



THE MALCOLM
HOTEL

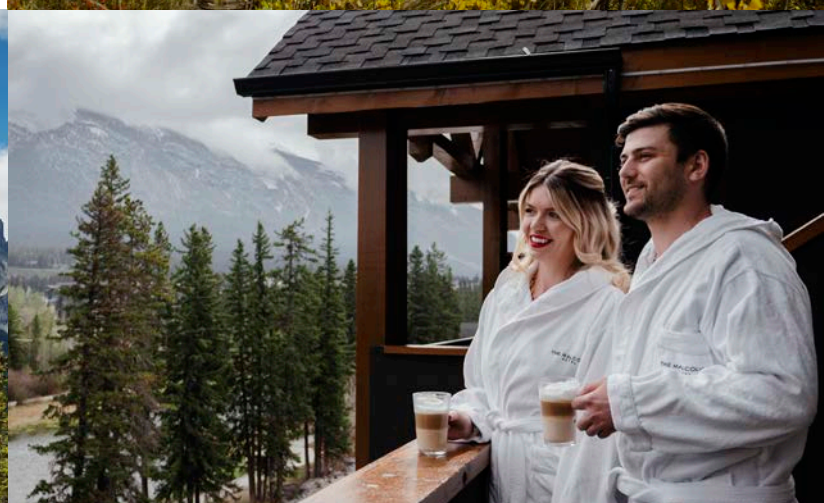
2021 FALL ACTIVITY GUIDE



Photo Credit Travel Alberta



Photo Credit Victoria Wakefield @picobac





THE MALCOLM HOTEL

Welcome to The Malcolm Hotel

Thank you for choosing The Malcolm Hotel, it is our teams' pleasure to welcome you to King Malcolm's Castle in the heart of Spring Creek and the Canadian Rockies.

We are so excited for you to experience and explore Canmore and Beyond! As the Concierge, we are committed to making your stay with us as memorable as possible. Whether you are travelling for a business trip, romantic getaway or an adventure-packed holiday, our backyard is filled with towering peaks, fall colors, soothing rivers, rich green forests and snow covered mountain adventures.

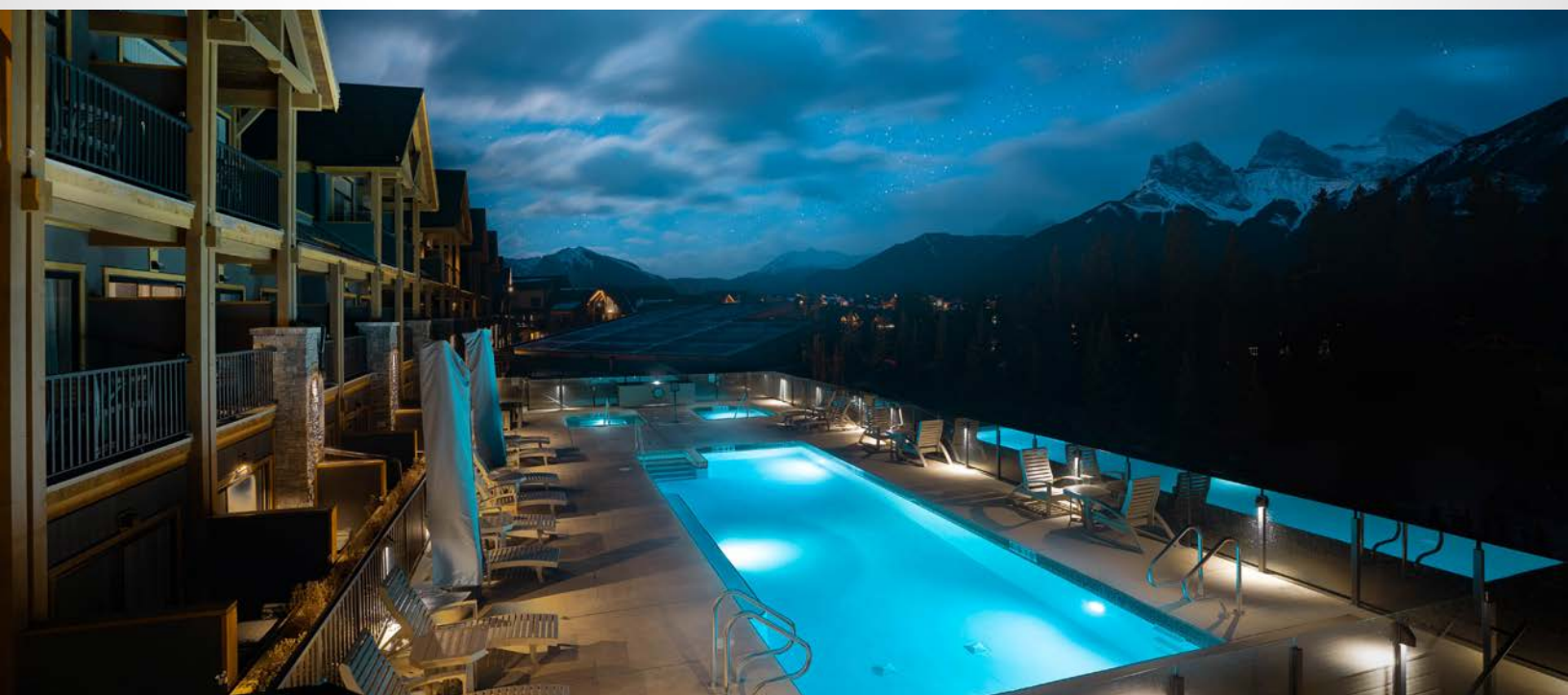
In mindfulness of the Alberta Government's policies, safety for our guests and staff remain our number one priority. We would like to remind everyone that our individual actions are the strongest tool we have to protect our health care system and each other as we work to relaunch our economy.

