



THE MALCOLM  
HOTEL

# Activity Guide

AUTUMN





## YOUR GOLD KEYS TO **Concierge Services**

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

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

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

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

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

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

### **Your journey starts here!**

Email inquiries to [concierge@malcolmhotel.ca](mailto:concierge@malcolmhotel.ca).

Warm Regards,

**The Concierge Team**

at The Malcolm Hotel in Canmore





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## Mountain Adventures & Exploration

### CANMORE AND BEYOND

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

Fall in the Bow Valley is full of change, from the colours 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, and a wind/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 start 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 clubhouse 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

**CHESTER LAKE** 9.3 kms round trip | 433m of elevation gain | 3-4 hours round trip

A Kananaskis Conservation Pass will be required to access the trailhead. 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.

**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 trailhead. The trail 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.

**KARST SPRINGS** 9.2 kms round trip | 308m of elevation gain | 3-4 hours round trip

A Kananaskis Conservation Pass will be required to access the trailhead. The route is very well maintained and marked. If you are looking to get away from crowds, this is the trail for you! Every step of the way, you will be treated to some of the best scenery the Spray Valley has to offer. The trail is listed as moderate but much of the elevation is gained gradually.

**TROLL FALLS** 3.4 kms round trip | 154m of elevation gain | 1-2 hours round trip

A Kananaskis Conservation Pass will be required to access the trailhead. The trail is usually very busy and well-travelled. There are two waterfalls that you can visit. Most of the elevation you gain is going up to the Upper Falls. Ice cleats may be useful in the early spring to reach the Upper Falls.

**PRAIRIE VIEW TRAILS** 10.8 kms round trip | 509m of elevation gain | 4-5 hours round trip

A Kananaskis Conservation Pass will be required to access the trailhead. The trail starts at Barrier Lake Day Use area. An earlier start to your day is highly recommended as this day use area is quite popular. You will walk across the Barrier Dam and pick up a well-marked trail from there. You can expect several gradual switchbacks through the forest. You will be rewarded with amazing views of Barrier Lake and surrounding areas below you.

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

# Indige-Scape in the Bow Valley

“Spanning generations, acknowledgment of the land is a traditional custom of Indigenous peoples when welcoming outsiders onto their land and into their homes. To build respectful relationships, acknowledging the land is an important part of reconciliation. It honours the authentic history of North America, its original people and tells the story of the creation of this country that has historically been missing.”

- The Calgary Foundation



The Bow Valley is within the Treaty Seven Nations, Blackfoot Confederacy which include: Kainai, Piikani and Siksika Nation and Stoney Nakoda which include: Goodstoney, Bearspaw and Chiniki First Nation and Tsuu T’ina Nation and Metis Nation region #3.

Step into a world where ancient traditions and vibrant cultures come to life. Indigenous Tourism is for anyone who seeks immersive history, and cultural and deep connections with nature. You can explore the unique Indigenous culture and some of the most beautiful sceneries ranging from the foothills, to the towering peaks of the mountain, to crystal blue lakes and awe-inspiring waterfalls with the stories and traditions of these remarkable peoples as you embark on an unforgettable adventure that spans generations. Join us in celebrating the rich tapestry of Alberta’s Indigenous cultures.

## **GUIDED INDIGENOUS DAY HIKE TOURS**

Connect with Mother Nature and learn about Indigenous culture and traditions on guided hikes throughout Kananaskis Country. Our day hikes are filled with amazing stories accented with knowledge holders from the Treaty Seven territory. From drummers to dancers and traditional storytellers, we have you covered with learning the beauty of our Indigenous culture.

## **INDIGE-SCAPE INSPIRED HELI TOURS**

Soar over the Canadian Rockies and learn about the Indigenous names of local lakes and mountain peaks such as Spirit Water, which is the name given to Lake Minnewanka (MĪNĪ WAKĀ) by the Stoney Nakoda people because it was a sacred and spiritual area. Indigenous people long inhabited areas around Spirit Water, dating back over 10,000 years.



## 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. This is a 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 mini 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. Tours and shuttles are available.

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

### **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.

### **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!

# 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.

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

### **BUFFALO NATIONS MUSEUM**

In a distinct log fortress on the banks of the Bow River, wonder at the animation and pageantry of the traditional and contemporary lives of the Indigenous Peoples of Canada. Enhance your experience through innovative technology and share your own cultural identity with their interpreter. Browse the gift shop or pause for a complimentary hot beverage in the reading area. Buffalo Nations Museum serves as a hub for Indigenous Canadians using traditional knowledge to conserve and restore language, culture, and ecology.

