



THE MALCOLM
HOTEL

2021/22 WINTER ACTIVITIES GUIDE





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 traveling for a business trip, romantic getaway or an adventure-packed holiday, our backyard is filled with towering peaks, crystal blue lakes, soothing rivers, rich green forests and mountain adventures.

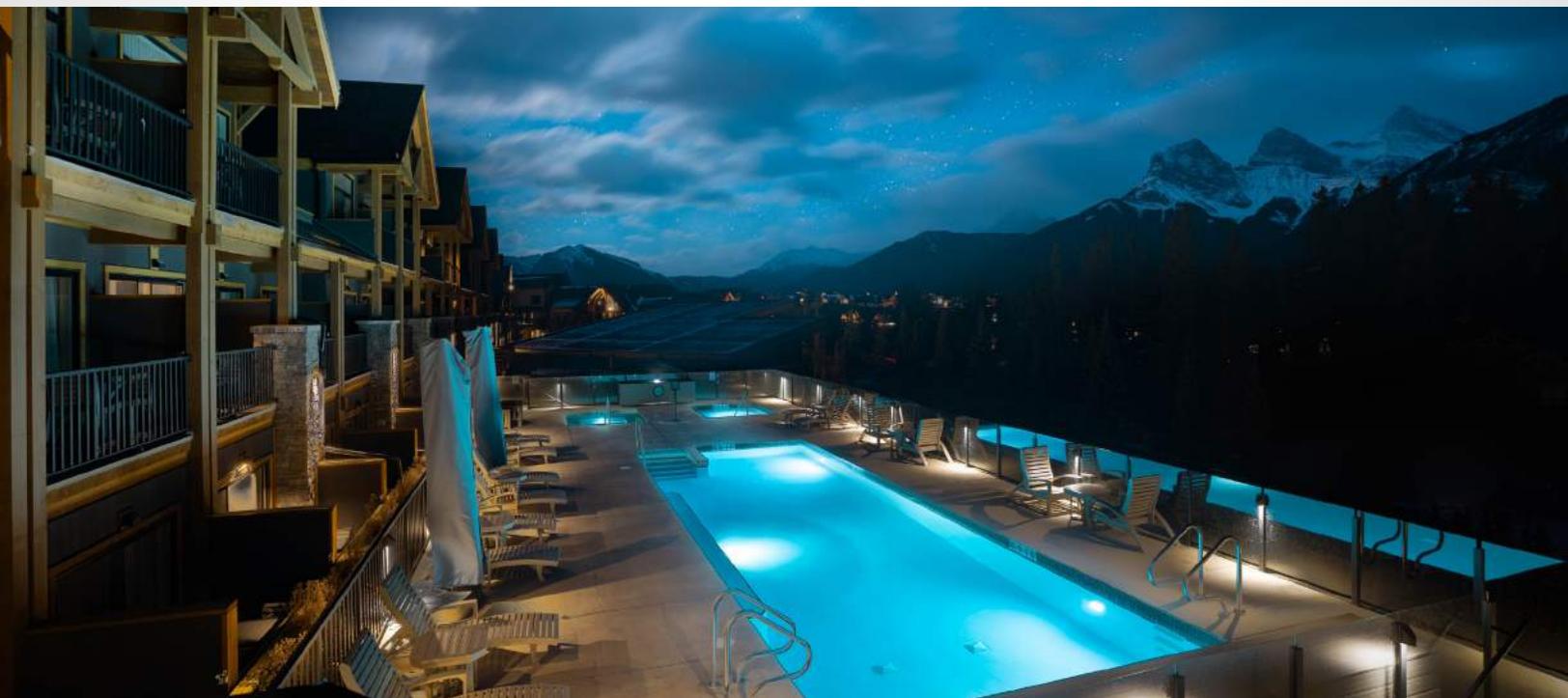
In mindfulness of the Alberta Government's policies, safety for our guests and staff remain our number one priority. We would like to remind everyone that our individual actions are the strongest tool we have to protect our health care system and each other as we work to relaunch our economy.

