

Nicholas Sheran Park

Central to West Lethbridge, and just south of Columbia Blvd. W., is Nicholas Sheran Park. This 106-acre location includes a lake and has 5.8 km. of walking trails, both paved and shale. The west shoreline provides a natural habitat area for birds.



Also located throughout Nicholas Sheran Park is Lethbridge's eighteen-hole disc golf course. Disc golf, also known as Frisbee golf, is played much like golf, but instead of a club and a ball, players throw plastic flying discs at a series of specially designed basket-like targets. All you need is a little bit of time, and a disc or Frisbee. Scorecards, course maps and rules are available at 3rd floor, City Hall. Check local sporting goods stores, and game stores for regulation discs.

Though most of the park is available for informal activity, a large playground area and picnic facility is located at the south end. Ball diamonds, a soccer field and basketball hoops are located at the north end.



parks...

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Fishing is available, for young and old, year round at Nicholas Sheran Lake. The Alberta Fish & Wildlife Division generally stocks the lake with larger trout in the spring and fall. Non-motorized boating is permitted in summer months. Ice-skating is allowed in winter, weather permitting.



Trails in Nicholas Sheran Park are also linked with the Coal Banks Regional Trail, that connects many Lethbridge parks through a main trail system. This trail is popular for walking, biking and blading.

Just across the street from the park are the Nicholas Sheran Leisure Centre (pool and ice centre) and the Gyro Spray Ground.

More details on Nicholas Sheran Park, and all Lethbridge Parks, can be found in the City of Lethbridge Parks & Pathways Map, available at 3rd floor, City Hall.