### **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.

### **ESCAPE ROOMS**

The Bow Valley proudly offers escape room styles of adventures! There are two styles available. Go at your own pace, or 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 are great options for team building and are also family friendly.

### **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.

*For more information on the above activities, or to book, please contact the concierge in person or via email at [concierge@malcolmhotel.ca](mailto:concierge@malcolmhotel.ca).*



## Guided Tours & Packages

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 Moraine Lake, Lake Louise, Johnston Canyon, Peyto Lake and more, by booking a guided group or private tour.

### **STARGAZING TOUR**

Enjoy the sights and sounds of a mountain landscape after the sun has gone down and be dazzled by a sky full of more stars than you can possibly imagine. Join our skilled interpreter on a 5km walk through a forest and be awed by the incredible vastness of the Milky Way before your eyes. Along the trail you can look out for nocturnal wildlife that you might otherwise miss, and experience Banff National Park in a new way.

### **SURVIVAL HIKES**

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

### **HISTORY WALKING TOURS**

If you're an explorer at heart, this is the perfect tour for you! Join our local and knowledgeable guides on an immersive historical walking tour of Canmore or Banff. Discover the history of both towns and the hardy pioneers, cowboys, miners, and early explorers who built the communities. Visit hidden gems and listen to untold stories, get to know about the wildlife by learning mountain survival, basic tracking, examine wild plants, and listen to local secrets. There are chances of spotting wildlife and enjoying picturesque scenery of our town while exploring along one of our many hiking trails. Experiences and walking/hiking trails vary.

## **HIGHLIGHTS SIGHTSEEING TOURS**

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

Tours vary in experience and pricing, from private luxury to small group tours, packaged or tailor-made offers.



## **BREWERIES AND 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.

## **RAFTS & CRAFTS**

Float trip on the Bow River followed with a hop-on hop-off style craft beer and distillery tour.

## **COAL MINES AND BEER HIKE**

Guided hiking tour that features the rich mining history of Canmore and Kananaskis with a beer to finish the day.

## **BIKE AND BREW**

Guided E-bike tour of the town of Canmore stopping at famous and iconic locations with storytelling followed by a beer tasting at a local brewery.

## **BEER VOYAGE CRUISE**

Boat cruise on Lake Minnewanka with a beer tasting.



### **THE MAGIC OF AUTUMN SUNSETS**

Escape the crowds and discover the serene beauty of the Canadian Rocky Mountains with our exclusive sunset and twilight tours. Immerse yourself in the breathtaking alpenglow and enjoy the tranquility of twilight with a touch of romance.

Our tailored experiences offer a perfect blend of relaxation and adventure, ensuring you savour every moment of your getaway. Picture yourself with a loved one, sipping wine as the sun dips behind majestic peaks, painting the sky in hues of orange and pink. With fewer crowds, autumn evenings offer a chance to observe wildlife in their natural habitat. Choose from a variety of activities such as canoeing on tranquil lakes, stargazing under clear skies, hiking through vibrant fall foliage, or indulging in local cuisine and cocktails in prime scenic locations.

### **PRE- AND POST - TRIP TOURS**

Whether you have an early arrival, late departure or simply want to include a visit to Calgary, there is an activity for you! Choose from a host of activities including walking, scooter rentals, biking and even brewery and distillery experiences. Take in the restaurants and art throughout the vibrant city. Let us help you make the most of your time here.

*For more information on the above activities, or to book, please contact the concierge in person or via email at [concierge@malcolmhotel.ca](mailto:concierge@malcolmhotel.ca).*



## 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.

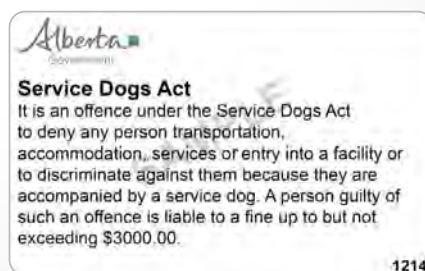
The Bow Valley has grown in leaps and bounds towards being more dog friendly. New opportunities and businesses are springing up faster than we can keep up with, and rightfully so. After all, travelling with your 4-legged companion can be a great bonding experience. Canmore and Kananaskis provide the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

