



THE MALCOLM
HOTEL

Activity Guide

AUTUMN





THE MALCOLM HOTEL

Welcome to The Malcolm Hotel

Thank you for choosing The Malcolm Hotel, a proud member of Les Clef d'Or; it is our pleasure to welcome you to King Malcolm's Castle in the heart of Spring Creek and the Canadian Rockies.

We are excited for you to experience and explore Canmore. Our concierge team is committed to making your stay with us memorable. Whether you are traveling for a business trip, romantic getaway, or an adventure-packed holiday, our backyard and beyond is filled with towering peaks, crystal blue lakes, soothing rivers, rich green forests and mountain adventures.

We encourage you to reserve your transportation, dining, and activities listed in this guide sooner rather than later to avoid disappointment. Should you have any questions or require assistance with reservations, please do not hesitate to contact the concierge team at any time.

Warm Regards,

The Concierge Team

at The Malcolm Hotel in Canmore





We are excited to welcome you.

It is my absolute pleasure to welcome you. Your concierge team is looking forward to assisting with any of your prearrival needs and requests.

Officially opened on November 3, 2018, The Malcolm Hotel boasts 124 rooms, a full-service conference facility, The Stirling Dining Room and Lounge, The King's Table fine dining experience, Creekside Patio, The Pulse General Store & Coffee Bar, outdoor heated pool and two hot tubs with a pool bar (for hotel guests only), and a breathtaking outdoor fire pit.

Our team at The Malcolm Hotel are leaders in service excellence and are here to provide you with an amazing experience. I invite you to join us on our social media sites to share your experience with your fellow travelers. If you require anything at all during your stay, please do not hesitate to let our team know how we may be of assistance.

Yours in hospitality,

Andrew Shepherd

GENERAL MANAGER



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Exploring The Malcolm Hotel

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. 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.



ROOFTOP MOUNTAIN VIEW DECK

Canmore's most exclusive rooftop mountain view deck with pool bar, heated outdoor pool, and hot tubs offer unparalleled views of the Three Sisters and Lawrence Grassi mountains. Enjoy a sunrise or sunset next to our rooftop fire pit. The pool is open from 8 am to 10 pm daily. Pool bar is available from 2 - 9 pm daily throughout the summer (weather dependent). The pools and pool bar are available for registered guests only.

FITNESS CENTRE

The fitness centre provides a full-service gym with treadmill, elliptical, and weight circuit. Open 24 hours for your convenience.

SPECIAL OCCASIONS

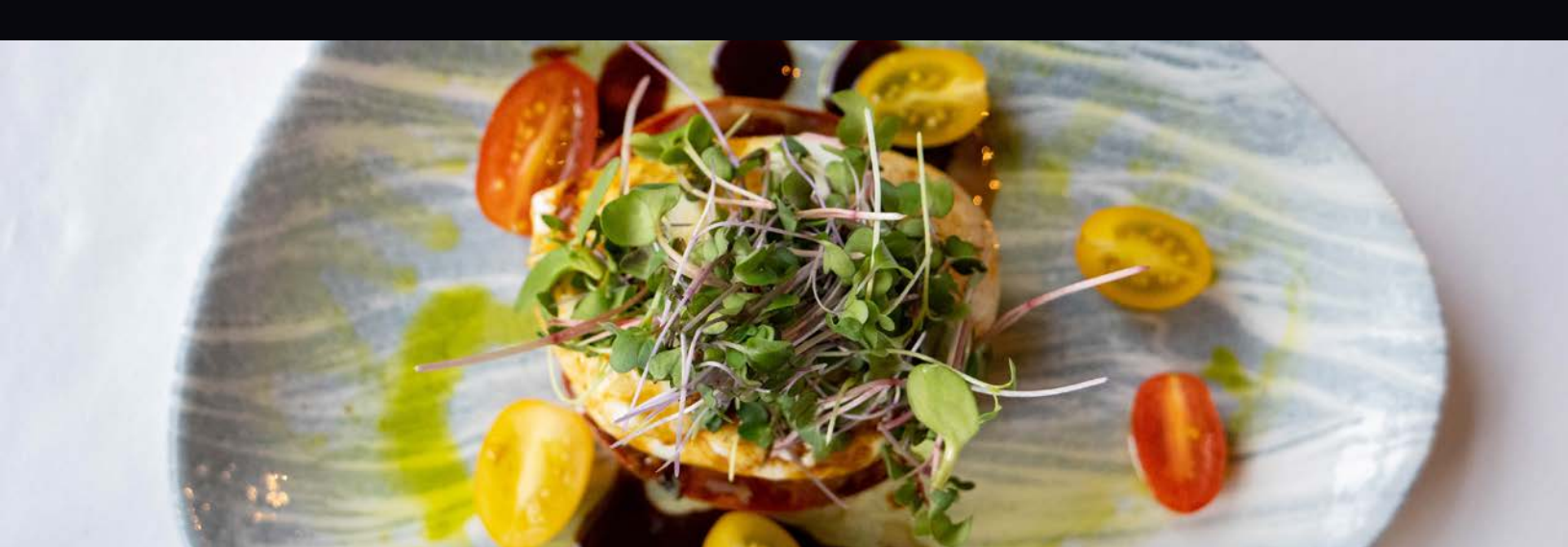
If you're here to celebrate or mark a special occasion, our concierge works alongside our food and beverage team to elevate your experience. We have made-to-order amenities available upon request. Please email or call the concierge team a minimum of 48 hours prior to your arrival to ensure we can accommodate your special requests.

