



THE MALCOLM  
HOTEL

# Activity Guide

SUMMER







THE MALCOLM  
HOTEL

## 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!**

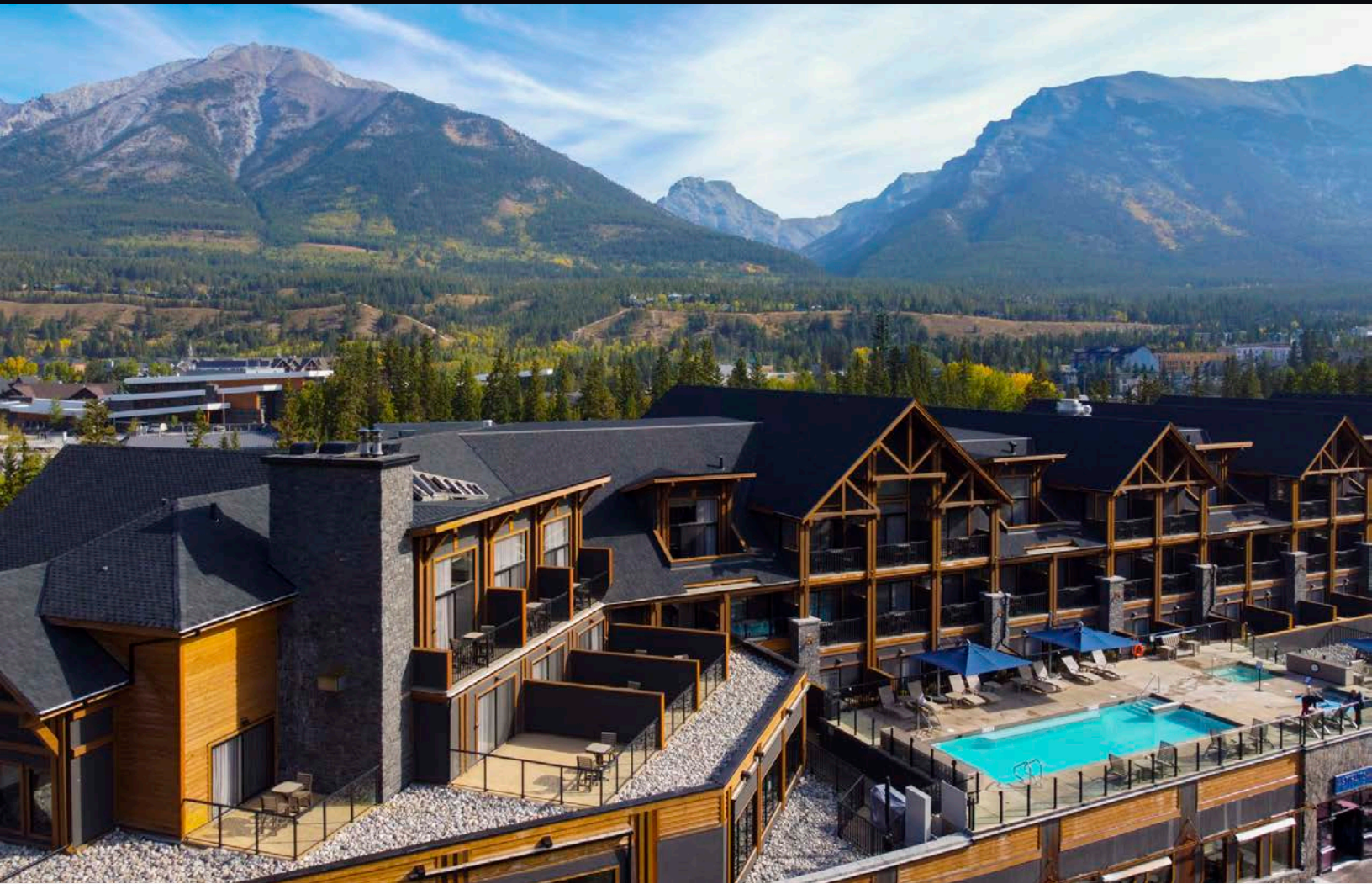
Email inquiries to [concierge@malcolmhotel.ca](mailto:concierge@malcolmhotel.ca).

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.

Summer in the Bow Valley is full of sunshine, mountain adventures, festivals, and events. It's a perfect season for everyone of all ages and abilities, which is why it's the most popular time of year. The lakes are a vibrant shade of blue, the waterfalls are on full display, and the mountain meadows are a mosaic of colourful wildflowers. Soar high over the spectacular beauty of the valleys on a helicopter flight, unwind on a sunny outdoor patio, or gather around a campfire under the starry night sky.

### WHAT TO WEAR

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

- Canmore locals

The trick to being comfortable outdoors is to dress in layers with a t-shirt, sweater, shorts, and hiking pants. Make sure to bring a wind and waterproof jacket and wear proper footwear for hiking and exploring such as flat-soled shoes or boots. Sunglasses and sunscreen are recommended and remember to pack a bottle of water, light snacks, and your camera.