Please note that schedules and prices are subject to change without notice. We encourage you to make reservations for the transportation, dining and the activities listed in this guide sooner rather than later to avoid disappointment. Please carefully review prices, cancellation policies and arrival times. Should you have any questions or require assistance with reservations, please do not hesitate to contact the Concierge at any time.

Warm Regards,

The Concierge Team

at The Malcolm Hotel in Canmore





OUR STORY

The Malcolm Hotel is proudly built on the traditional territories of the Niitsitapi (Blackfoot Confederacy) and the people of the Treaty 7 region in Southern Alberta. The history surrounding us comes alive as we reflect on the namesake of “Canmore” and the family heritage of the Kernick family who have owned the land which the Malcolm Hotel has been passionately built for over 100 years.

Originally a dairy farm supplying milk for the local miners, Spring Creek has gone through many phases over the years including an RV and caravan park which housed many local Canmore families. The master vision of Spring Creek has now come to life with the addition of a senior’s village, several condos, locally owned shops and operated services, and of course the beautiful and unparalleled Malcolm Hotel.

Officially opened on November 3, 2018, The Malcolm Hotel boasts 124 rooms, a full-service conference facility, Stirling Grill & Lounge, Three Sisters patio, outdoor heated pool, two hot tubs and a breathtaking outdoor firepit. Our team here at the Malcolm Hotel are leaders in service excellence and are here to provide you with a #Legendary experience.

I invite you to join us on our social media sites to share your experience with your fellow travelers. If you require any assistance at all during your stay, please do not hesitate to let us know how we may be of assistance.

