



THE MALCOLM
HOTEL

Activity Guide

WINTER





THE MALCOLM
HOTEL

YOUR GOLD KEYS TO **Concierge Services**

Thank you for choosing The Malcolm Hotel, a proud member of Les Clef d'Or. We welcome you to our neighbourhood and wish you a rejuvenating stay in the Canadian Rockies and Spring Creek Mountain Village in Canmore.

The Malcolm Hotel opened on November 3, 2018, boasts 124 rooms, a full-service conference facility, the Stirling Dining Room and Lounge, a stunning creek side patio with wood burning firepits, the Pulse General Store & Coffee Shop, and an outdoor terrace with heated pool and hot tubs. The Malcolm Hotel is located in the heart of Spring Creek, home to the Kernick family since 1927, and the first sustainable neighbourhood of Western Canada.

We are excited for you to experience and explore Canmore and beyond. Our concierge team is committed to making your stay a successful and memorable one. Whether travelling for a business trip, romantic getaway, or an adventure-packed holiday, we are here to assist. Our backyard is filled with towering peaks, crystal blue lakes, frozen waterfalls, and soothing rivers through rich green forests for you to explore.

We encourage you to plan ahead, and allow us to offer you our expertise on the local area:

- Personalized trip planning services & itinerary building
- Tour and activity recommendations and booking assistance
- Small intimate special occasions planning & room set up
- Maps and directions
- Transportation booking
- Restaurant recommendations and reservation booking
- Spa recommendations and assistance
- Local events information and assistance
- Arrangements for those with mobility or dietary needs
- In-house hotel needs and requests

For more than 100 years, hotel concierges from all over the world have been leaders in service excellence and local knowledge to ensure you have everything you could need or want during a stay.

Your journey starts here!

Email inquiries to concierge@malcolmhôtel.ca.

Warm Regards,

The Concierge Team

at The Malcolm Hotel in Canmore





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Mountain Adventures & Exploration

CANMORE AND BEYOND

Welcome to our alpine paradise of adventure & exploration. From its humble beginnings as a railway town and then a mining town in the late 1800s to today, Canmore has become a mecca of outdoor adventure and relaxation.

With an average snowfall of 3.6m (11.8ft) across the valley, Canmore, Banff, and Lake Louise are transformed into a snow lover's haven. Join a guided tour for an interactive snowshoe or ice walk adventure. Learn about the magnificent wildlife and take in all the sights and sounds that the Bow Valley has to offer. Challenge yourself on an ice climbing course or the ski slopes of the Canadian Rockies.

WHAT TO WEAR

"There is no such thing as bad weather, only poor choices of clothing."

- Canmore locals

The trick to being comfortable outdoors is to dress in layers: a sweater, ski/snow pants, a wind and waterproof ski jacket, and proper footwear (flat-soled hiking or winter boot). Sunglasses are recommended, and don't forget to pack a bottle of water, light snacks, and your camera.

Do not let lack of proper gear hinder you from fully experiencing the Canadian Rockies. Canmore has many stores and rental shops to help you get outdoors in comfort.

Please see our concierge team for information on where to rent or purchase gear.



Regenerative Travel in The Bow Valley & Canadian Rockies

Here in Spring Creek, surrounded by the breathtaking views that we call our backyard, we realize that we can't take this land for granted. Creating a greener, healthier community has always been our driving motivation.

"We were one of the first to adopt geothermal technologies in Alberta to meet our goal: to create a truly sustainable mountain community; this is a nod to my parents and grandparents and to Canmore—a legacy for the town in which I grew up."

- Frank Kernick, Founder, President & Developer of the Spring Creek Community



Pledge to the Peaks

This is our commitment to care for the land, animals and people of Canmore and Kananaskis for generations to come. We invite you to read and sign the pledge to protect these special areas.



Scan to Take the Pledge or visit [Explore Canmore](#)

BIOSPHERE INSTITUTE OF THE BOW VALLEY

WildSmart is a proactive conservation program that encourages efforts by Bow Valley communities to reduce negative human-wildlife interactions. The Bow Valley is home to over 25,000 people. It is also a major movement corridor for grizzly bears, black bears, cougars, wolves, elk, coyotes, and other large mammals.

The Biosphere Institute implements WildSmart in close collaboration with Alberta Environment and Parks, the Town of Canmore, and the Municipal District of Bighorn.

Limited bear spray is available to borrow upon request at the concierge desk. Please note that guests must be over 18 to borrow bear spray and will be required to sign a waiver of liability.



Scan to view current Bear Reports or [Click Here](#)



Scan to view current Trail Closures and Warnings or [Click Here](#)



Your Passport to the Parks

Passes are required to enter national parks & Kananaskis Provincial Park. We highly recommend pre-purchasing your passes to avoid delays at the park gate entrance. Your concierge will be happy to assist in booking the best pass for your travel plans.