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

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





# Regenerative Travel in The Bow Valley & Canadian Rockies

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

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

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



## Pledge to the Peaks

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



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

## BIOSPHERE INSTITUTE OF THE BOW VALLEY

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

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

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



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



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





## Your Passport to the Parks

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

### **KANANASKIS CONSERVATION PASS**

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



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

### **NATIONAL PARK PASS**

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



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





## Accessibility with No Limits

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

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

Activities offered but not limited to

- Hiking
- Kayaking
- Tennis
- Golf
- Biking
- Float Trips
- White Water Rafting
- Canoeing
- Indoor Climbing
- Paddleboarding
- Tandem Biking
- Baseball
- Horseback Riding
- Mountain Biking

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



# Golfing

Canmore offers three world-class golf courses within town. There are two additional courses in the Kananaskis Valley (just a short drive from the hotel), and one course in the beautiful Banff National Park. All of them have something unique and challenging to offer.

## **GOLF SIMULATORS & SPORTS LOUNGE**

Canmore offers 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. Do not miss out of the big games; hang out in the sports bar sports bar and watch your favourite team play with bites from their tasty menu.

## **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 GOLF 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.



Photo courtesy of Travel Alberta / C&B Advertising



### **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.



### **GOLFING ALTERNATIVES**

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





## Summer Hikes

The Bow Valley has so much to offer in terms of hiking in the summer. 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 backcountry and perfect your alpine climbing or take in an evening of star gazing. This way you can safely navigate technical trails with local experts. You will find hidden natural gems making the trek well worth the journey.

### RECOMMENDED SUMMER HIKES

#### **HA LING PEAK** 7.4 kms round trip | 763m of elevation | 5-6 round trip

Ha Ling Peak is a striking mountain located near the town of Canmore, Alberta, offering one of the most iconic hikes in the Canadian Rockies. The trail provides breathtaking panoramic views of the Bow Valley, the town of Canmore, and the surrounding mountain peaks, making it a favorite among hikers and outdoor enthusiasts. While the hike to the summit is challenging with its steep ascent, the reward is a stunning 360-degree view from the top. The trail is well known for its exposed sections, which require careful footing, and its rapid elevation gain. Hikers are required to obtain a Kananaskis Conservation Pass to access the trailhead.

#### **RAWSON LAKE** 8.7 kms round trip | 630m of elevation gain | 3-4 hours round trip

Rawson Lake is a stunning alpine lake nestled in the heart of Kananaskis Country. Surrounded by towering peaks, the crystal-clear waters of Rawson Lake are a breathtaking sight, often reflecting the majestic mountain landscape that frames it. The lake is situated at an elevation of about 1,600 meters (5,250 feet) and can be accessed via a popular hiking trail that takes adventurers through lush forests and scenic meadows. Hikers are required to obtain a Kananaskis Conservation Pass to access the trailhead.



**KARST SPRINGS** 9.2 Kms round trip | 308m of elevation gain | approx. 3 hours round trip  
Karst Springs Trail in Kananaskis is a beautiful and quieter hike. The Kananaskis Conservation Pass requirement helps manage access and preserve the area's natural beauty. The trailhead is near Mt. Engadine Lodge, which makes it a more secluded option compared to more popular trails in the region. The hike offers scenic views of waterfalls and open meadows, making it an ideal choice for those looking to escape crowds while experiencing the stunning mountain landscape. It's a great spot for nature lovers seeking tranquility and picturesque views!

**STANLEY GLACIER** 10.9 kms round Trip | 607m of elevation gain | 5-6 hours round trip  
Stanley Glacier trail in Kootenay National Park is a must-visit destination for any outdoor enthusiast. The combination of rugged mountain scenery, waterfalls, and close-up views of a glacier offers a truly unforgettable experience. There are diverse ecosystems along the trail ranging from lush forests to rocky terrain. Don't forget your National Park Pass to access the trailhead! If you're planning to visit, check in with your hotel concierge for current conditions and any guidelines from park authorities to ensure a safe and enjoyable experience.

**STEWART CANYON** 5.8 kms round trip | 209m of elevation gain | 1-2 hours Round Trip  
Stewart Creek in Banff National Park is a very beautiful and serene destination. To access the trailhead, you'll need a National Park Pass. The creek is located near Lake Minnewanka, offering stunning views of the surrounding towering peaks, alpine meadows, and lush forests. It's a great spot for hiking, birdwatching, or enjoying the natural beauty. Parking can be quite limited during the summer months, so it's important to plan ahead. Be sure to check with your hotel concierge for alternative ways to access the trailhead.





# 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 seek 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.

## **INDIGENOUS LED GLACIER TOUR**

Guests will learn about the historical and current significance of the Columbia Icefield region through an Indigenous lens. Though no single Indigenous group was settled in the region, the mountain passes were used by several Nations for trading, both pre- and post-European contact. From an ecological perspective, the Athabasca Glacier plays a critical hydrological role, supporting ecosystems. This ice walk will promote an understanding and appreciation of the importance of this water resource, today and into the future.

