

GETTING OUTSIDE DURING THE COVID-19 PANDEMIC

RESOURCES

- Suggestions for Getting Outside Responsibly
 - <https://www.mec.ca/en/article/tips-to-exercise-outdoors-safely-while-social-distancing>
 - <https://www.outdoorrisk.com/single-post/Responsibly-Outdoors>
- Mountain Equipment Coop (MEC) Resources
 - Fun activities for outdoorsy kids
 - <https://www.mec.ca/en/article/fun-indoor-activities-for-outdoorsy-kids>
 - How to stay connected to the outdoors while you're at home
 - <https://www.mec.ca/en/article/how-to-stay-connected-to-the-outdoors-while-youre-at-home>
- Indoor Training Ideas for Climbing
 - <https://www.mec.ca/en/article/how-to-train-for-rock-climbing-from-home>
 - [Metolius Rock Ring Training](#)

APPS to get you out there and help you ID what you see

- [The City Nature Challenge YYC](#) is a citizen science initiative to document Calgary's wild species, from aphids to yarrow, with the help of the online natural history platform iNaturalist. April 24-27. ([link to article explaining event](#))
- Eye-Love Birds. Allows you to identify various birds by appearance or song. Purchase and download birds for the specific area you will be in.
- Alberta Wildflowers. A free app that covers Alberta specifically. Includes wildflowers and a selection of bushes and trees.
- PlantSnap. A worldwide app that allows you to ID plants and flowers as well as take pictures of plants, submit them and have a list of likely matches returned to you.
- Star Walk 2. A great app to get to know the night sky. Also can send alerts to help you track upcoming events like meteor showers, eclipses and planetary positions in the sky.
- Weather Network. Has the usual weather info, but also has a video section including explanations of the why behind weather events. Also some cool weather related stories ranging from sink holes in Bolivia to freezing rain in the Maritimes to massive glacial icefalls in Alaska.
- Canada Topo Maps by David Crawshaw. A free app that allows you to download topographic maps to your phone or tablet and use them outdoors. It will also track you and allow you to save hikes or other routes including distance, elevation gain/loss and time. You can import and export info to and from other apps like Google Earth to share with friends.
- Topo Maps +. A subscription app that includes all of what Canada Topo maps includes plus lots more. Choices of numerous map formats (more than I knew existed!) including in-app purchases of Backroads and National Geographic maps.
- AllTrails. A user friendly map and trip planning/recording app focused more on day trips/hikes. Lots of user ratings and descriptions of trails and suggested travel directions as well as a feature that allows you to find trails in the area you're in.
- PeakFinder. Allows you to use your phone to identify peaks using a local, downloaded database. Also allows use of your phone's camera to more precisely align local topography to what you see on the screen.
- PeakVisor. Like PeakFinder, but especially good for Europe. More glitzy than PeakFinder with better graphics.
- Maplets. A free app that will search the area you're in and tell you if there are relevant maps available for things like bike paths, parks and recreation areas. It then allows you to download those for use even if you have no cell coverage.

- Trailforks. The go-to map app for mountain biking trails, but now expanding into a variety of other activities (snowshoeing, ski touring, hiking etc.) as well. Rates trails by difficulty and gives an overview of what to expect. Also includes current, user-submitted trail conditions and trail advice. A great tool for planning trips to areas and getting an idea of what's there before you go. Allows you to get driving directions to trailheads. Maps work offline, but the "download" (really just caching) process takes some getting used to.
- Google Earth. Allow you to plan outdoor trips worldwide. You can use trails you've recorded in the map apps (Canada Topo Maps or Topo Maps +) and overlay them on Google Earth map images or vice versa.

BOOKS

For Adults

- The Nature Fix by Florence Williams. Current research findings from around the world regarding the importance of getting outside even if it's only a walk in the park with your dog.
- The Nature Principle: Reconnecting with Nature in a Virtual Age by Richard Louv.
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For Kids

- How the Weather Works: 100 ways parents and kids can share the secrets of the atmosphere by Michael Allaby
- Exploring the Night Sky by Terence Dickinson
- Kids' Outdoor Adventure Book: 448 Great Things to Do in Nature Before You Grow Up by Stacy Tornio and Ken Keffer

Outdoor YouTube videos and For-rent Movies (they don't get you outdoors but they can inspire, entertain and expand your perception of what is possible)

- Banff Film Festival Curated list of Outdoor / Mountain Films (FREE)
 - <https://www.banffcentre.ca/film-fest-at-home>
- Mountaineering & Climbing
 - Marcel Remy - 94 years old and back to the summit <https://gripped.com/profiles/watch-94-year-old-climb-450-metre-5-8-in-switzerland/>



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Choices* - Steph Davis; climber, BASE jumper and wingsuit pilot [Steph Davis - CHOICES Full Movie](#)

- o The Dawn Wall (on Netflix and for rent via on-line movie providers)
- o Free Solo (for rent via on-line movie providers)
- o [Alex Honnold Breaks Down Iconic Rock Climbing Scenes | GO Sports](#) (pretty humorous)



- Biking (Big mountain, Slopestyle etc.)
 - o [My First Time Riding The North Shore](#) (comedy)
 - o [One Shot: Brandon Semenuk's unReal Segment](#)

- [Brandon Semenuk's iconic Raw 100 \(Version 1\)](#)
- [Brandon Semenuk Does It Again | Raw 100, Version](#)
- [Brandon Semenuk Builds an MTB Playground in Utah | Raw 100, Version 5](#)
- RedBull Rampage (lots of other associated links to this mind blowing event)
 - [Red Bull Rampage 2019 FULL Highlights](#) An incredible "all mountain" freeride event held in the scenic desert of southern Utah. Hard to believe some of these runs.



- [GoPro: Kyle Strait - Red Bull Rampage 2016](#)
- Biking (urban & trials riding)
 - Danny McAskill (start with these and follow the associated links for more incredible riding)
 - [Inspired Bicycles - Danny MacAskill April 2009](#) (the original video that went viral and launched Danny's career and notoriety)
 - [Danny MacAskill's Wee Day Out](#)
 - [Danny Macaskill: Danny Daycare](#) (make sure to watch the very end to see how the video was made; no, there's no real child in that kid carrier!)
 - [Danny MacAskill's Imagnate](#)



- Fabio (and Gabriel) Wibmer
 - [Wibmer's Law - Fabio Wibmer](#)
 - [Urban Freeride Lives 2 - Fabio Wibmer](#)
 - [LATE FOR SCHOOL / Gabriel Wibmer](#)
 - [Fabio Wibmer - Fabiolous Escape 2](#)



- Martyn Ashton
 - [Martyn Ashton - Road Bike Party](#)

- [Road Bike Party 2 - Martyn Ashton](#)
- Skiing (generally big mountain and backcountry)
 - [The FIFTY - Ep. 26 - The Sickle, ID - "Marriage Test in the Mountains"](#)



This is a great series chronicling the ongoing attempt to successfully ski the 'Fifty Classic Ski Descents of North America'. A warning for bad language in some of the episodes.

- [Freeride Skiing at Home - A Ski Movie By Philipp Klein](#)



LINKS TO STS CTV PRESENTATIONS

- Alanna - <https://calgary.ctvnews.ca/video?clipId=1936815>
- Morgan - <https://calgary.ctvnews.ca/video?clipId=1938493>
- Cheryl - <https://calgary.ctvnews.ca/video?clipId=1939805>
- Bruce -