BORROW A BIKE

In partnership with Rebound Cycle & Spring Creek Mountain Village, the Malcolm Hotel provides complimentary community bikes. Guests are welcome to borrow a bike for up to 1 hour (\$10 per hour extra). Locks and helmets are provided with all borrowed bikes and waivers must be signed prior to enjoying your bike ride. Any guests under the age of 16 must be accompanied by an adult biking with them. The bike borrow program is weather dependent and is expected to end mid to late October.

BRINGING YOUR OWN BICYCLE

Bike racks are available in the parkade on a first come basis. Guests must supply their own lock. The hotel is not responsible for any loss or damage to bicycles on or off property. Bikes are not permitted in guest rooms.



Dining at The Malcolm

Offering a wide range of choices, our full service dining venues are yours to enjoy while staying with us at The Malcolm Hotel.

THE STIRLING DINING ROOM AND LOUNGE

The Stirling Dining Room and Lounge is the Malcolm Hotel's casual dining experience featuring Alberta's finest local ingredients. In addition to an amazing meal, enjoy a variety of craft beers, in-house prepared cocktails, and one of Canmore's best wine lists. The dining room provides incredible views of Policeman's Creek and the surrounding mountains, and the lounge offers comfortable private booths and walls of TVs - a perfect place to cheer on your favourite sports team. Both the dining room and lounge are ideal locations to hang out with friends and family, and enjoy Chef Graham's culinary creations.

BREAKFAST AT THE STIRLING

The Stirling offers an amazing, unique, and comforting breakfast. With private booths and views of Policeman's Creek, The Stirling is a great place to start your day. Chef Graham has created a breakfast menu that will provide something for everyone. Our service staff are here to provide you with whatever you may need to start off your day. Make sure to join us on Saturday & Sunday mornings for the weekend brunch buffet.

THE KING'S TABLE EXPERIENCE AT THE STIRLING

The King's Table is The Malcolm Hotel's fine dining experience. Chef Graham and our food and beverage team will host an evening you will not soon forget. Our King's Table menu, available, in 3-, 5-, and 7-course options, is a unique chef-driven experience. Choose from a few seasonal options for each course (including vegetarian), and indulge in the sommelier wine pairings to complement the chef's spectacular dishes.

THE CREEKSIDE PATIO

The Creekside Patio is The Malcolm Hotel's premium outdoor dining experience. With remarkable views, the Creekside Patio is a perfect spot to bask in the sun and enjoy the mixologist creations, and Chef Graham's friendly menu.

ROOFTOP POOL BAR

Elevate your poolside experience at the exclusive rooftop pool bar. Enjoy poolside refreshing beverages and light snacks. Open seasonally 1 - 9pm, weather dependent. Expected to close for the winter season mid-October.