KANANASKIS CONSERVATION PASS

Purchase a daily or yearly pass now to experience Kananaskis Country and the Bow Valley Corridor while supporting conservation efforts in the area.



Scan to purchase your
Kananaskis Park Pass or [Click Here](#)

NATIONAL PARK PASS

Are you planning to visit Banff, Jasper, Yoho, or Kootenay National parks while staying with us? Prepurchase your National Park pass to skip the gate and start exploring quicker.



Scan to purchase your
National Park Pass or [Click Here](#)



Accessibility with No Limits

'No Limits!' is more than just a phrase; it is a mentality. It motivates volunteers at Rocky Mountain Adaptive to reduce barriers and provide successful sports and recreational experiences to individuals of all ages and abilities. Working to remove cognitive, physical, and social barriers to participation, Rocky Mountain Adaptive supports guests at every step, roll, or glide. For adaptive guests, "No Limits!" comes from a determination to overcome any obstacle when achieving goals. We look forward to seeing you in the mountains soon.

Based here in Canmore, Rocky Mountain Adaptive is a registered charity that provides over 20 different sports and recreational activities in the Bow Valley area. RMA facilitates guests from all over the world and provides single to multi-day experiences catering to entry-level participants, developing competitive athletes, and everyone in between. RMA provides private lessons, supported experiences, multi-day programs and camps, equipment rentals, and programs for disability groups.

Activities offered but not limited to

- Hiking
- Snowshoeing
- Biking
- Skiing & Snowboarding
- Sit Skiing
- Indoor Climbing
- Sleigh Rides
- Ice Skating
- Cross Country Skiing
- Gymnastics
- Tobogganing/Sledding

Spring Creek, and The Malcolm Hotel, are proud supporters of Rocky Mountain Adaptive.



Downhill Sports

NAKISKA SKI RESORT

Nakiska Ski Area is located at the heart of Kananaskis Country. The resort was built from the ground up for the 1988 Calgary Olympic Games alpine events. These days, Nakiska is a family favourite, especially with the addition of a tube park to the base area of the resort.

GENERAL INFORMATION

A 36 min drive from Canmore, head east on Hwy 1 to Hwy 40 south

- Lifts available: 6
- Number of Trails: 79, Longest Run 3.3 km (2 miles)
- Top Elevation: 2,260m / 7,415ft
- Ski-able Acres: 1021 acres

SUNSHINE VILLAGE SKI RESORT

Banff Sunshine Village is the premier place to ski and ride in the Canadian Rockies. The resort, voted Banff National Park's favourite resort by locals five years in row, is loved for its extended ski and snowboard season. In a typical year, Sunshine receives an average of 30 feet of dry powder annually and skiers of Banff Sunshine can carve up slopes from early November to late May. With over 3,500 acres of wild mountain terrain spread across three mountains of diverse slopes perfect for skiers and riders of all levels, it's easy to see why Sunshine Village is home of Canada's Best Snow.

GENERAL INFORMATION

A 37 min drive from Canmore, head east on Hwy 1 to the Sunshine Village turn off.

- Lifts available: 11
- Number of Trails: 138, Longest Run 8 km (5 miles)
- Top Elevation: 2,730m / 8,954ft
- Ski-able Acres: 3300 acres



MOUNT NORQUAY

From the legendary ski racers that have claimed their glory on these slopes since the 1930s, to beginners clipping on skis for the very first time, Norquay's for everyone. To ski or ride Norquay is to do it completely on your terms. We're the high action mountain with zero pressure. Ski lines on our steeper terrain, take it easy on our gentle, undulating groomers and perfectly-groomed beginner runs, or test your trick-status on our terrain park.

GENERAL INFORMATION

A 30 min drive from Canmore, head west on Hwy 1 to Mount Norquay Resort exit

- Lifts available: 6
- Number of Trails: 60, Longest Run 1167m / 3,828ft
- Top Elevation: 2,450m / 8,040ft
- Ski-able Acres: 190 acres

LAKE LOUISE SKI RESORT

You'll immediately see why winter enthusiasts return here season after season. Lake Louise's terrain, which has earned Lake Louise a coveted place on skiers' bucket-lists the world over, just speaks for itself.

To be in this place is to be at one with the stirring nature that surrounds. From the black diamond rip to the gentle green stroll, get ready for the fun and freedom of exploring endless chutes, glades and gullies in the heart of natural perfection. Choose your own downhill destiny; our mountain has endless options.

GENERAL INFORMATION

A one-hour drive from Canmore, head west on Hwy 1 to Lake Louise Ski Resort exit.

