

# Welcome to Canmore Nordic Centre Provincial Park

Canmore Nordic Centre Provincial Park offers you a variety of summer recreational activities:

- Enjoy a picnic with the Mount Rundle massif as your backdrop.
- Hike or bike along one of the many scenic trails.
- Sharpen your cross-country skiing technique by roller skiing along the 2.5km Roller Ski Loop.
- Follow the Georgetown Interpretive Trail to reminisce about the people and the past of the Bow Valley.
- Play a round of Disc Golf on our 18-Hole Disc Course.

Portions of the trail system may be closed due to sporting events or maintenance. Please watch for notices and trail closure signs.

Most of the trails have difficult or demanding mountain biking sections. Please read trail descriptions to plan your outing.

## DAY LODGE

Maps, brochures, and other information are available in the Day Lodge. Public washrooms, coin-operated lockers, and showers are located here for your convenience. Food and beverage service is available in the cafeteria and lounge. Special catering can be arranged by phoning (403) 678-2448.

Equipment rentals for biking, roller skiing, and disc golfing are available from Trail Sports, phone (403) 678-6764.

The Bill Warren Training Centre offers a fitness room, sauna, and meeting rooms. For information about the Centre, phone (403) 678-5759.

## TRAIL INFORMATION

The trails on this map are recommended for a variety of uses – hiking, jogging, cycling, roller skiing.

- Please stay off trails that are not recommended for summer use since they may have wet areas or may be prone to erosion.
- Please respect the rights of others and obey the trail signs.
- Almost all of the trails are one-way. Please, always travel in the correct direction and keep to the right hand side of the trails.
- Please obey trail signs for travel direction or trail closures.



One way trail. Do not enter.

## TRAILHEAD FOR RECREATIONAL LOOPS

All of the recommended recreation trails begin near the southwest corner of the Day Lodge in the stadium area. This trailhead sign will direct you to the various loops.

## TRAIL SIGNS



Easy



Intermediate



Difficult

### Degrees of Difficulty Signs-

Green circle indicates an Easy trail section ahead.

Blue square indicates an Intermediate trail section ahead.

Black diamond indicates a Difficult trail section ahead.



**Square signs with numbers** are located at each trail intersection. By using these numbers and the map in this brochure, you can find your location.



**Coloured arrows** indicate specific trails. By following the same colour of arrows from junction to junction you can remain on the same trail. For example, the purple arrows indicate the Recreational 15km loop.

**Safety Note:** All trails, except the Banff Trail, have steep downhill sections. Please use caution when approaching blind corners and hill crests.

## RECREATIONAL TRAILS

**Banff Trail-** This two-way trail runs 6km through the center of Canmore Nordic Centre Provincial Park to the boundary of Banff National Park. Follow the brown arrows marked "Banff Trail". The trail has gentle up and downhill sections that make it an easy walk or cycle. From the boundary, it is another 14km to the Banff Springs Golf Course. Please always stay to the right hand side of the trail so that others can pass easily.



**Banff Trail Loop-** This two-way trail is 9km long and joins the original Banff Trail creating a loop. This is an easy, gentle, rolling-hill trail making it easy for walking or cycling. Access at Junction 130 from the Banff Trail.



**Recreational 10km Loop-** This trail leaves the stadium area by going under the bridge at the west end of the stadium. The trail has numerous up and downhill sections and will take you around a large meadow near the middle of the Nordic Centre. There are fine views of the Bow River valley and Canmore.



**Recreational 15km Loop-** This trail extends the full length of Canmore Nordic Centre Provincial Park. It is a demanding 15km outing due to its length, long and strenuous hills, and steep downhill sections. Access is off the Banff Trail.

### Single Track Bike Trail-

These trails have a high degree of difficulty and should only be attempted by experienced mountain bike riders with the appropriate equipment and advanced skills.

**Roller Ski Loop-** This paved trail is designed for roller ski training. Please note that roller skiers have difficulty in stopping, therefore the trail is closed to foot traffic and cyclists.

**Georgetown Trail-** This self-guiding interpretive trail will take you to the banks of the Bow River and the site of the old mining town, Georgetown. Follow the brown arrows marked "Georgetown Trail".

**18-Hole Disc Golf Course-** Played much like ordinary golf, except the game involves throwing a flying disc. Disc golf rules are available at the Day Lodge information counter.

## SUMMER SAFETY TIPS

Do not be deceived by a beautiful day and find yourself unprepared for extreme weather conditions which can develop quickly in the mountains. As trails are not routinely patrolled, day users should take necessary precautions and consider the following six tips:

- Carry appropriate clothing, including rainwear, even on warm days.
- Always carry a proper first aid kit in case of emergency.
- Always carry a plentiful water supply.
- Cyclists should carry a repair kit.
- Bicycles should be equipped with warning bells.
- Cyclists should wear helmets.

### For your safety:

- Plan your outing. Use the trail map and select trails that are within your ability and skill levels.
- Please stay on designated trails.
- Whenever possible, go with a partner.
- Never approach, feed, or attempt to pet any species of wildlife.
- Please be aware – you are in Bear Country. Make plenty of noise when approaching blind corners, dense shrubs, or when moving into the wind. Please be sure to check for any bear hazard postings before heading out, and report any sightings of bears or bear activity to staff at the information window in the Day Lodge.