PULSE GENERAL STORE + COFFEE BAR

The Pulse General Store + Coffee Bar is a unique shopping experience located in the grand lobby. This lovely neighbourhood café features a vibrant coffee bar with a variety of in house baked goods and unique café-style drinks as well as one-of-a-kind gifts and souvenirs.



2023 Stirling Fall Features

HIGH TEA

High Tea on Thursday, Fridays, Saturdays, and Sundays between 1 and 3 p.m.

HAPPY HOUR

Daily Happy Hour with food and drink features between 2 and 5 p.m.

WINE WEDNESDAY

Wine Wednesday with 1/2 price on select bottles.

COCKTAIL FEATURES

1/2 price cocktails on Mondays and Tuesdays between 12 and 5 p.m.

CIDER DAY

Cider Day on Saturdays - a pint of local cider for \$8.50

PUB NIGHT

Pub Night on Mondays from 5 p.m. - close starting Oct. 16 - 12 food features, and get an 18 oz beer for the price of 12 oz.



FOOD FEATURES

Scan the QR code or [Click Here](#) to see our seasonal food features, such as Pasta Buffet Night, and book your table at The Stirling.



SPECIAL EVENTS

Guests are invited to join us at special events, such as winemaker dinners, throughout the fall season. Scan the QR code or [Click Here](#) to find out what's coming up and reserve your spot.

*Features are subject to change.



STIRLING

Please call us at **403.812.0680** or email us at **concierge@malcolmhôtel.ca** to make your dining arrangements at The Malcolm Hotel.



CHEF GRAHAM SMITH and his team have sourced decadent ingredients that will elevate your experience. He has also introduced the King's Table chef-driven menu where you can feast like King Malcolm as Chef Graham creates an innovative fresh meal just for you.

"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 the opportunity to travel and 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 striven for. These unique roots gave me the inspiration to follow my passion and to become the chef I am today." *Chef Graham*





Spring Creek Past, Present, & Future

Building on family heritage, the Spring Creek land has been in developer Frank Kernick’s family since 1927. His grandparents operated a modest dairy farm until the 1950s, when it became a camp for the workers constructing the Trans-Canada Highway. It then evolved into Restwell – a mobile home park and campground.

With its unmatched location bordered by two spring-fed creeks at the heart of downtown Canmore, it was only natural for the site to evolve into the town’s premier residential and commercial community.

The master plan for Spring Creek’s 70 acres includes a mix of homes for every age and every stage of life, all melding high standards of craftsmanship and environmental sustainability with the architectural character right at home in this magical mountain town. Spring Creek’s spaces are being sculpted with pedestrians in mind: flat, highly walkable pathways, plenty of places to gather and visit, and around every corner, an uplifting view.

A clear commitment to sustainability is among the many things that set Spring Creek apart. Sustainability in community development is about continual optimization to meet the needs of its residents – health, social, and economic – while protecting the ability of the environment to provide the foundation for our future. Spring Creek continues to lead with environmental advancements in the community and was the first to certify for the BUILT GREEN® Communities Program in Canada. Spring Creek will continue to work towards a greener future in all our projects.

The heart of Spring Creek Mountain Village beats on in this continuous, cyclical effort to be a green and healthy place for people of all ages to live, visit, work, and thrive.





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.

Fall in the Bow Valley is full of change, from the colors of the larch trees to the progression of the temperatures from hot to cold, September brings us the Highland Games where you can embrace your inner Scot with kilts, whiskey, and bagpipes. We also welcome the 2SLGBTQ+ communities of Canmore and Banff for pride festivals in September and October with various events happening in both communities. As winter slowly approaches, the Bow Valley becomes a winter enthusiast's dream! November marks the start of the ski and snowboard season as the upper alpine transitions into a winter paradise.

WHAT TO WEAR

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

Mornings and nights call for cold weather clothing and winter jackets. Day time can bring any type of climate. The trick to being comfortable outdoors is to dress in layers with a t-shirt, sweater, shorts, hiking pants as well as wind and waterproof jacket. Wear proper footwear for hiking and exploring such as flat-soled shoes or boots. 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 get to exploring quicker.