Yours in hospitality,
Andrew Shepherd
General Manager



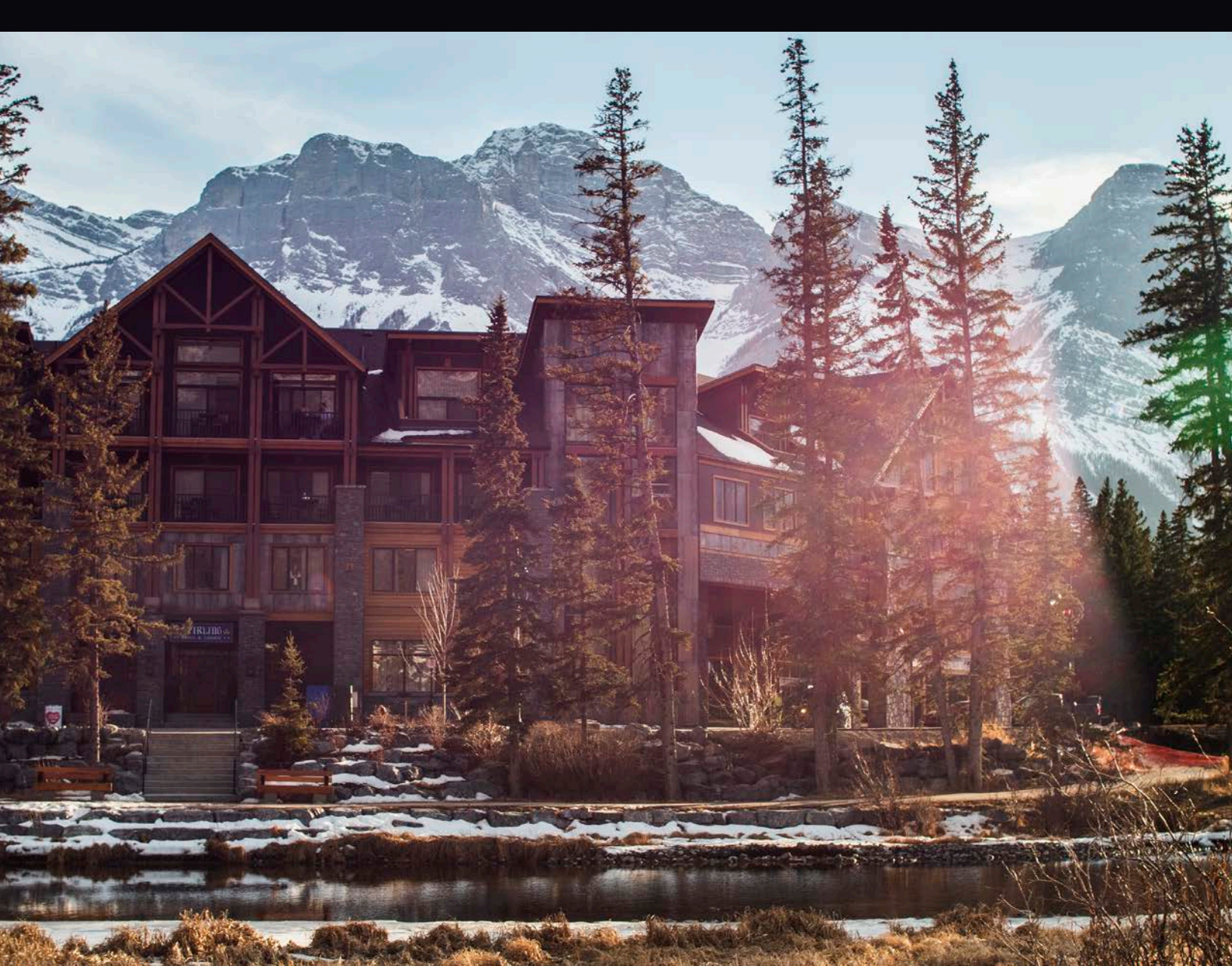


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DINING AT THE MALCOLM

Offering a wide range of choices, Stirling Grill, Stirling Lounge and the Creekside Patio are your full service dining venues while staying with us at The Malcolm Hotel.

BREAKFAST @ THE GRILL

The Stirling Grill offers an amazing, unique and comforting breakfast. With a Relaxed and contemporary dining room with nice comfortable private booths as well as views of Policeman's Creek and the beautiful mountains that surround us The Stirling Grill is a great place to start your day. Chef Graham has created a Breakfast menu which will provide something for everybody. Our Legendary service staff are here to provide you with whatever you may need to start off your day.

STIRLING LOUNGE

The Stirling Lounge is The Malcolm Hotel's Cozy and casual dining experience. With comfortable private booths and walls of TV's it is a perfect place to cheer on your favorite sports team, hang out with friends and family and enjoy Chef Graham's Legendary Lounge Menu which features a variety of dishes from the Scottish Inspired to contemporary comfort food. Thirsty? Our Beverage menu features a wide variety of Craft Beers, thirst quenching in house prepared cocktails and a wine list like no other!