### For the safety of others:

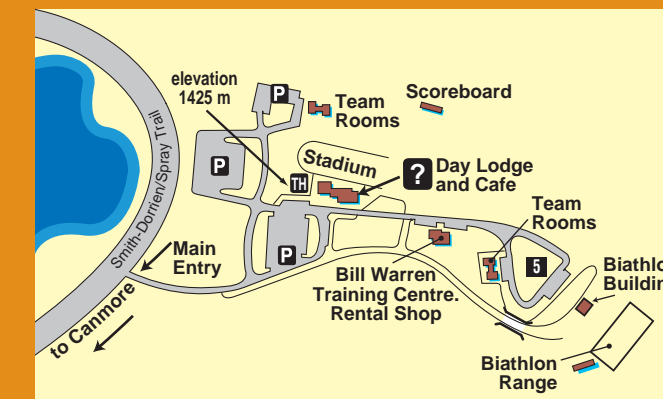
- All-terrain vehicles and horses are not allowed on Canmore Nordic Centre Provincial Park trails.
- Pets must be on a leash at all times.
- Watch for pedestrians while cycling.
- Hikers should keep to the right so that cyclists and joggers can pass on the left.
- Please note that roller skiers have difficulty stopping and all other users must yield right of way to them.
- Please, no foot traffic, bikes, or pets on roller-ski trail.

### To help maintain the trails:

- Please pack out all garbage.
- Notify Nordic Centre staff of any trail hazards you encounter.

There are natural hazards in Canmore Nordic Centre Provincial Park. You are responsible for your own safety. Find out from staff of any hazards that may be in the areas you are travelling.

## FACILITY MAP



## IN CASE OF EMERGENCY

Contact Canmore Nordic Centre staff in the Day Lodge or dial 9-1-1. Tell the operator you have an emergency in Kananaskis Country.

## INFORMATION REQUESTS

Canmore Nordic Centre Provincial Park  
Suite 100, 1988 Olympic Way  
Canmore, Alberta T1W 2T6  
Telephone: (403) 678-2400 Fax: (403) 678-5696  
Email: Canmore.NordicCentre@gov.ab.ca

Alberta Community Development  
Parks & Protected Areas  
Suite 201 – Provincial Building  
800 Railway Avenue  
Canmore, Alberta T1W 1P1  
Canada

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Canmore Nordic Centre Provincial Park is managed within Alberta's network of recreation and protected areas. This ensures that its provincially significant natural, cultural, and historical resources are protected, while providing quality recreational and educational experiences for visitors. The park is part of the Central Rocky Mountain Ecosystem. The wildlife you see here wander throughout this large ecosystem. To help protect the animals and the health of the ecosystem, please minimize your impact on the environment.

# Canmore Nordic Centre Provincial Park

- Trails Map
- Summer Activities

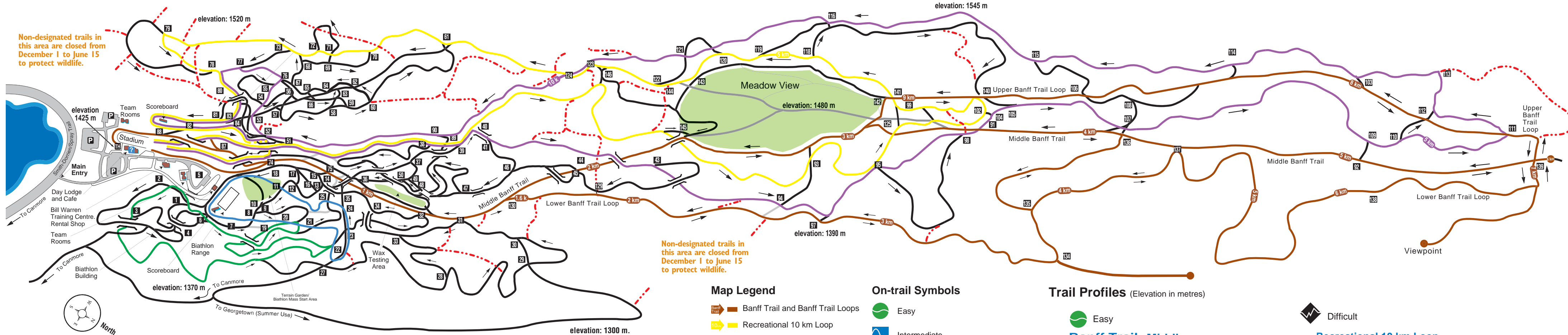


Site of the 1988 Olympic Winter Games Nordic Ski Events



# CANMORE NORDIC CENTRE PROVINCIAL PARK- Trail System

Non-designated trails in this area are closed from December 1 to June 15 to protect wildlife.



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- ### Map Legend
- Banff Trail and Banff Trail Loops
  - Recreational 10 km Loop
  - Recreational 15 km Loop
  - Competitive Trail System
  - Mountain Bike Trail
  - Disc Golf Course
  - Roller Ski Loop
  - Georgetown Trail (Summer Use)
  - Mandatory Travel Direction
  - Trail Junction Number
  - Bridge
  - Trail Head
  - Visitor Centre
  - Road

- ### On-trail Symbols
- Easy
  - Intermediate
  - Difficult
- 0 100 300 m  
50 200  
Scale

### Trail Profiles (Elevation in metres)