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



Golfing

Most golf courses in the Bow Valley close after Canadian Thanksgiving long weekend in October.

CANMORE GOLF & CURLING CLUB

Play where the locals play! Canmore Golf and Curling Club boasts a Par 71, 6,460-yard course nestled in the heart of Canmore. The surrounding mountains of the Bow Valley make this the perfect golf getaway location. Are you just looking to practice your swing? Not a problem! Canmore Golf and Curling Club has a driving range just a few steps away from the club house to be used by members and visitors alike.

SILVERTIP GOLF COURSE

Silvertip Golf Course is located right within the town of Canmore and includes a full 18-hole course with a par 72 spanning 6,473 yards and a total of 600 feet of elevation change. The design of the course makes for a challenging round for all skill levels. Silvertip is the only golf resort in town that faces south. This leads to longer, warmer days on the green with extended patio time in the clubhouse during the evening.

STEWART CREEK COURSE

Stewart Creek offers a world class Par 71 and a total of 6,638 yards over an 18-hole course. Stewart Creek is consistently rated one of the best courses in the country. With immaculate views of the Three Sisters, Cascade, Pigeon, and Ha Ling Mountains, it is easy to see why. Very few golf courses in North America have such a serene setting with pristine views coupled with world class golf! This is one golf experience you will not soon forget.

BREWSTER’S KANANASKIS GOLF COURSE

Brewster’s Kananaskis Golf Course offers a unique 18-hole, Par 72 course that lies at the base of Mount Yamnuska. Spanning 5,606 yards, this course winds through rugged tree lined terrain and landscapes that challenge all skill levels. The course has been designed to reward accuracy off the tee and you can choose whether to capitalize on many risk reward sections of the course as well.

KANANASKIS GOLF COURSE

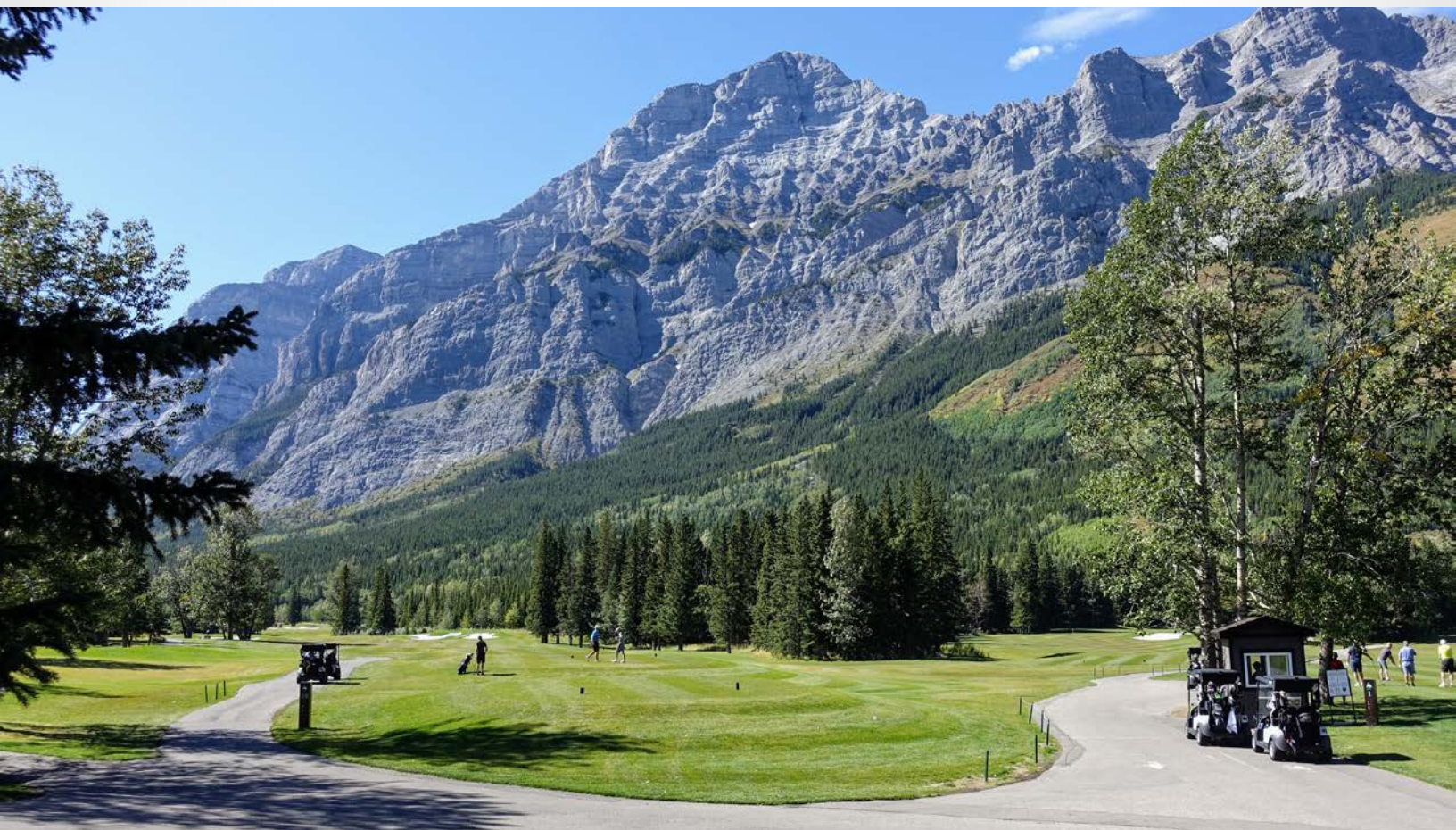
Kananaskis Golf Course offers a challenging Par 72 course spanning 7,136 yards. With immaculately lush fairways, bent grass greens and over 120 bunkers, this course offers something for everyone from beginner to Pro! The course itself is surrounded by glacier-fed creeks and ponds with stunning views of the Kananaskis River.