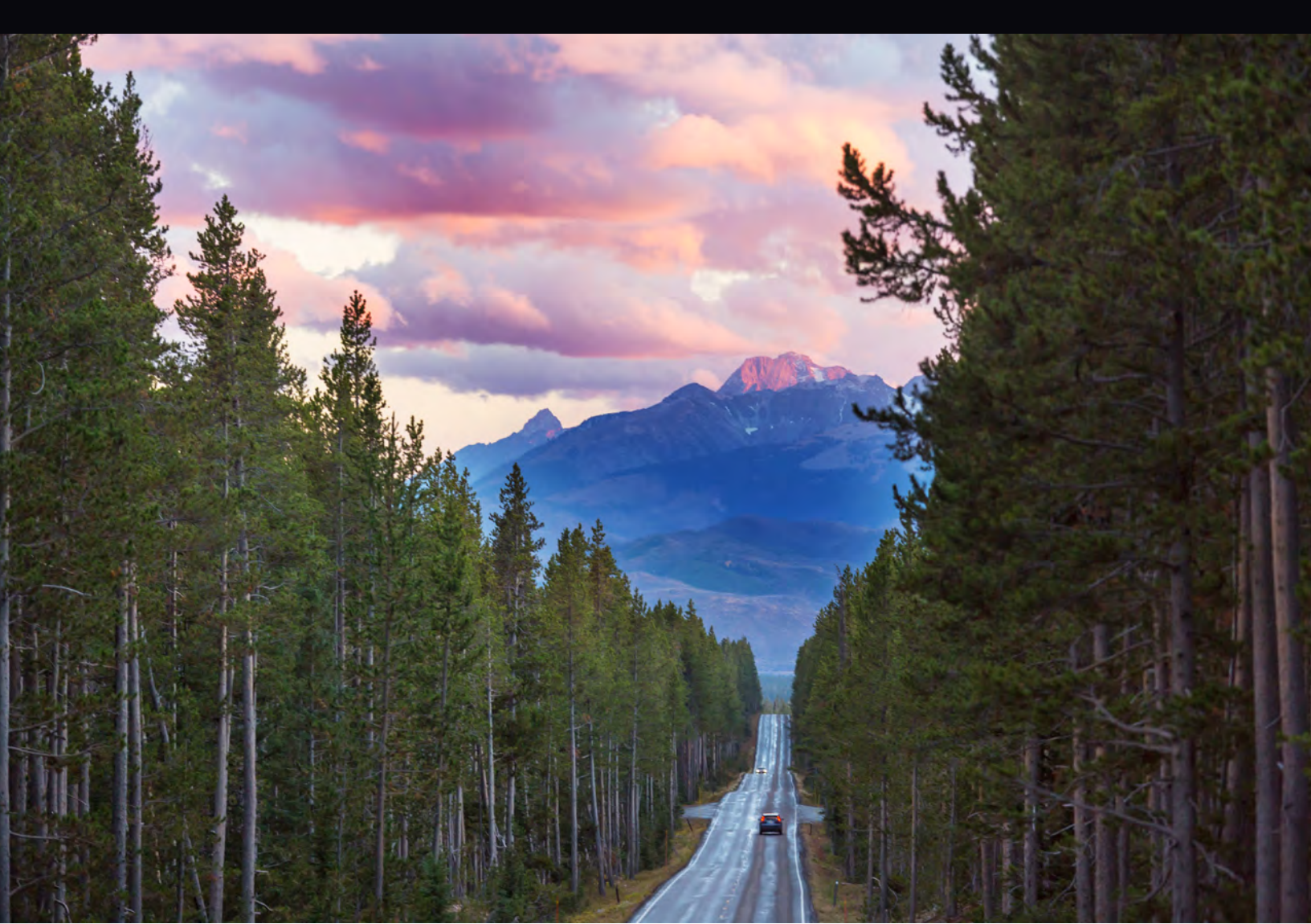
Visit the concierge team to learn more and book your walk today.

### **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, go 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 - Canmore, Kananaskis

### **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. Be cautious when driving this road early in the morning or at dusk as there is a higher possibility of wildlife being present on, and next to, the road.

Parks Canada has launched a three-year cycling pilot program along the Bow Valley Parkway's eastern section. The parkway will be closed to motor vehicle access from May 1 to June 25 and August 30 to September 30. If you would like to participate in biking this spectacular mountain road, contact the concierge team for more information.

## **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.