THE STIRLING GRILL

The Stirling Grill is The Malcolm Hotel's Fine Dining Experience. Chef Graham and our Front of House team will host an evening you will not soon forget. The Stirling Grill A La Carte menu features classic cuisine with a modern twist. Our Kings Table menu is a 3 course Trust the Chef menu which you can also add our sommelier chosen wine pairings from our extensive Wine Collection. The dining area is a charming room with a live action chef station, large private booths, and tables with views of the beautiful mountains that surround us.

THE CREEKSIDE PATIO

The Creekside Patio is The Malcolm Hotels premium outdoor dining experience. With remarkable views the Creekside Patio is a perfect spot to bask in the sun and enjoy Chef Graham's summer friendly lounge menu. The menu has a wide selection of patio friendly snacks like fresh salads, sharing items such as Nachos or the LEGENDARY Bacon Clothesline as well as full meals such as our Signature Steaks, Butter Chicken or fish and chips. If you are looking for a nice cold beverage to enjoy our bar has you covered with an extensive cocktail menu, wide selection of beers and an ever growing wine list.

PULSE CAFÉ

The Pulse General Store + Coffee Bar is a unique Albertan shop nestled in the lobby of Canmore's 4-star Malcolm Hotel. This lovely entity of Spring Creek features a vibrant coffee bar with artisan foods and unique cafe style drinks, as well as one-of-a-kind gifts and souvenirs for yourself and your loved ones.



Please call us at
403.812.0680
or email us at
concierge@malcolmhôtel.ca
to make your dining
arrangements here at the hotel.

CURRENT MENUS

CHEF GRAHAM SMITH and his team have sourced decadent ingredients which will elevate your experience. He has also introduced the Kings Chamber surprise 3 course meal where you can feast like King Malcolm as Chef Graham creates an innovative fresh meal just for you on one of your evenings. This is available to our guests who are staying in one of our Royal room categories.

Growing up in a small town in Northern Canada, I had the opportunity to experience an unusual variety of foods from an early age. In the culinary industry for 25 years, I have had to opportunity to travel experience the world with this career. I started my career right out of school with formal training, a great attitude and some good luck to get into the right places to help me achieve all my goals I have strived for. These unique roots gave me the inspiration to follow my passion and to become the chef I am today.



BENEFITS OF MALCOLM’S KINGDOM

HIGHLAND GAMES LOUNGE

Located on the mezzanine level directly above Guest Services you will find the foosball table, poker table, pool table, scrabble wall and a selection of games and books. These are complimentary during your stay with us. To ensure proper sanitization measures, the billiard balls and cues are available to sign out from the front desk. Children under the age of sixteen are required to be accompanied by an adult at all times.



BICYCLES

In partnership with Rebound Cycle & Spring Creek, the Malcolm Hotel can provide complimentary bike rentals to guests. Please inquire with the Guest Services team to see if there is availability today. Bicycles are not permitted in the guest suites. There are bike racks located in the parkade for your convenience. You must supply your own lock if you are bringing your own bicycle. The hotel is not responsible for any loss or damage to bicycles on property. Any damage to the suite associated with bicycles will be charged to the registered guest of that suite.

LEGENDARY ROOF TOP MOUNTAIN VIEW DECK

Located via the send floor Highland Games Lounge, we welcome you to enjoy the best view in Canmore. This area will be open from 8 a.m. – 10 p.m. Please note this area may be closed due to any restrictions from the Alberta Health Services.



MALCOLM’S KINGDOM CONTINUED

POOL

Pool Access is available by reaching the Concierge or Guest Services Team. Please call us at 403.812.0680 for more details.



FITNESS CENTER

Located on the second floor, this area is available 24 hours for your convenience.

FAMILY FUN

We have all of your family fun needs here at the Malcolm hotel, from coloring sheets to scavenger hunts! Our bicycles are great fun also for those 12 years old and above! We can also help you arrange fun hikes and family friendly tours, just speak to our Concierge team for more assistance.

SPECIAL AMENITIES

If you’re here to celebrate and mark a special occasion, our Concierge is working alongside our kitchen to elevate your experience. We have made to order amenities available upon request. Please email or call the Concierge team a minimum of 48 hours prior to your arrival to ensure we can accommodate your special requests.