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



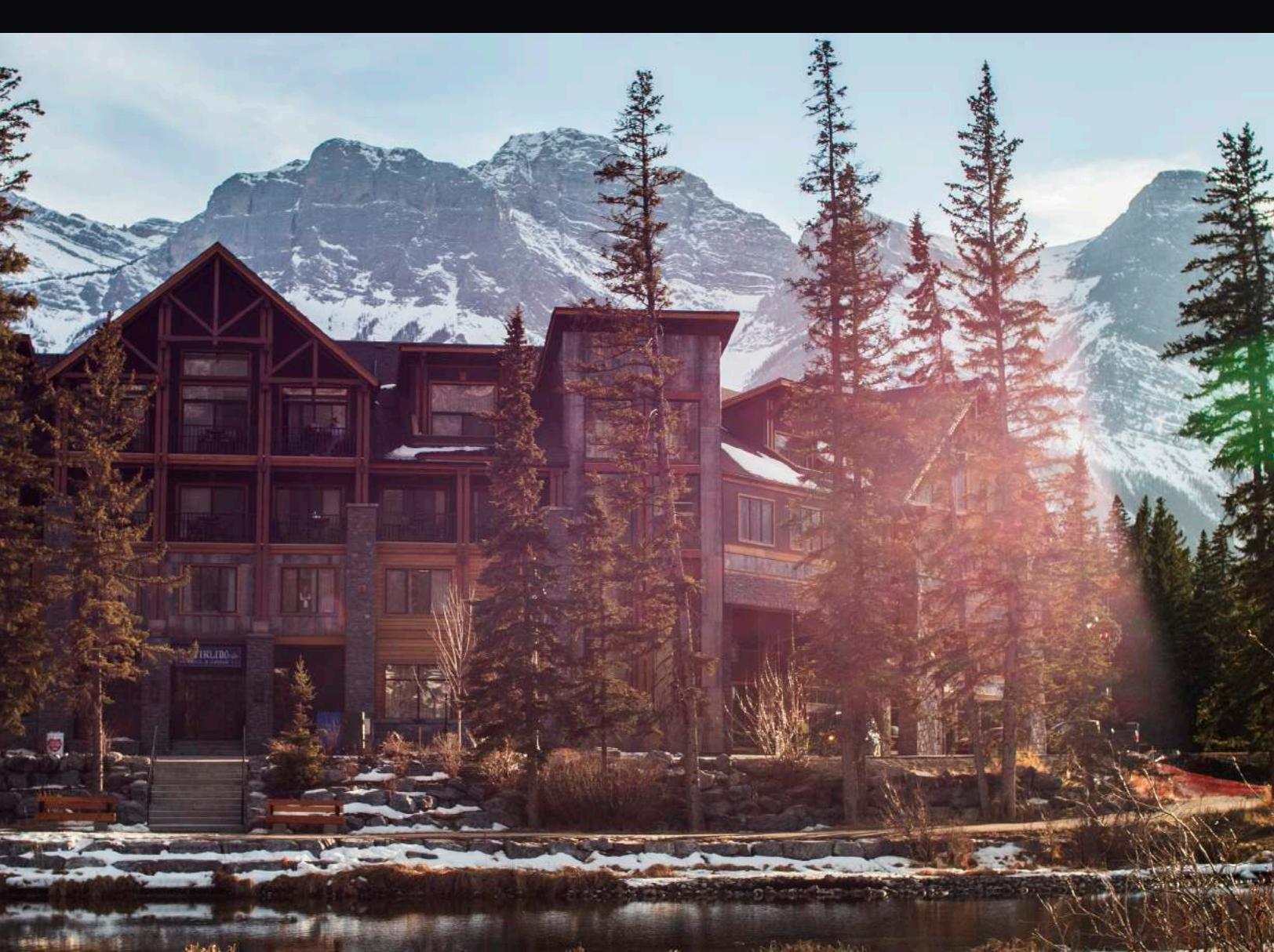


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BENEFITS OF MALCOLM'S KINGDOM