FAIRMONT BANFF SPRINGS GOLF COURSE

Fairmont Banff Springs Golf Course offers a very challenging Par 71 course design. Located right in the heart of the Banff Townsite, amateurs and professionals the world over are continually captivated and amazed by this world renowned golf course year after year.

YEAR ROUND GOLF SIMULATOR

Canmore also has a full, state-of-the-art golfing 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. Tee times vary based on availability and prices are subject to change without notice.



GOLFING ALTERNATIVES

The Nordic Centre showcases a world recognized frisbee golf course. This is an ideal activity for those who love frisbee golf and hiking. This course is the perfect combination of the two activities. A Kananaskis Conservation Pass is required to use the Nordic Centre facility. There is no additional charge to use the frisbee golf course. The course operates on a first come, first served basis.

Please contact your concierge team for more information.



Autumn Hikes & Nordic Walking

“Look deep into nature, and then you will understand everything better”

– Albert Einstein

The Bow Valley has so much to offer in terms of hiking in the fall. Trails can range from easy to hard depending on how adventurous you are feeling!

Go on your own or join our trusted guides. Learn survival skills in the back country and perfect the technique of Nordic walking. This way you can safely navigate technical trails with local experts. You will find hidden natural gems making the trek well worth the journey.

NORDIC WALKING

Join our local expert on a scenic nordic walking tour. You will meet in The Malcolm Hotel lobby and be given a brief tutorial in this walking technique. These walks are suitable for all abilities. Be advised that the minimum age for any nordic walking tour is 12. Consider bringing shoe spikes/ice grips for uncertain winter conditions.

Please contact our concierge team for further details.





Photo courtesy of Paul Zizka @paulzizkaphoto

Recommended Hikes

CHESTER LAKE 9.3 kms Round Trip | 433m of elevation gain | 3-4 hours one way
A Kananaskis Conservation Pass will be required to access the trail head. You will hike gradual but steady switchbacks. The trail will open up to an expansive meadow with breathtaking panoramic mountain vistas. You will re-enter the forest and come out at Chester Lake. The trail is listed as Moderate difficulty.

HEART CREEK 4.8 kms Round Trip | 314m of elevation gain | 1.5-2 hours round trip
The Trailhead is located just off of the Lac Des Arcs exit (approx. 10-minute drive from the Malcolm Hotel). The trail winds through mountainous creeks and meadows leading to a waterfall. This is an excellent light hike option and is fun for the whole family.