ENHANCEMENTS





SPA, PILATES AND YOGA

ETANA WELLNESS

Massage

Choose your style of massage during consultation. Whether you choose a Relaxation Massage with a light/moderate pressure, a Deep Tissue Massage that really gets out those knots - or something in between - we will focus on the areas of concerns and on settling your nervous system, leaving you feeling completely relaxed and taken care of. Essential oils are used to start every treatment. while laying atop a jade stone infrared heating pad.

Private Yoga

ReCalibration Sessions

A one-on-one Recalibration session offers guidance to design the perfect program that meets the needs of your mind, body and spirit. We will blend the studies of movement, breath work, meditation, nervous system health, neurosensory exercises together to discover the mind-body-environment connection.

DANIELLE FINDLAY STUDIO IN SPRING CREEK

Danielle Findlay Pilates is a classical equipment and mat studio focused on your personal journey to wellness through intentional movement, located just around the corner in Spring Creek.

Surrender to the experience. Bring new life to your body with deep, resonating breaths and allow yourself to be guided on a spiritual journey that rewards you with the magic of movement.

Using movement combined with Indigenous healing & energy practices, Danielle takes you beyond any normal fitness routine into a deeper connection with your body, mind and soul. Classes use Reformer, Tower and Wunda Chair equipment and mats. A combination of exercises increases your circulation and the articulation and decompression of your joints, uniformly develops your muscles, and improves your strength and your body awareness.

Start your journey towards the best version of you.

PROHIBITION BARBER & BOURBON

Cut & Wash, Shave, the Al Capone and More

Enjoy a glass of local bourbon (or anything you fancy) while you wait for your appointment. Our service includes, beard trim, cut/wash, hot shave, the 'Al Capone' (haircut and shave combo), and more. Bring your friends, have a drink (or two), play a game of chess, arcade or darts while a groovy music is playing.

*For any additional health services please contact our team.



WELCOME TO OUR ROCKY MOUNTAIN PARADISE FILLED WITH ADVENTURE AND EXPLORATION!

Kananaskis Country has long been the hidden gem in the Rocky Mountains as one of the best hiking locations in the Bow Valley. Whether you do a self-guided tour or go with one of our specialists, you will find that Kananaskis has incredible secluded views of the Rocky Mountains.

WHAT TO WEAR Don't let a lack of special gear keep you from one of our most rewarding experiences. The trick to being comfortable outdoors is to dress in layers. A sweater, ski pants, wind/water proof ski jacket, sunglasses, sunscreen and hat are recommended. Please ensure your footwear is a flat-soled hiking or winter boot. Finally, don't forget to bring a bottle of water and your camera, of course. Technical equipment such as boots, hiking poles and backpacks are provided if needed.

GUIDED FALL TOURS

A highlight of Fall in the Canadian Rockies is the turning of the Larches. Larches are a coniferous deciduous tree, a unique trait that graces our landscape every Fall. Unlike most pine trees, the green needles turn a golden color before falling to the forest floor. This process creates a stunning scene often with snow-capped mountain peaks as a backdrop. This really is a spectacular sight not to be missed. A short window of time from mid-September until October is your opportunity to get a glimpse of nature's magic.





GUIDED LARCH HIKING EXPERIENCE

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LARCH VALLEY HIKING EXPERIENCE

The morning begins with locally baked pastries and hot beverages from your guide, while you are transported to the trail head in a luxury SUV. Larch Valley is one of the most spectacular Larch Hikes in the Canadian Rockies. The trail starts at Moraine Lake which is one of the most iconic lakes in the area. Canadian Rockies Experience has priority parking at Moraine Lake so admission is guaranteed. Lunch is provided on the trail. A scenic drive home on the Bow Valley Parkway includes a picnic stop. The perfect way to finish an unique and special experience on your Canadian Rockies visit.

CHESTER LAKE LARCH HIKING EXPERIENCE

The morning begins with locally baked pastries and hot beverages from your guide, while you are transported to the trail head in a luxury SUV. Kananaskis Country is the lesser known area of the Canadian Rockies but has equally beautiful Larch hikes to offer. Chester Lake is a beautiful forested trail leading to alpine meadows with 360° mountain views and eventually Chester Lake. Fall brings a mesmerizing sight as vast amounts of Larches with their golden needles begin to appear. Picnic lunch is included on the trail and a picnic stop on the way home ensures you are perfectly satisfied after your unique experience in the Rockies.