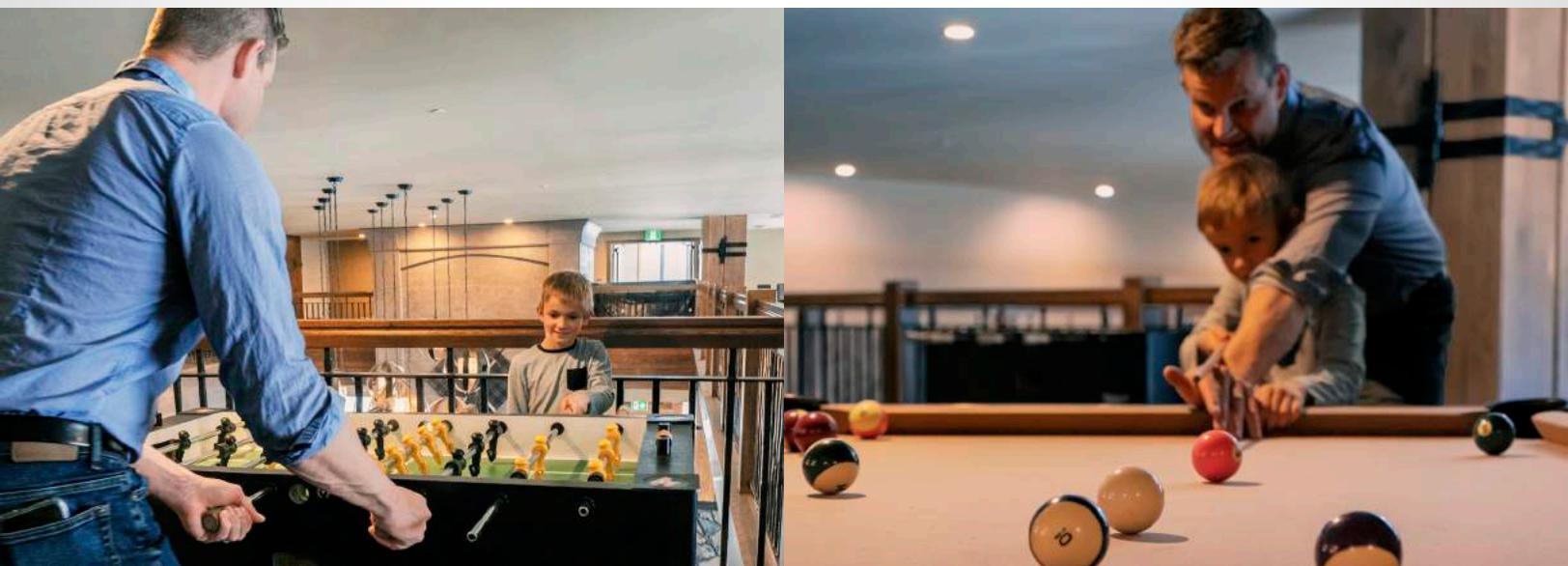
HIGHLAND GAMES LOUNGE

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.



LEGENDARY ROOF TOP MOUNTAIN VIEW DECK

Canmore's most exclusive rooftop, heated, outdoor Pool and Hot Tubs. Offering unparalleled views of the Three Sisters Mountain range and Mount Lawrence Grassi. Enjoy a sunrise or sunset next to our rooftop firepit. This area is open from 8 am to 10 pm daily. (Please note this area may be closed due to restrictions from Alberta Health Services).



FITNESS CENTER

Offering a full-service gym with treadmill, elliptical, and weight circuit. Open 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! We can also help arrange fun hikes and family friendly tours. Just speak to our Concierge team for more assistance.

#LEGENDARY SPECIAL OCCASIONS

If you're here to celebrate or 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.





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 Grahams 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 5 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

Come and enjoy our wood burning firepits at The Malcolm Hotel's premium outdoor patio. Firepit packages include a 4 pack smores kit, hot chocolate, full food, and beverage service from the Stirling Lounge. MAXIMUM 8 people. **All bookings are weather dependent, no outside food or beverage. **Reservations are required. \$60 per hour (Minimum 2hrs)

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

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.





CANMORE AND BEYOND

Welcome to our alpine paradise of adventure & exploration. From its humble beginnings as a mining town in the late 1800's 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. If you're brave, challenge yourself on an ice climbing course, or on the ski slopes of the Canadian Rockies.

Consult with one of our Legendary Concierge team members to plan your adventure.

WHAT TO WEAR

Canmore locals have a saying "There is no such thing as bad weather only poor choices of clothing".

The trick to being comfortable outdoors is to dress in layers. A sweater, ski/snow pants, with a wind and waterproof ski jacket. 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.

Don't let lack of gear keep you from one of our most rewarding experiences. Canmore has sporting stores and rental shops to help.