- Lifts available 10
- Number of Trails: 160, Longest Run 8 km (5 miles)
- Top Elevation: 2,637m / 8,650ft
- Ski-able Acres: 4200 acres

Cross Country Skiing

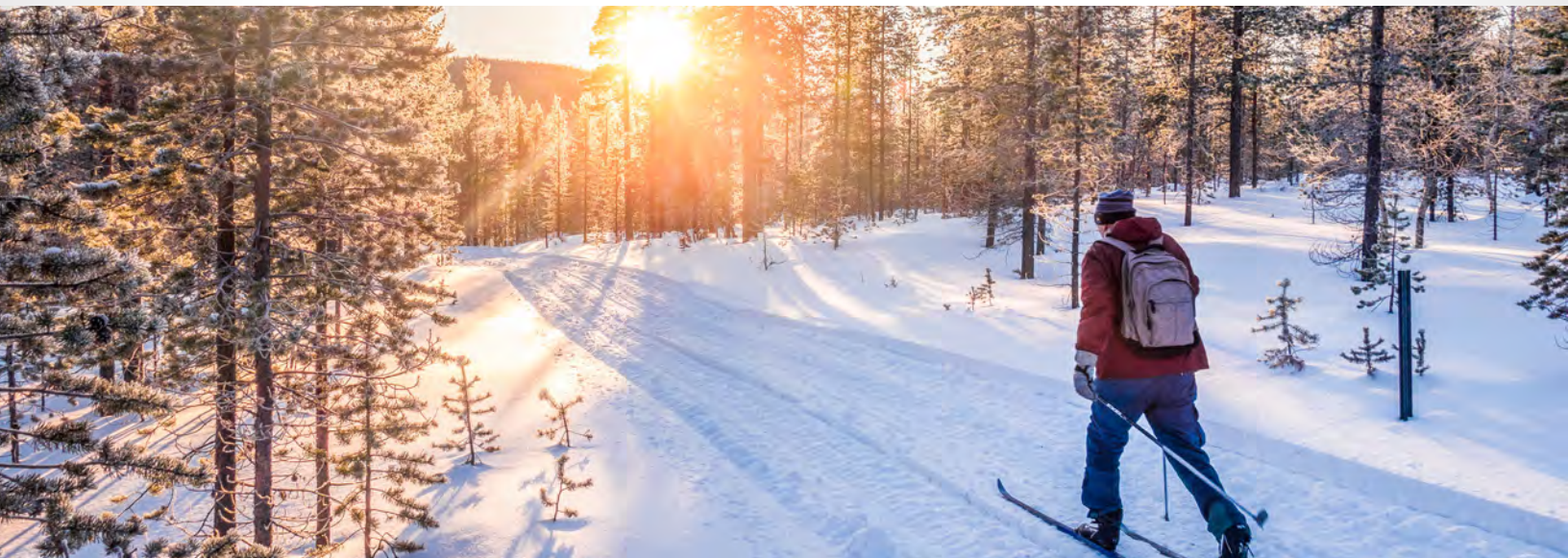
Kananaskis country is a spectacular destination for cross-country skiing. There are hundreds of kilometres of cross-country trails suitable to all ski levels and techniques including the Canmore Nordic Centre with over 60 kilometers of world-class cross-country and biathlon trail systems.

New to the sport? No worries. Ask our concierge team about private lessons.

CANMORE NORDIC CENTRE CROSS COUNTRY SKI TRAILS

Designed and developed for the 1988 Winter Olympic Games, the Canmore Nordic Centre offers you exhilarating cross-country outings on over 60 kilometers of world class cross-country and biathlon trail systems. The trails are designed to meet international Nordic competitive standards with a variety of challenging terrain to please skiers of intermediate or advanced skill and novice trails as well. Trails are groomed and track set to accommodate both classic and skating techniques on the same trail. A 2.5 kilometre track is illuminated for night skiing. The Day Lodge offers a relaxing atmosphere enhanced by the large stone fireplace, comfortable seating, and picture window views of soaring Mount Rundle.

See the concierge team or guest services to purchase day passes.



MOUNT SHARK CROSS COUNTRY TRAIL SYSTEM

The Mount Shark Trail System offers a challenging outing on trails that were developed for skiers interested in racing and training. There are six interconnected loops of varying lengths. All of the trails are groomed and track set during the winter but all or portions may be closed whenever a race is being held. The Mount Shark trailhead is a major starting point for skiers and hikers heading into Banff National Park and Mt Assiniboine Provincial Park in B.C. Access into these areas is gained via Watridge Lake Trail. Most of the trails in this system are intermediate, with some difficult and demanding sections. If you want to ski on an easy trail, Watridge Lake Trail is an easy rolling trail with some excellent views.