WHITE MOUNTAIN ADVENTURES

FORTRESS BACKCOUNTRY RIDGELINE HIKING ADVENTURE - MODERATE

Highlights

- Larches are changing. Come see them with us!
- Enjoy stunning, secluded ridgeline hikes among alpine wildflowers and towering cliffs
- Escape the crowds with exclusive shuttle on private, gated mountain road
- Leave the approach to us with ATV-Assisted access to 360 degree ridgetop views
- Wildlife viewing opportunities
- Ideal for families and small groups, max 5 clients per guide
- 1/2 day trips and private custom programs available

It's Larch season! Now is the best time to hike in the Canadian Rockies. Fall brings with it clear skies, chilly mornings and warm sunny afternoons. And of course the golden larches! Each fall forests of larch trees turn a golden yellow, creating a magical forest of golden Christmas trees. Hike with us to experience the best fall hiking today!

Imagine yourself traversing high alpine ridgelines in the Canadian Rockies without crowds or long approaches. Join White Mountain Adventures as our guides shuttle you up the private/gated access road, then onward via Ranger ATV into the heart of the Fortress backcountry. Begin your day at the top of Fortress Ridge for a stunning 2-hour ridgeline guided hike. Take in the expansive 360-degree views of towering cliffs, wildflower meadows and pristine mountain lakes. [Enjoy our 2 minute ATV Assisted Hiking Video here.](#)

Learn about the history, geology and natural surroundings, including stories from Hollywood films shot here; Jumanji: The Next Level, Inception, The Revenant and more.



SCENIC DRIVES

THE BOW VALLEY PARKWAY - HIGHWAY 1A

This is a scenic drive between Exshaw and Lake Louise on highway 1A with multiple breaks and many points of interest along the way. Highlights include Grotto Canyon where you will find rock climbers and an Inukshuk rock garden. Johnston Canton, the memorial in honor of Ukrainian internees and the scenery of poplar forests, peaceful meadows, and the Bow river. It will add an additional 2 hours from South of Canmore to Lake Louise, but it is a much more beautiful drive than the main highway. If possible, we recommend driving this road early in the morning or at dusk, as you will be more likely to see the wildlife.

THE ICEFIELDS PARKWAY - HIGHWAY 93 NORTH

One of the most scenic drives in the world, the Icefields Parkway is absolutely stunning. It has been voted the Third Most Scenic Highway in the world by National Geographic. It winds beside serene lakes and rushing rivers overlooking snow-capped mountain peaks and majestic glaciers. Points of interest include the Columbia Icefield, which is the largest mass of ice in the Rocky Mountains, Bow Lake, from which you can choose to hike and further towards Jasper there are the Athabasca Falls. Along the way keep an eye out for wildlife including elk, mountain goats and mountain sheep.

HIGHWAY 1 WEST & YOHO NATIONAL PARK

In the beautiful province of British Columbia just west of us lies the rugged and untouched beauty of Yoho National Park. Accessible by Highway 1 West, Yoho is home to the rich green colored Emerald Lake and the natural rock formations of the Natural Bridge. Accessible by Highway 1 West, Yoho is home to the rich-green colored Emerald Lake, the natural rock formations of the Natural Bridge and the incredible power of Takkakaw and Wapta Falls. This is a great option for a half-day outing

HIGHWAY 93 SOUTH AND KOOTENAY NATIONAL PARK

A popular wildlife corridor, Highway 93 South leads you to the uniquely Kootenay National Park. One of the worst fires in the Rockies' history ravaged through this area in 2003 but there's proof that beauty can come from ashes, as the scenery is now a photographer's paradise. Charred wood juxtaposes vibrant green vegetation and glorious blue waters. Points of interest include Stanley Glacier, Marble Canyon and further south the town of Radium's famous hot springs. Its hot mineral water is odorless and clear, perfect for a relaxing soak. Kids will enjoy swimming and diving in the cooler swimming pool (27°C). Visit south-eastern British Columbia's largest day spa in Radium. See if you can spot one of the bighorn sheep that make this canyon home.