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



LOCAL SPA & WELLNESS

ETANA WELLNESS

Choose your style of massage during consultation. Whether you choose a Relaxation Massage with a light/moderate pressure or 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 completely relaxed and taken care of. Essential oils are used to start every treatment while laying atop a jade stone infrared heating pad.

DANIELLE FINDLAY STUDIO IN SPRING CREEK

Start your journey towards the best version of yourself.

Danielle Findlay Studio is a classical equipment and mat studio focused on your personal journey to wellness through intentional movement, located just around the corner from The Malcolm Hotel in Spring Creek. Danielle takes you beyond any normal fitness routine into a deeper connection with your body, mind and soul. 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.

EVERGREEN SPA WITHIN SPRING CREEK ORIGINS

The Evergreen Spa is located right around the corner from The Malcolm Hotel within Spring Creek Origins. Evergreen Spa is specifically designed for older adults. From the services provided to the atmosphere, Evergreen Spa creates a one-of-a-kind experience. This is a unique spa providing both wellness and aesthetic services. The Evergreen team believes that taking the time to pamper and care for your body and mind helps improve all areas of overall wellness.

SKIN NRI

If you are looking to achieve youthful and healthy skin, this is the place for you. Skin NRI utilizes Environ skin care products to provide scientifically proven results. To achieve these results, you need the correct essential nutrients and a proper system of micro-delivery. Skin NRI delivers both to increase the depth of the nutrient's penetration into the skin.



MOUNTAIN ADVENTURES & EXPLORATION

DOWNHILL SKIING

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 Trail: 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 favorite resort by locals five years in row, is loved for its extended ski and snowboard season. In a typical year, Sunshine received an average of 30 feet of smoke 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 1930's, 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. 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 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 kilometers 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, with some novice trails as well. Trails are groomed and track set to accommodate both classic and skating techniques on the same trail. A 2.5 kilometer 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.

THE PREMIER BIATHLON EXPERIENCE IN THE CANADIAN ROCKIES

TRY-BIATHLON offers visitors the opportunity to personally experience marksmanship firsthand at the world class training center. Biathlon is the most popular winter sport in Europe, and continues to grow in popularity across North America.

Difficulty Rating: Light to Difficult

Distance: Over 60 km of trails

Location: From Canmore, follow the signs from downtown

MOUNT SHARK CROSS COUNTRY TRAIL SYSTEM

The Mount Shark Trails System offers you 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 includes Ribbon Creek, Kananaskis Village, Bill Milne, 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. Was 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 TUBBING

TOBOGGANING IN THE BOW VALLEY

Tobogganing is one of the favorite (free) ways to get outside when we're spending the weekend in Canmore or Banff. Bring toboggans with you from home and it's a free activity for the entire family, plus it helps to run off some of that winter energy that comes from being inside a hotel room or condo all weekend long.

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. With plenty of parking available too.

EAGLE TERRACE

A hill that's got 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, there's a nearby playground, and an easy location to find, close to town, the park is gorgeous at dusk.

BANFF CASCADE PONDS

A favorite 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 local using the trail for their tobogganing adventures. Located behind the Banff Springs Hotel and by Bow Falls.

EXPERIENCE TUBING IN THE CANADIAN ROCKIES

Exchange your skis and snowboard for an inflatable tube and let gravity work in your favor. 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. It is similar to tobogganing, however instead of having to trek to the top of a hill after riding down, a plush towing system will do the hard work for you. As you relax back 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 ages, including children over the age of 4 (or 42 inches tall).

Please contact our Concierge team for additional information and to purchase tickets.

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. See a snow covered paradise otherwise unseen, 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 for further inquiries.

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 time tour offered for amazing new perspectives. Ice Walk tour lengths can vary company to company. With enough notice, custom/private tours can be created as well as based on availability.

Seeing these sights is possible while not on a guided tour. Proper footwear (ice cleats) is highly recommended. There are several options for purchasing or renting equipment within Canmore.

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



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 Parcel 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.

For additional information or assistance in booking, please contact your Concierge.

DOG SLEDDING

Traveling 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 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. Many options from duration to lunch options. Please contact our Concierge team for additional information and to purchase tickets.

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 about and relax as our cowboy guide cracks the reins and your journey through the Canadian Rockies begins.

It all makes for great ambiance, 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, get close under a warm blanket. View wildlife and learn about local history.

Sleigh rides are available in multiple locations and in different durations and add-ons. Please contact our Concierge team for additional information and to purchase tickets.