- Difficulty Rating: Light to Medium
- Distance: Over 42 km of trails
- Location: From Canmore, drive 39 km south on the Smith-Dorrien / Spray Trail (Highway 742 - gravel road) which begins just past the Canmore Nordic Centre. Turn right 5 km to the Mount Shark parking lot where you will find the trailhead.



RIBBON CREEK CROSS COUNTRY SKI TRAIL SYSTEM

Approximately 60 km of scenic, maintained cross-country ski trails at the base of Nakiska Ski Area. There is a wide range of trails from novice to intermediate and advanced. Trails include Ribbon Creek, Kananaskis Village, Bill Milne, and Skogan Pass Trails.

- Difficulty Rating: Light, Moderate, Difficult
- Distance: Over 60 km of trails
- Location: From Canmore, drive 35 km east on Highway 1 towards Calgary to the Highway 40 exit and drive south into Kananaskis Country. The trailhead is 23 km south at the Ribbon Creek Day Use area near Kananaskis Village.

CROSS COUNTRY SKIING IN BANFF NATIONAL PARK, CASTLE JUNCTION, LAKE LOUISE & ICEFIELDS PARKWAY

Banff's ski season is one of the longest in North America, running mid-November through April. Scenic track set and skate skiing options are available in the Banff, Lake Louise, and Castle Junction areas. Early and late season conditions are best in Lake Louise with optimal skiing throughout the park from Late-December to early April. Wax up your skis and enjoy one of many cross-country ski trails.

- Difficulty Rating: Light, Moderate, Difficult
- Distance: Over 175 km of trails



Photo Credit: Travel Alberta

Tobogganing and Tubing

TUBING FUN

Exchange your skis and snowboard for an inflatable tube and let gravity work in your favour. The gradual hills, consistent snowfall, and mountainous backdrops of Banff and Lake Louise make for an idyllic tubing destination for everyone to enjoy.

Snow tubing is a whole lot of fun. Snow tubing is similar to tobogganing, but instead of trekking to the top of a hill, a plush towing system will do the hard work for you. Just relax while being pulled to the top, take in the fresh mountain air and views before hurtling back down again. Tubing is a great activity for all abilities, including children over the age of 4 (or 42 inches tall).

TOBOGGANING IN THE BOW VALLEY

Tobogganing is one of the favourite (free) ways to get outside when spending time in Canmore or Banff. Bring toboggans with you from home and enjoy the free activity for the entire family that helps burn some of that winter energy that comes from being inside.

CANMORE NORDIC CENTRE

Bring your sleds to the Nordic Centre in Canmore and toboggan on the different hills, suitable for little kids, older kids and even adults. Plenty of parking is also available.

EAGLE TERRACE

A hill that has varying lengths, this one's perfect for little kids and big kids alike. Depending where you start from on the hill, you can get a nice fast slide down the hill, or a shorter ride (for younger kids). Located in a park with a nearby playground, it's close to town. Please ask the concierge team for specific directions.

BANFF CASCADE PONDS

A favourite for parents with toddlers and younger children, the small hills at Banff Cascade ponds provide a slower, safer run for younger children. Find it on Minnewanka Lake Road in Banff.

FAIRMONT BANFF SPRINGS HOTEL

Spring Meadows Hill, the popular hill at Banff Springs Hotel, isn't maintained, but there are often trails created on the perfect sledding hill from locals using the trail for their tobogganing adventures. Located behind the Banff Springs Hotel and by Bow Falls.

Please contact our concierge team for additional information and, if applicable, to purchase tickets.

Ice Exploration

ICE WALKS

Have you ever gone exploring inside a canyon? Join a guided tour to unlock local and ancient mysteries of nearby canyons. See ice falls and frozen waterfalls, or take a night tour offering amazing new perspectives. Ice Walk tour lengths can vary from company to company. With enough notice, custom/private tours can be created and are based on availability.

Seeing these sights is possible on a self-guided tour. Proper footwear (ice cleats) is highly recommended. There are several options for purchasing or renting equipment within Canmore.

Contact your concierge team for further inquiries about equipment rental or guided tour bookings.

ICE SKATING

Ice skating is a favourite Canadian sport that is fun for all ages and abilities, and ice skating in the Bow Valley is a great way to enjoy the fresh mountain air with family and friends. Immerse yourself in the natural beauty of your surroundings or maybe join in a game of pick-up or “shinny” hockey. Then take a break and warm up with hot cocoa beside a bonfire before heading back out on the ice.

CANMORE COMMUNITY SKATING POND

The pond is appropriate for all age groups and is ideal for families.