MARBLE CANYON 1.4 kms Round Trip | 50m of elevation gain | 1-1.5 hours round trip
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. This is another hike that is fun for the whole family.

BOW GLACIER FALLS 8.9 kms Round Trip | 282m of elevation gain | 2-3 hours round trip
A National Parks Pass will be required to access the trail head. The trail head starts at Bow Lake. The hike follows the Bow River. The trail is fairly easy going until you are closer to the falls themselves. You will need to be mindful of tree roots and loose rock on the trail.

RIBBON FALLS 18 kms Round Trip | 649m of elevation gain | 2-3 hours one way
The Kananaskis Conservation Pass will be required to access the trail head. Ribbon Falls is excellent for those who want to be in nature. You will wind your way through forests, creeks, and meadows to end up at Ribbon Creek Falls. There are many excellent spots for you to stop along the way. You can turn around at any point if you're not up for an 18-kilometre day.

Contact your concierge team for further inquiries about guides, equipment rentals, or equipment purchase.



Early Season Downhill Sports

Like most outdoor activities, Mother Nature decides the opening day of ski resorts. However, resorts are set to open end of October to mid-November (weather dependent).

NAKISKA

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

- Approximately a 35 minute drive from Canmore, head east on Hwy 1 to Hwy 40 south
- Lifts Available: 6
- Number of Trails: 79, Longest Run 3.3 kms (2 miles)
- Top Elevation: 2,260m / 7,415 ft
- Skiable 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 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

- Approximately a 35 minute drive from Canmore, head west on Hwy 1 to the sunshine village turn off
- Lifts Available: 11
- Number of Trails: 138, Longest Run 8 kms (5 miles)
- Top Elevation: 2,730m / 8,954 ft
- Skiable Acres: 3,300 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. 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 tricks-status on our terrain park.

General Information

- A 30 min drive from Canmore, head west on Hwy 1 to Mount Norquay Ski Resort exit
- Lifts Available: 6
- Number of Trails: 60, Longest Run 1,167m / 3,828 ft
- Top Elevation: 2,450m / 8,040 ft
- Skiable Acres: 190 acres

LAKE LOUISE

You will immediately see why winter enthusiasts return here season after season. Our 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 1 hour drive from Canmore, head west on Hwy 1 to the Lake Louise Ski Resort exit
- Lifts Available: 10
- Number of Trails: 160, Longest Run 8kms / (5 miles)
- Top Elevation: 2,637m / 8,650 ft
- Skiable Acres: 4200 acres



Photo courtesy of Pursuit Collection / Mike Seehagel

High Altitude Adventures

SUSPENSION BRIDGES

Pair your scenic drive with a high-altitude suspension bridge walk! Put your fears to the test with a knee-shaking adventure. Create incredible memories and capture stunning photographs while high above canyon walls. Do you dare cross some of the highest suspension bridges in the area?

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. Join a guided hike at the top and see bears and other wildlife in the natural habitats.

ICE FIELDS AND SKY WALK

Take a journey back in time by visiting a sheet of ice that is over 10,000 years old. The story of the Athabasca Valley is ever evolving and has quite the story to tell. Take a 30-minute journey out onto the glacier in an All-Terrain Explorer. Along the way, your guide will give you a fascinating glimpse of the glacier's history.

Afterwards, you will head out to the glass-floored Skywalk. You will have unobstructed views right off the cliff's edge!

HELI TOURS

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 are sure to leave an impression.

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



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.



Lakes, Rivers & Waterfall Excursions

MORaine LAKE AND LAKE LOUISE TOURS

Changes have been made to the accessibility to Banff National Park's most visited destination, Moraine Lake. Restrictions have been implemented and Moraine Lake is no longer open to personal vehicles. Planning in advance is key to avoiding disappointment and to maximize your time at these bucket list destinations.

Please be advised that the projected closing date for Moraine Lake is October 9th.

Tours and shuttles are available. For more information, and to make a booking prior to your arrival at The Malcolm Hotel, please contact your concierge team to discuss options.