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 including 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.

WINTER GOLFING

Canmore now proudly sports a few winter golfing options within the town.

There is a brand-new, top of the line, indoor golfing facility that just recently opened. Tee times vary based on availability and prices are subject to change without notice.

The Nordic Center offers a professional, world class Frisbee golf course. However, only 8 holes are available during the winter months. A Kananaskis Conservation Pass is also required to use the Nordic Center facility, however, there is no additional charge for the Frisbee golf. It is first come first serve.

Please contact your Concierge for more information.

ICE SKATING

Ice skating is a favorite Canadian sport that is fun for all ages and abilities, 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-u;, or “shinny” hockey. Then take a break and warm up with hot cocoa beside a bonfire before heading back out on the ice for more.

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

BANFF NATIONAL PARK

For a truly spectacular skating experience, you must try the iconic Lake Louise. Names 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 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 Vermilion 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, rental options please contact our Concierge team.





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!

EASY

Grassi Lakes - 4.3 kms in length - 230m of elevation - 1-2 hours. Ice cleats recommended based on conditions.

Heart Creek - 4.8 kms round trip - 305m of elevation - 1-2 hours. Ice cleats recommended based on conditions.

Grotto Canyon - 7.1 kms round trip - 395m of elevation - 2-3 hours depending on how far you decide to go into the Canyon. Most people turn around at the waterfall, but you can continue past that point if you so choose. Ice cleats are a must for inside the canyon. Grotto Canyon is known for very ice conditions.

INTERMEDIATE

Chester Lake - 9.3 kms in length - 430m of elevation - 4 hours round trip approx. - Ice cleats may be required for this hike depending on conditions.

Upper Kananaskis Lake Loop - 15.3 kms in length - 450m of elevation - 4-6 hours round trip depending on how you decide to travel along the loop - Entire loop is well signed. Ice cleats may be required for this hike depending on conditions.

HARD

Prairie Mountain Viewpoint - 6.6 kms in length - 660m elevation - 4-5 hours round trip. Ice cleats are a must have on this trek. Trekking poles are highly recommended as well.

Ha Ling Peak - 7.2 kms in length - 748m of elevation - 6-7 hours round trip - Ice cleats are a must have on this trek. Trekking poles are highly recommended as well.

Contact your Concierge 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 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 are 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.

BANFF GONDOLA

Stand on a mountain top and experience breathtaking views of six stunning mountain ranges and deep into the Bow Valleys. Enjoy dining at the Sky Bistro which was named one of the top 7 sky high dining experiences in the world by National Geographic. Learn in the interpretive center, discover hidden gems in the gift shops, and dine on the Mountaintop at Banff's Most Famous Attraction.

LAKE LOUISE GONDOLA

Climb aboard the Lake Louise Sightseeing Gondola and ascend to one of Banff National Park's greatest views! From the top enjoy a raw natural and unspoiled view of Lake Louise with the Victoria Glacier as its backdrop to the south with the towering Mt Temple just east of the lake. On the back side a view otherwise hidden of snow-covered paradise that will quickly capture your heart, so be sure to bring your camera to save your own special memories of winter.

Contact your Concierge for more information and purchase your gondola pass.

GUIDED PRIVATE TOURS

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 by luxury SUV with our trusted private guiding company. Sit back and enjoy locally crafted treats with hot and cold beverages. Select from several experiences from snowshoeing to ice walks or scenic sightseeing drives. If you are looking for something not offered let us custom tailor a sightseeing adventure.

Contact our Concierge team to learn all about guided private tours, or to purchase an adventure.

UP CLOSE WITH WOLVES

Weather 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 all 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 12 pm to 5 pm daily.

If you are looking for that once in a lifetime experience? In addition to their interpretive tours, they offer visitors 16 yrs 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 with them and of them. Must book ahead limited availability.

The center is cash only! All proceeds go towards the care of all the animals.

Visit our Concierge team to learn more and book your walk today!

NORTHERN LIGHTS YAMNUSKA WOLFDOG SANCTUARY

East towards Calgary, Yamnuska Wolfdog Sanctuary is open all year round, and is a family friendly center. The Sanctuary walk is perfect for those 6 yrs old and up, this self-guided walk through the Sanctuary allows visitors to see the ground and view our various packs of wolfdogs at your 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 you 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 over.

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