Conditions: Ice maintenance occurs daily

Amenities:

- Lights for night use until 10pm
- Open style gazebo with benches, and thermal heating for warming up
- Washrooms located at the Information Centre on 7th Avenue
- Small parking lot and roadside available as well as downtown parking lots less than 100m away



SKATING IN BANFF NATIONAL PARK

For a truly spectacular skating experience, try the iconic Lake Louise which was named as one of the “10 most beautiful ice-skating rinks in the world,” by CNN Travel. An additional rink near the Nordic Stop on the shores of Lake Louise is open to hockey enthusiasts. During “SnowDays” festivities each winter, ice carvers create a giant ice castle on the lake.

Conditions: Ice is maintained daily by the Fairmont Chateau Lake Louise

Amenities:

- Lights for night use until 11pm
- Heated shelter to warm chilly fingers and toes
- Public Visitor Parking
- Washrooms at the Fairmont Chateau Lake Louise

Caution: Other ice-skating options include Vermillion Lakes, Johnson Lake, Two Jack Lake, Cascade Pond, Bow River, and Lake Minnewanka. While outdoor ice skating is a popular activity in the park, Parks Canada does NOT monitor natural ice surfaces for safety or mark potential hazards.

Many environmental factors affect the thickness of the ice. **If you choose to skate on natural ice, you do so at your own risk.** The recommended ice thickness is 15 cm for walking or skating alone and 20 cm for skating parties or games. The Malcolm Hotel is not liable or responsible if you engage in activities of any kind at these locations.

For more information, driving directions and rental options, please contact our concierge team.



ICE FISHING

Guided Ice Fishing Tours are available December to April (weather depending). Please note, all guided tours will require you to purchase your own fishing license. One will not be provided for you.

Don't want to go on a guided ice fishing tour? Here are a few popular spots: Spray Lakes Reservoir, Rundle Forebay, Gap Lake, Lac Des Arcs, and Barrier Lake.

Please be advised that a fishing permit needs to be purchased (and can be done so online) at www.mywildalberta.ca.



Sleighs & Sleds

SNOWMOBILE TOURS

Snowmobiling options are limited within the national and provincial park systems. This is largely due to wildlife concerns. However, this popular outdoor thrill is available! Guided tours are offered in the beautiful Purcell Mountain range of British Columbia. Tour duration can vary from 2.5 hours to 5 hours or even multi day. Our guided snowmobile tour partners are perfect for all levels of experience from complete beginners to advanced riders, making it a memorable outdoor group activity or family adventure! They provide all the safety gear, equipment, and instruction you will need.

DOG SLEDDING

Travelling by the power of dogs is a remarkable experience. Originally used as a means of transport by the Inuit people of the Canadian Arctic and the early settlers of Banff, dogsledding has since been adopted as a recreational activity well suited to the snowy slopes. This unique experience can be tranquil at some times and exhilarating and delightfully chaotic at others. Dogsledding is a must-do activity for any visitor, but especially so for dog-lovers or those wanting to experience a classically Canadian activity. Explore the rich history, culture, and techniques of dogsledding as your musher and dog team guide you through the incredible scenery of the Canadian Rockies.

Dogsledding is available in multiple locations along the Bow Valley with many options in duration.

SLEIGH RIDES

There's nothing quite like gliding over sparkling snow in a horse-drawn sleigh, especially when you're surrounded by some of the most gorgeous mountains in the world. Step aboard and relax as our cowboy guide cracks the reins and your journey through the Canadian Rockies begins. It all makes for great ambience, whether you're snuggling up with someone special or packing the whole family in for a ride. Enjoy smores and hot chocolate by the fire, and get close under a warm blanket. View wildlife and learn about the local history.

Sleighrides are available in multiple locations and in different durations and add-ons.

For additional information on Sleighs and Sleds, or to purchase tickets, please contact our concierge team.



Snowshoeing

SNOWSHOEING

There are many different snowshoeing options in the Bow Valley. There are self-guided hikes as well as guided tours available. Stargazing by snowshoe, fortress mountain snowshoe with a snowcat ride, and more. As well as a snow-covered paradise otherwise unseen including waterfalls frozen in place!

Popular areas for snowshoeing include Chester Lake, Boom Lake, and Hogarth Lakes (but there are many more!).

Want to bring your canine companion? Ask our concierge team about pet friendly tours. Don't have a pair of snowshoes? No problem! There are several options for purchasing or renting equipment within Canmore. Please contact your concierge team for further inquiries.





Winter Hikes

Canmore and Kananaskis country have a lot to offer in terms of hiking in the winter. Hikes can range from easy to intermediate to hard depending on skill level or how adventurous you are feeling!

HOGARTH LAKES 4.2 kilometers round trip | 89m of elevation gain | 1-2 hours round trip
This is a very popular location for cross-country skiing and snowshoeing. The trailhead itself starts in the Burstall Pass Parking Lot. From there, the trail is very well marked and easy to follow. A Kananaskis Conservation Pass will be required to access the trailhead.

