self-Guided Indy Coffee Tour



Medicine Hat Tourism has created a self-guided tour to discover Medicine Hat's downtown coffee culture. Participating cafes include the Poolhouse Café & Roastery, The Copper Leaf Café, Nosh, Station Coffee Company, and Inspire Studio, Gallery & Café. For additional information:

<https://www.tourismmedicinehat.com/self-guided-tours/indy-coffee-tour>

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## Ice Cream Crawl

Please note: Consult websites or contact business as hours may have changed.

### Annegrets Chocolates



1235 Southview Dr SE #101      403.529.1122

In addition to weekends, Annegrets is open from 10am – 5pm on weekdays. It offers delectable chocolate and, in warmer months, fresh Gelato. The chocolates do not contain preservatives, artificial flavours, or cheap substitutes.

### CAMP Handcrafted Ice Cream



1870 6 Ave SE Bay 1      403.548.0087

Open until 7pm on Thursdays, Fridays, and Saturdays, CAMP Handcrafted Ice Cream provides the highest quality ice cream in Southern Alberta, and \$1 per pint goes to kids' camps. Join them in their mission!

### La Diperie



1751 Strachan Rd SE #101      403.525.3693

La Diperie is open until 9:00pm nightly and serves a menu to satisfy any sweet tooth: soft serve ice cream, hard ice cream, milkshakes, donuts, cakes, the Cheesecake Factory Bakery, popcorn, smoothies, razzle, waffles, dessert and sundaes, cookie dough, and cookies. Vegan options available.

### Swirls Ice Cream



2 – 4 St SW      403.529.1189

Swirls is a family-owned and operated local business dedicated to quality ice cream products and service. Recognized as a Medicine Hat landmark, it is an iconic must stop. It is open until 9pm

### Tino's

No Webpage      860 14 St SE      403.526.4300

Tino's Drive Thru was opened on June 1, 1967, and it is still owned and operated by the original owners. It offers outdoor seating, and magnificent milkshakes. It is open until 8:00pm daily.

### Tutti Frutti Frozen Yogurt

3073 Dunmore Rd. SE      (403) 487-5515

Open until 9:00 nightly, it's a lovely spot for a sweet treat! Choose your choice of frozen yogurt (soy options available) and top it with your choice of candy, fruit, nuts, or seeds.

## SELF-GUIDED FUN ACTIVITIES

### Police Point Park



1001 Police Point Dr NE, Medicine Hat, AB T1C 1S4

Police Point Park is a 97.7-hectare riverfront nature park with walking trails through the scenic landscape and a nature centre hosting interpretive programs and displays.

### Saratoga Trail



Between Kin Coulee Park and Strathcona Island Park, this paved 4.5-km out-and-back trail makes for a nice, long outing and the perfect bike ride. Generally considered an easy route, it takes an average of 57 min to complete.

### Kin Coulee Park



Featuring more than 100 acres of open space this park offers something for everyone. You'll find playgrounds, firepits, beach volleyball area, ball diamonds, and band shelter. Kin Coulee can be accessed from Medicine Hat College by stairs on the north side of the Sunrise Rotary Trail. Scan QR code for directions.

### Saamis Teepee

The Saamis Teepee was originally constructed for the Calgary 1988 Winter Olympics. Each of the 10 masts feature a large storyboard depicting aspects of native culture and history. The Saamis Teepee is now located on the Trans-Canada Highway next to Tourism Medicine Hat. The main masts of the teepee measure 215 feet (the same as a 20-story building!) and the diameter is 160 feet, with a foundation weight of 800 metric tons.

Below the Saamis Teepee in scenic Seven Persons Coulee lays the Saamis Archaeological Site, one of the most important archaeological sites of the Northern Plains. The area was once a buffalo camp and meat processing site, and experts believe over 83 million artifacts are buried at the site. Please Note: The teepee is under renovation from April to October. Foot traffic is permitted, but the parking lot will be intermittently closed.

### Shopping

#### Medicine Hat Mall



3292 Dunmore Road SE

It is open until 8:00pm. Scan the QR Code for hours and map.