BOAT CRUISE

Set sail on some of the freshest water Alberta has to offer! Enjoy lots of fresh air as you cruise around open waters with unobstructed mountain vistas. Your Captain and Crew will regale you with tall tales of the area on your journey. Keep your eyes peeled for wildlife along the shoreline. With a little bit of luck, coyotes, elk or even bears can be spotted. Bon Voyage!

CANOE AND KAYAKING RENTALS

This activity is on many people's "To-Do" list. Getting out on clear blue glacier fed lakes surrounded by the peaks of the Rockies is an experience not to miss. The Bow Valley and Kananaskis Country offer many different opportunities for getting out on the lakes. You can choose to rent a canoe and kayak to launch yourself at your favorite paddling spot. Or go to the boat docks to get paddle time starting from 30min to a half day.

Most rental companies operate on a first come first serve basis. Please see our concierge team for tips on how to reserve gear in advance.

CANYONING

Canyoning in the Bow Valley is a rush! Let a local guide navigate you through deep mountain gorges and down fast-flowing mountain streams using a variety of techniques including abseiling, climbing, sliding, and jumping. Depending on how adventurous you are feeling, on average you will have 4 or 5 rappels! Making this one adventure you will not soon forget! For more information, please contact your concierge.

Soft Adrenaline Adventures

ATV & SXS TOURS

Embark on a fun-filled expedition through the mountains with a guided ATV and SXS tour. Whether it's your first time or you grew up in the sport, this is suitable for all skill levels. Our trusted tour operator will be happy to get you off the road and on to the dirt. Get a taste of the valley in either an SXS (side by side) or an ATV. Contact your concierge team for more information.

Toby Creek's last tour is on October 9th. They offer "Larches in Paradise" from September 19th – October 9th. Experience the incredible golden larches with a unique ATV & SXS tour through a spectacular vibrant larch forest.

E-BIKE TOURS

This must-do activity in Canmore and Banff offers different tour options to suit your interest. Some options include guided tours with food and drink or sightseeing including famous film locations of Canmore or the thundering waterfalls of Banff. Join an interpretive guide as you pedal along riverside pathways and winding mountain parkways in the shadow of the world-famous Canadian Rockies.

The Food Bike Tour ends on October 29th. White Mountain Adventures ends on October 15th.

HORSEBACK RIDING

Enjoy the views of the Canadian Rockies from Horseback on a guided trail ride. Ride along in a guided adventure through lush deep forest, canyons and enjoy scenic views along the way. Projected closing day is October 15th.





Spooky Mysteries & Story Telling

ABANDONED TOWNS AND COAL MINES

Canmore and the Bow Valley have a rich coal mining history. Canmore, in particular, has thrived since the 1988 Winter Olympic Games were hosted in Calgary. Since then, Canmore has more than tripled its population. Canmore and the Bow Valley is left with past reminders of the coal mining history scattered throughout the area. Please see your hotel concierge for more details.

ESCAPE ROOMS

The Bow Valley proudly offers Escape Room Style of Adventures! There are two styles available. You can go at your own pace, or you can choose to race against the clock to complete your objective. Each type of adventure will offer a completely different experience. Both styles of adventure will require your team to utilize different skills to complete your task at hand. Both ways of playing are great options for team building and are also family friendly. Please contact your concierge for further details.

GHOST WALKS

Come learn about the paranormal side of the Bow Valley. Experience the natural beauty of both Canmore and Banff townsites while hearing chilling tales of the area. From ghost towns to haunted hotels, the Bow Valley is full of things that go 'bump' in the night.

HISTORICAL STORY TELLING

NWMP Barracks

This historic Canmore building was built in the late 19th Century. The Northwest Mounted Police Barracks is one of three surviving buildings built before the creation of Alberta in 1905.

Canmore Museum

The Canmore Museum offers a unique perspective of the town's rich history. The museum's exhibits are constantly rotating in keeping with the events that are held within the townsite and immediate surrounding area. Please speak to your concierge to see what is on exhibit.

Breweries & 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. In total, Canmore offers four distinct breweries and two distilleries, each adding a unique flair to the classic beverages.