MARBLE CANYON 1.4 kms round trip | 50m of elevation gain | 1-1.5 hours round trip
A National Park Pass will be required to access this trailhead. Marble Canyon is a very beautiful natural space. The trail offers amazing views of the Purcell Mountain Range. This is a laid-back trail that has multiple bridge crossings over the canyon below. During the winter months, micro-spikes are highly recommended.

BOOM LAKE 10.8 kms round trip | 604m of elevation gain | 6-7 hours round trip
A National Park Pass will be required to access this trailhead. This is one of the most versatile trails in the area. Boom Lake and surrounding area is quite popular for hiking, snow shoeing and cross-country skiing alike. There are many offshoot trails from the traditional route to explore if you so choose.

LAKE AGNES TEA HOUSE 7.4 kms round trip | 435m of elevation gain | 6-7 hours round trip
A National Park Pass will be required to access this trailhead. Experience this incredible out and back trail near Lake Louise. Please ensure you wear proper footwear (bring micro spikes just in case) as parts of the trail are known to be quite icy. Overall, the trail is very well maintained during the winter months and is still very well-travelled.

EMERALD LAKE 5.1 kms round trip | 44m of elevation gain | 3-4 hours round trip
A National Park Pass will be required to access this trailhead. Emerald Lake transforms into a snowy playground during the winter months. This is a very popular area for snowshoeing and cross-country skiing. You can stick to the traditional loop around Emerald Lake or you can create your own adventure while you are there (weather permitting).

Contact your concierge team for further inquiries about equipment rental or purchase.

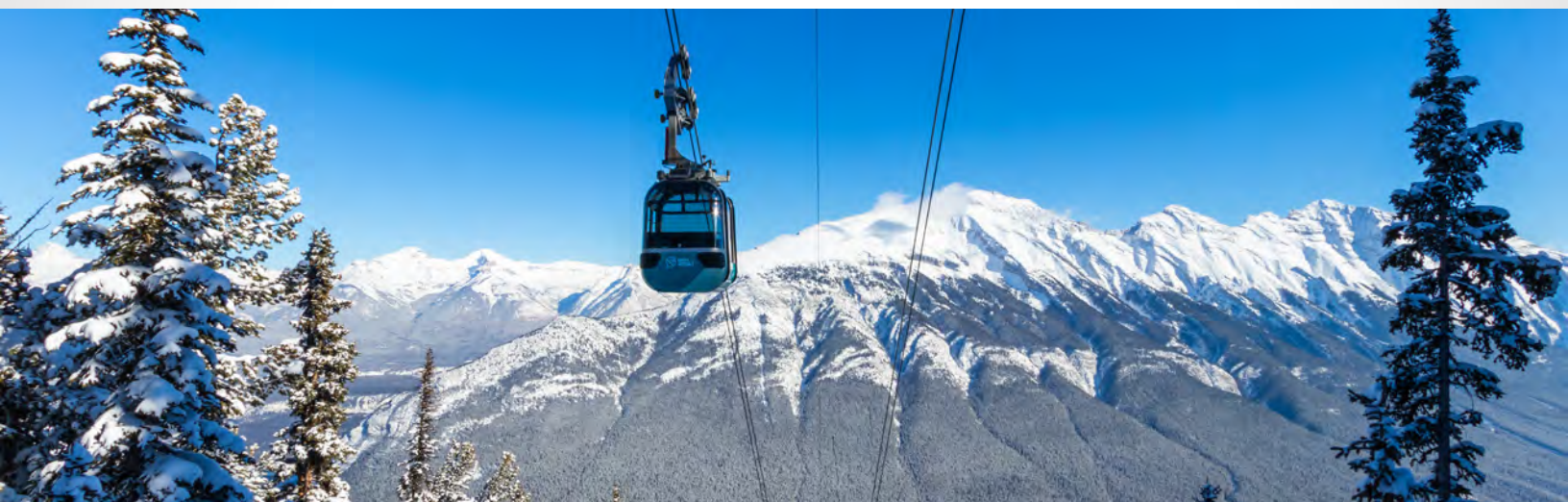
High Altitude Adventures

HELI TOURS

Sit back and enjoy the ride with Canmore's premier heli tour operator which has been in the business of checking off bucket-list wishes since 1961. Heli tours offer the most spectacular sightseeing tours in the heart of the Canadian Rocky Mountains. Fly around the iconic Three Sisters Mountain, Mt. Assiniboine, or marvel at Marvel Pass - these flights sure to leave an impression.

HELI-SKIING

Whether you're new to heli-skiing or a veteran of all things steep and deep, we have over three million acres of terrain to satisfy riders and skiers of all kinds. From cascading powder drops and endless glaciers, to pristine high alpine bowls and perfectly spaced trees, you're sure to come back with a handful of stories and a heart full of memories. See the backcountry in a whole new way.



