

WELCOME TO CALGARY


Nationals
Les Nationaux
CALGARY 2026



SOUTH CALGARY HIGHLIGHTS

Family-friendly local favourites, all just minutes from your hotel.

EAT & DRINK

Bennys Breakfast Bar \$\$

7007 11 St SE
Retro-style brunch hub known for big portions and bold flavours.

Cactus Club Cafe \$\$\$ Y

7010 Macleod Trl SE
Trendy chain offering upscale casual dining and cocktails.

The Park Kitchen & Bar \$\$ V Y

163 Quarry Park Blvd #1200
Neighbourhood restaurant offering approachable comfort food in a relaxed, family-friendly atmosphere.

Hearts Choices \$ V

510 77 Ave SE
Vegan Thai dishes and plant-based comfort food classics.

Monki Breakfast Club & Bistro \$\$ V

1420 9 Ave SE, #4
Lively breakfast spot with creative bennies and brunch cocktails.

OEB Breakfast Co. \$\$\$ V

2207 4 St SW
Inventive breakfast creations in a stylish, energetic setting.

Prairie Dog Brewing \$\$ Y

105D 58 Ave SE
Family-friendly brewpub serving local craft beer and Texas-style BBQ.

The Banquet Bar \$\$ Y

Mahogany Rd SE, #1000
Games, drinks, and elevated pub fare in a large and lively setting.

UNA pizza + wine ★ \$\$ V

10816 Macleod Trl SE, #408
Thin-crust pizzas, wine, and small plates in a cozy space.

The Tavern at Derfoot Meadows \$\$ Y

7995 11 St SE
Spacious tavern-style restaurant with familiar favourites and plenty of seating.

Avenida Food Hall \$\$ V

7005 Fairmount Dr SE, #4140
Vibrant food hall featuring local vendors and international flavours.

Blowers & Grafton (Shawnessy) \$\$ Y

70 Shawville Blvd SE #500
Casual eatery serving fun, shareable comfort food in a laid-back setting.

Belmont Diner \$\$

2008 33 Ave SW
Classic diner serving all-day breakfast and comfort food in a bright, welcoming space.

Deville Coffee Willow Park \$ ☕

5000 12a St SE
Neighbourhood cafe known for great coffee, pastries, and a laid-back atmosphere.

Annex Ale Project \$\$

4323 1st St SE
Hip microbrewery crafting inventive beer and cocktails with snacks.

Glamorgan Bakery \$

3919 Richmond Rd SW, #19
Calgary-famous cheese buns and European-style baked goods to-go.

Burwood Distillery \$\$ ☺

2566 Flanders Ave SW Suite 100
Locally owned distillery and restaurant serving elevated comfort food and non-alcoholic options.

Marko's Kitchen YYC \$\$ Y V

5708 1st St SE #1
Neighbourhood spot offering classic comfort dishes and casual dining.

Jane Bond BBQ \$\$

723 46 Ave SE, #321
Southern-style smokehouse dishing out ribs, brisket, and fixins.

Monogram Coffee \$\$ ☕

800 49 Ave SW
Third-wave coffee shop known for expertly crafted espresso drinks.

Native Tongues Taqueria \$\$ Y V

829 49 Ave SW
Authentic Mexico City-style tacos and mezcal cocktails.

My Favourite Ice Cream Shoppe

8561 8A Ave SW
Local ice cream shop serving classic scoops and nostalgic favourites.

Village Ice Cream \$ V ☺

2406 34 Ave SW
820 49 Ave SW
Beloved small-batch ice cream shop with classic and creative flavours.

THINGS TO DO

Speeders Indoor Prokarts \$\$

324 58 Ave SE
Race fast electric go-karts on a cool indoor track.

Fish Creek Provincial Park FREE

15979 Bow Bottom Trail SE
One of Canada's largest urban parks with paved pathways, picnic sites & easy nature walks.

Heritage Park Historical Village ★ \$

1900 Heritage Dr SW
Step back in time with old buildings, train rides, and fun stories.

PowerPlay ★ \$

100 Anderson Rd SE, Unit 400
Play mini-golf, arcade games, and try exciting virtual games.

The Military Museums \$

4520 Crowchild Trl SW
Learn about Canada's military with real tanks, planes, and stories.

Laser City \$

9950 Macleod Trl SE
Run, hide, and play laser tag in a glow-in-the-dark arena.

The Locked Room \$

9937 Fairmount Dr SE
Solve puzzles with friends to "escape" fun mystery rooms.

North Glenmore Park FREE

7305 Crowchild Trl SW
Enjoy walking, biking, and relaxing by the water.

Splitsville Glamorgan \$

3919 Richmond Rd SW
Family-friendly bowling with a great selection of tasty snacks.

Flying Squirrel Trampoline Park \$

5342 72 Ave SE
Jump, flip, and bounce at this huge indoor trampoline park.

Stanley Park FREE

4011 1a St SW
Popular riverside park with walking paths, playgrounds, and open green spaces.

Southland Leisure Centre \$

100 Anderson Rd SE
Plenty of stores and places to eat in this busy mall.

Trico Centre for Family Wellness \$

100 Anderson Rd SE
Plenty of stores and places to eat in this busy mall.

Carburn Park FREE

67 Riverview Dr S E
Peaceful riverside park with paved pathways, wetlands, and scenic walking loops.

Events in Calgary

Scan to find out what's happening in the city during the 2026 Volleyball Canada Nationals, from festivals and concerts to cultural experiences and local favourites!



SHOPPING

Calgary Farmers' Market

510 77 Ave SE
Buy fresh food, snacks, and handmade items from local vendors.

CF Chinook Centre

6455 Macleod Trl SW
Large mall with high end stores, food, and a movie theatre too.

Southcentre Mall

100 Anderson Rd SE
Plenty of stores and places to eat in this busy mall.

Westhills Towne Centre

232 Stewart Green SW
Shopping centre with casual dining, retail shops, and easy access for quick stops.

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PROMO CODE 2026VCNATIONALS

★ EXPLORE MORE PASS PARTICIPANT \$-\$\$\$\$\$ PRICE RANGE 🌿 VEGETARIAN 🍷 GLUTEN FREE ☕ COFFEE SHOP 🆓 FREE ATTRACTION 🕒 HAPPY HOUR



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Tourism
Calgary BLUE SKY CITY