Package your brewery and distillery experience with a tour. See concierge for more information.



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.

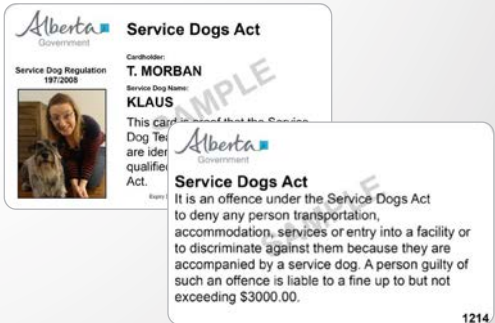
The Bow Valley has grown in leaps and bounds towards being more dog friendly. New opportunities and businesses are springing up faster than we can keep up with, and rightfully so. After all, travelling with your 4-legged companion can be a great bonding experience. Canmore and Kananaskis provide the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

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.



Scenic Drives & Sightseeing Tours

SIGHTSEEING TOURS

Let our trusted tour operators help make your stay in the Rocky Mountains one you will never forget! From the Malcolm Hotel lobby to the fresh air of the Bow Valley, get whisked away with our trusted tour guiding companies. Avoid disappointment in viewing popular high congestion locations such as Lake Louise, Johnston Canyon, Peyto Lake and more by booking a guide group or private tour.

Contact our concierge team to learn all about guided tours or to purchase an adventure.

SPRAY LAKES VALLEY LOOP

This drive is for the adventurous soul. This drive is best for high clearance vehicles such as pickup trucks, Jeeps, or SUVs. Before heading out, please visit the hotel concierge for maps and updated road conditions. The drive can be treacherous at times and is periodically closed for avalanche control. The drive starts on Spray Lakes Road (just past the Nordic Centre). After the Grassi Lakes trailhead, the road becomes unpaved and often unmaintained. Drive carefully as the road starts to climb up past the tree line on the shoulder of Mount Rundle, and back down to the backside of Mount Lawrence Grassi. Follow this gravel road until you reach the junction for Peter Lougheed Provincial Park and then turn left. You then take a second left onto Hwy 40. Keep driving until the Hwy 1 (Trans Canada) exit and head west back to Canmore. Highlights include Quarry Lake, Grassi Lakes, Whitemans Pond, Spray Lakes Day Use Area, Mt. Shark Day Use Area, and Chester Lake.

KANANASKIS HIGHWAY Hwy 40 South to Upper Kananaskis Lakes

This is for the laid-back driver looking for views along a smooth and easy day drive. From Canmore head east on the Hwy 1 (Trans Canada) and turn South onto Hwy 40 (Kananaskis Highway). This is the same turn-off as the Casino (easiest landmark to spot). This is where the drive gets very scenic. Be on the lookout for wildlife as well. Deer, elk, goats and bears can frequently be spotted along the highway (there is no guarantee of seeing them however). The road continues to wind to both Lower and Upper Kananaskis Lakes. Highlights include Barrier Lake Day Use Area, Kananaskis Village, Boundary Ranch, Fortress Junction, Peter Lougheed Park Discovery Centre, and the Kananaskis Lakes.

Scenic Drives - Banff & Beyond

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 Canyon, the memorial in honour 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. * Please note that a portion of this highway is closed to vehicle traffic from Sept. 1 to Sept. 30 each year.

THE ICEFIELDS PARKWAY Highway 93 North

Year after year, this drive ranks near the top of the list of Most Scenic Highways in the world as voted by National Geographic. It winds beside peaceful lakes and rushing rivers overlooking snow-capped mountain peaks and majestic glaciers. Points of interest include the Columbia Icefields Centre, Bow Lake, Peyto Lake, Mistaya Canyon, Sunwapta Falls, Athabasca Falls and many more! Along the way keep an eye out for wildlife including elk, mountain goats and bears!

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 coloured Emerald Lake, the natural rock formations of the Natural Bridge, and the incredible power of Takakkaw and Wapta Falls. This is a great option for a full-day outing.

HIGHWAY 93 SOUTH AND KOOTENAY NATIONAL PARK

A popular wildlife corridor, Highway 93 South leads you to the unique 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 with 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.