GONDOLA

Are you tired of seeing the mountains from below the tree line? Experience the Rockies like never before with one of the many gondolas in the Bow Valley. With 360-degree views and reaching heights of 2000m, these excursions will get you up close and personal with the most famous mountains in the area. Enjoy the finest of dining from the top of the world.

For more information and to secure tickets and restaurant reservations, please contact our concierge team.

WINTER CANYONING

A truly unique winter ice adventure and the only experience of its kind in the Canadian Rockies. Rappel & hike through a world of ice on this one-of-a-kind Canadian Rockies adventure. Canyoning was made popular in Europe and North America, and is mainly done in summer; however winter offers something new.

Never tried rappelling before, no problem! Canyons are progressive in their nature, so they start off easy and grow in the length of the rappels, allowing you to grow your confidence as you descend. Our trusted professional guide will teach, assist, and coach you on how to safely maneuver and rappel down frozen waterfalls, and through a variety of different slot canyons frozen in mid-stream. Escape the crowds and experience something completely different.



Photo courtesy of Canmore Cave Tours / Paul Zizka

Venture Under the Mountains

HOT SPRINGS

Sooth your aching muscles in a hot spring that consists of 100% natural mineral water. The water temperatures are generally around 37 to 40 °C (98 to 104 °F). The hot springs operate on a first come first serve basis. No reservations or pre-booking is available. The last admission into the hot springs is 30 minutes before closing time.

HEART CREEK BUNKER - THE VAULT

There has been much speculation around the Heart Creek Bunker and its real purpose. Many have theorized that the bunker was to be used as an emergency fallout shelter in case of a nuclear war. Others have theorized it was nothing more than the start of a mine shaft. Truth be told, all theories and rumors are incorrect!

The bunker was created by Joe and Stan Rokosh. The two brothers deemed it a good idea to create a Mountain Vault intended to house valuable government documents and other important items during the peak of the Cold War.

Do you want to see the bunker with your own eyes? The hike is 4 kilometers one way with a total of 212 meters of elevation gain. Please allow 1 to 2 hours to get to the bunker. Don't forget to bring a flashlight!

CAVING IN CANMORE

Find the hidden side of Canmore with the best in the Rockies. Canmore's trusted cave guiding company has been offering tours at Rat's Nest Cave since 1992. The water sculpted passages of the cave offer seemingly endless opportunities to explore. This is not the typical tourist cave that comes with handrails and well-built walkways of wood. You will be crawling, climbing, shimmying, sliding, and repelling. You will get dirty! Protective equipment is provided by the operator and they will advise on items you need to bring. This is family friendly with children 10+.

UNDERGROUND HOT SPRINGS OF BANFF

Welcome to the birthplace of the national park system in Canada. The Cave and Basin was discovered in 1883 by three railway workers which sparked a series of events that led to the creation of Canada's first national park we call Banff. Learn the ten-thousand-year history of this cave and why it is so special to Indigenous Peoples. Participate in a family friendly game of curling or join in on interpretive workshops.

For more information and to book tickets or make restaurant reservations, please contact our concierge team.



Paws-itive Adventures

The Malcolm Hotel understands that your pet is a member of the family, and our concierge team is ready to ensure your dog is well looked after.

The Bow Valley has grown in leaps and bounds towards being more dog friendly. New opportunities and businesses are springing up faster than we can keep up with, and rightfully so. After all, travelling with your 4-legged companion can be a great bonding experience. Canmore and Kananaskis provide the opportunity to get outside and explore the mountains with your dog.

Packing list - Food and water bowls, medication, toys, ID tags, waste bags, proof of vaccinations, and medical records on a USB drive, plus an extra leash are all good to have on hand for the perfect pet-friendly road trip.

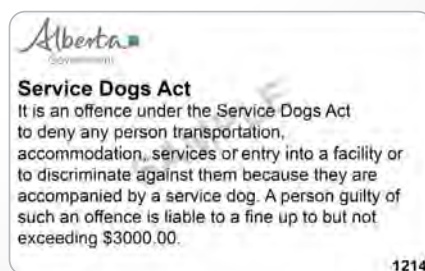
For all things pet friendly, please contact one of our concierge team members.

SNOWSHOEING WITH PUPPY

Snow shoeing is an ancient sport that you can enjoy with your four-legged friend. Head out on a private guided adventure and take in the local information and snowy mountain views.

SERVICE DOGS

The Malcolm Hotel welcomes certified service dogs in all room types with presentation of official government issued Service Dog Registration. Government issued ID will be the only exception for dogs being allowed in non-pet friendly room types.



Learn more about service dog registration in Alberta and International recognition [here](#) or scan the QR code.



