

Daisy's Curated Guide to Edmonton

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Dining & Drinks

Coffee

Transcend Café <http://www.transcendcoffee.ca/garneau/>
8707 109 Street

A short walk from the university, Transcend is a go-to for Edmonton coffee connoisseurs. It was the favourite coffee shop of American actress Jessica Biel while she was in Edmonton with her partner, pop singer Justin Timberlake. Wheelchair accessible.

Remedy <http://remedycafe.ca>

8631 109 Street

Remedy is usually buzzing with grad students working on their dissertations. It features free wifi, a nice modern décor, and, most importantly, delicious chai. Try the Kashmiri chai but order it “half-sweet” unless you have a real sweet tooth. Wheelchair accessible on main level.

Breakfast

The Sugarbowl <http://thesugarbowl.org>
10922 88th Avenue

The Sugarbowl is a hit with the university community. Expect long line-ups for breakfast on weekends, but it's worth the wait. Semi-wheelchair accessible (tables with wheelchair accessibility, no steps, but a small space with narrow corridors).

High Level Diner <http://highleveldiner.com>

10912 88 Avenue

The homemade ketchup at the High Level really adds to the breakfast experience. Again, expect line-ups out the door if you show up on a Sunday morning. No steps, but not very wheelchair accessible due to narrow corridors.

Treats

The Duchess Bakery – A must visit! <http://duchessbakeshop.com>
10718 124 Street

The Duchess is a Parisian-inspired, world-class bakery. If you're a baker yourself, stop by next door for provisions. Before you visit, read [“One of the ‘world's best bakeries’: Behind the scenes of Edmonton's Duchess Bake Shop”](#) in *The Globe and Mail*. Wheelchair accessible.

Jācek Chocolate Couture <https://jacekchocolate.com>

10140 104 Street

A box of these beautiful gourmet chocolates would make a nice gift to bring home for a loved one.

Crave Cupcakes <http://cravecupcakes.ca>

7929 104th Street

If you've got a sweet tooth, stop by this popular Alberta cupcake shop.

Cheap Eats

Tres Carnales Taquería <http://trescarnales.com>

10119 100a Street

Delicious tacos in a lively atmosphere. Wheelchair accessible.

Dadeo New Orleans Diner and Bar <http://dadeo.ca>

10548a Whyte Avenue

A favourite among students for the food, atmosphere, and reasonable prices. Try a po boy!

Wheelchair accessible.

Vegan & Vegetarian

Noorish Conscious Eatery <http://noorish.ca>

8440 109th Street

This "conscious eatery" features vegan, vegetarian and gluten free dishes. It's a short walk from the university and there's a yoga studio downstairs. *Only wheelchair accessible by back entrance.*

Padmanadi's <http://www.padmanadi.com/>

10740-101 Street

Entirely vegan restaurant downtown featuring Indonesian, Thai, Chinese, and Indian cuisines.

Wheelchair accessible.

Blue Plate Diner <http://www.blueplatediner.ca>

10145 104 Street

The Blue Plate is a home-style downtown diner and features vegetarian and gluten-free options.

Wheelchair accessible.

Café Mosaics Vegetarian Restaurant <http://www.cafemosaics.com>

10844 82 Avenue (Whyte Avenue)

A 15-minute walk from campus. Wheelchair accessible.

Indian

Dawaat <http://www.daawat.ca>

Whyte Avenue

Walk about 30 minutes or take the bus from campus for delicious Indian food. Wheelchair accessible.

Narayanni's <http://www.narayannis.com>

10131 81 Avenue

Family-owned and operated Indian/South African fusion about a 20-minute walk from campus.

Tuesday night features a vegan buffet. Wheelchair accessible.

Of the fancier variety

Corso 32 <http://corso32.com>

10345 Jasper Avenue

Italian fine dining. A local fave but difficult to get a table so book ahead. Wheelchair accessible.

Rostizado <http://www.rostizado.com>

102 10359 104 Street

A Mexican rosticeria. *Make sure you book ahead using the nowait app.*

Drinks

MKT <http://centuryhospitality.com/mkt/>

8101 Gateway Blvd

Big sunny patio, lots of brews to choose from. Wheelchair accessible on main level.

The Marriot Courtyard Bistro <http://courtyard.marriott.com/tour/bistro>

99 Street and Jasper Avenue downtown

The Courtyard Bistro features a huge patio overlooking the river valley. Patio and Bistro are both wheelchair accessible.

Fairmont Hotel MacDonald

10065 100 St

Visit one of Canada's historic "railway" hotels for a drink in a posh atmosphere or visit for high tea. All restaurants and lounges are wheelchair accessible.

Things to do

Visit the [Explore Edmonton](#) website for information about the city. Before you arrive, you can also check out Explore Edmonton's interactive "[72 Hour Guide to Edmonton](#)", featuring videos and images to help you decide what you'd like to visit before you get here.

Enjoy a walk on Edmonton's beautiful river valley trails

From campus, head west on Saskatchewan Drive, and then north across the Groat Road bridge footpath towards downtown, then follow paths east along the river valley. Or, cross the river using the High Level Bridge footpath to walk along river valley paralleling the downtown core. For a map featuring walking trails, [click here](#).

Visit the Alberta Legislature <http://www.assembly.ab.ca/visitorcentre/>

Take a walk around the grounds or enjoy a tour of the legislature – home to 44 consecutive years of Progressive Conservative rule, only recently interrupted by Rachel Notley's New Democrats in 2015. Check out the visitor centre and the link above for more information.

Art Gallery of Alberta <http://www.youraga.ca>

Visit the downtown core to check out the AGA's interesting architecture and enjoy some of the current exhibitions.

West Edmonton Mall <http://www.wem.ca>

Once the world's largest shopping mall, WEM is a stunning demonstration of global capitalism and postmodern Western culture. In addition to over 800 stores, WEM features an indoor amusement park, a waterpark, an ice rink, a nightclub, and a shooting range for the full Alberta experience.

Whyte Ave <http://exploreedmonton.com/things-to-do/Old-Strathcona>

Shop locally down 82nd avenue, also known as "Whyte Ave.", a few blocks south of campus.

Visit the Old Strathcona Farmers' Market on a Saturday <http://osfm.ca>

Enjoy food and crafts by over 100 local vendors.

Muttart Conservatory http://www.edmonton.ca/attractions_events/muttart-conservatory.aspx

Have a green thumb (or at least an appreciation for those who do)? Visit the Muttart Conservatory.

Explore the Rockies <https://www.travelalberta.com>

Banff, AB

Read Margot Francis's history of Banff and its relationship to Canadian national identity in her book *Creative Subversions* before you visit this national park in the midst of the Rocky Mountains. Enjoy hikes, take a gondola ride up the mountain, experience the [natural hot springs](#), and don't forget to try a Beaver Tail. [The Bison](#) features an exquisite Sunday brunch and the [Bear Street Tavern](#) is a great spot for a casual dinner. Grab breakfast at the [Wild Flour Bakery](#). For the veg-heads like me, the [Nourish Bistro](#) is a must visit!

Canmore, AB is smaller and less "touristy" than Banff. It features hiking trails and lovely shops. Visit the [Grizzly Paw Brewing Company](#) for a relaxed atmosphere and local beer, and [Crazyweed](#) for something a bit more posh. Try the [Summit Café](#) for breakfast, and [Harvest Café](#) for amazing cinnamon buns.

Jasper, AB

Jasper is a three-hour drive West of Edmonton. Outdoor adventure awaits you in Jasper, as well as beautiful scenery and fresh mountain air. Visit <http://www.jasper.travel> for more information about what to do in Jasper.