Up Close With Wolves

Whether you are heading west towards Vancouver or east to Calgary, why not add a wild treat to your vacation?

NORTHERN LIGHTS WOLF CENTRE

West into British Columbia, the Northern Lights Wolf Centre is open year round and is perfect for families. Your tour starts when you get there - no reservations required. The wolf pack is ready when you are for a 25-minute interpretive talk. Learn all about wolves and their role in the environment. Make sure you bring your camera! Talks run 12p.m. to 5p.m. daily.

Looking for that once in a lifetime experience? In addition to interpretive tours, they offer visitors 16 years and over to join members of the wolf pack as they lead you on a hike through the Rockies!

Visitors will have the opportunity to interact with the wolves as well as take photos. Book in advance as there is limited availability. The centre is cash only. All proceeds go towards the care of all the animals.

Visit the concierge team to learn more and book your walk today!

YAMNUSKA WOLFDOG SANCTUARY

East towards Calgary, Yamnuska Wolfdog Sanctuary is open year round and is a family friendly centre. The Sanctuary walk is perfect for those 6 years and older. This self-guided walk through the Sanctuary allows visitors to see the ground and view the various packs of wolfdogs at their own pace. This is a great opportunity to learn interesting facts about wolfdogs and wolves.

For something more interactive, in addition to the sanctuary walk, get on a tour that provides an up-close hands-on experience with the wolfdogs. This experience must be booked in advance and is available to those 15 years of age and older.

All proceeds go towards the care of all the animals. For more information and to purchase an interactive ticket, visit our concierge team.



Guided Tours & Packages

Let our trusted tour operator help make your stay in the Rocky Mountains one you will never forget! From our warm fire in the Malcolm Hotel lobby to the snow-covered Bow Valley, get whisked away on an adventure.

Select from several experiences from snowshoeing to ice walks, scenic sightseeing drives, and everything in between. If you are looking for something not offered, let us custom tailor a sightseeing adventure for you and your family.

FROZEN ICE BUBBLES

Discover Abraham Lake's famous frozen bubbles with a walk or skate on the frozen lake, learn about how the bubbles are made, and explore safely with a local guide. The best time to see this phenomenon is from mid-January to mid-February. If you like to skip the crowds, choose the nighttime tour option for a different way to explore Abraham Lake under the stars.

STARGAZING TOUR

Enjoy the sights and sounds of a mountain landscape after the sun has gone down and be dazzled by a sky full of more stars than you can possibly imagine. Join our skilled interpreter on a starlit snowshoe through a frosty forest and be awed by the incredible vastness of the milky way before your eyes. You never know if maybe the northern lights might make an appearance.

HIGHLIGHTS SIGHTSEEING TOURS

Park your car and experience the picture-perfect viewpoints of Banff, Lake Louise and Kananaskis with a guided sightseeing tour. Let someone else do the driving while an interpretive guide fills you in on the story of these majestic peaks and regals you with the history of those who came before us. Possible chance of seeing our incredible wildlife from the safety of the warm transportation.

Tours vary in experience and pricing, from private luxury to small group tours, packaged or tailor-made offers. Let your concierge select the best one for you.

GUIDED FAT BIKE TOURS

Even with snow covering many trails, the cycling season is never over in the Canadian Rockies. Experience a new way to play in the winter with fat tire bikes. Explore scenic, and off the beaten paths on groomed and maintained fat bike trails. If you are brand new to fat biking, our trusted tour operator can help guide you and give tips on riding in the snow and the best trails for your skill level.

BREWERY & DISTILLERY TOURS

Over the last 10 years, Canmore's brewery and distillery scene has begun to make its mark on the industry. Several of the breweries and distilleries have taken home medals on both the local and international stage. Canmore offers four distinct breweries and two distilleries, each adding a unique flair to the classic beverage.

Book a tour to visit Canmore's breweries and distilleries and enjoy a great mixture of craft beer and distilled spirits. Guests have an opportunity to be shuttled around the beautiful mountain town of Canmore and meet the amazing locals that create award-winning beers and spirits.

SURVIVAL HIKES

Join our guide on a leisurely 5km hike or snowshoe through a beautiful forest. Along the way, learn about the wildlife, analyze animal tracks along the trail. Feel like one of the original explorers of the wild west as you sip tea made from local plants. Your guide will show you a wide variety of wild edibles along the trail. Stop at beautiful viewpoints where you will learn to start a fire without a lighter. Using materials collected along the way, be challenged to build a shelter using basic emergency supplies, and learn what to look for if you ever need to survive in the backcountry.

GOLF ALTERNATIVES

Canmore has a full, state-of-the-art golf simulator. Play challenging mini games to help hone your skills or play world famous golf courses from around the globe. Did you leave your clubs at home? Clubs can also be rented. Book your tee time now.