## **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.





Photo Courtesy of Travel Alberta \ Alpine Heli Tours

## 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? Please speak to your hotel concierge for more details.

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

### **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.

### **HELI HIKING**

Enjoy a very peaceful and secluded hike with no one else around! You will be transported by helicopter through the Cougar Mountain Valley to a high alpine meadow above the tree line. You will enjoy uninterrupted 360-degree views of the surrounding area on this 2 hour hike.





### **VIA FERRATA**

Via Ferrata is Italian for “Iron Road.” The Via Ferrata is an assisted climbing experience. Enjoy jaw dropping views as you navigate a series of ladders and suspension bridges. This is one “hands on” adventure you will not soon forget!

### **WALL & ROCK CLIMBING**

Want to harness your inner-mountain goat? Canmore is home to some of the best rock climbing in the country. Canmore’s dedicated climbing gyms, outdoor walls, and bouldering routes can provide a grade for everyone.

### **GUIDED ALPINE HIKING & MOUNTAINEERING**

Rock, Ice, and Alpine are the three skills that need to be mastered to truly conquer the mountain summits. Canmore hosts a plethora of extremely skilled guides that can begin your journey to calling the Rockies your own. There are many adventures recognized by the Association of Canadian Mountain Guides for a variety of skill levels.

### **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!

### **ICE WALKS**

Take an Ice Walk on a half or full-day adventure. Your guide will give you in-depth information about the Athabasca Glacier’s history and the surrounding area. You will also learn the importance of glaciers on a global scale. Take the Indigenous tour option with an Interpretive Guide and Educator. Guests will learn about the historical and current significance of the Columbia Icefield region through an Indigenous lens to capture the spirit and the stories associated with the glacier.





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**

There are new changes 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 but vary in experience.

### **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 depending on the lake you go with.

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, you will have 4 or 5 rappels on average. Making this one adventure you will not soon forget!



## **FISHING**

Whether you are new to the sport or a longtime angler, the local rivers and lakes offer world-class fishing. Join one of our experienced local guides and learn the best tips and hints about what attracts the fish to your lures. Our guides will provide you with everything you will need as far as equipment. Just don't forget to get your fishing license. Enjoy a half or full day of fishing on the mighty Bow River for the best trout fishing or Lake Minnewanka for lake whitefish and rainbow trout. Your guide will identify the species and let you know what you can keep and what you must release back into the wild.

## **FLOAT TOURS**

Don't feel like getting completely soaked? Not a problem! The Bow Valley offers a fun, family friendly, experience on glacially fed rivers. Let your feet relax in the river as your guide provides you with fascinating information about the area as you make your way down river. Keep an eye out for various wildlife, as everything from elk to bears may be spotted!

## **PADDLE BOARDING**

Stand-up paddle boarding offers a more unique way to get out on open water while providing a full body work out in the process. Never been paddle boarding before and want to learn? Professional certified lessons are available within the Bow Valley. All rentals will come with everything you need to get you on your way. This will include a life jacket, leash, pump, foam roof racks (and tie downs are available), paddle, and board.

## **WHITE WATER RAFTING**

From Kananaskis Country to British Columbia, the Bow Valley and surrounding area has a lot to offer in terms of white-water rafting. Rapid grades vary based on location and range from Class 1 - 4 rapids. Rafting tours also vary in duration based on location and time of year. Most tour operators will offer both half-day and full day excursions. Join one of our trusted tour operators for a jam-packed day filled with both adventure and relaxation.

*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).*







## 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.

### **WALKING TOURS**

If you're a cultural explorer at heart, this type of tour is perfect for you. Join an expert local guide for an immersive walking tour of Canmore. You'll uncover the fascinating history of this town and learn about the pioneers, cowboys, miners, and early explorers who shaped the communities. Explore hidden gems, hear untold stories, and discover the wildlife of the region. Keep your eyes peeled for wildlife sightings while you enjoy the breathtaking scenery along the way.

### **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.



# 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.

## **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.

## **HORSEBACK AND WAGON RIDES**

Enjoy the views of the Canadian Rockies from horseback on a guided trail ride. Adventures range from guided trail rides and overnight backcountry trips or wagon rides with steak meal options.

## **MOUNTAIN BIKING**

Mountain biking is a fun way of combining exercise with reaching the peaks of our mountains and beautiful viewpoints. If you have ever wanted to bike downhill around narrow corners with the trees flying by with the valleys and rivers below, contact your concierge to connect you with rentals and lessons.

*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.

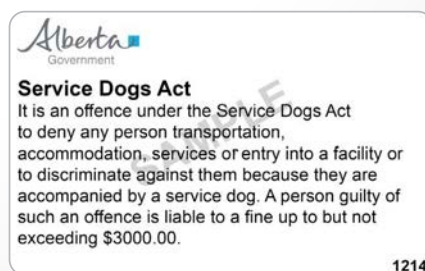
The Bow Valley has grown in leaps and bounds towards being more dog friendly. New opportunities and businesses are springing up faster than we can keep up with, and rightfully so. After all, travelling with your 4-legged companion can be a great bonding experience. Canmore and Kananaskis provide the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





## Getting Here, There & Everywhere

Transportation Consultation Service - The question of whether to rent a car or not comes down to what you are planning to do while you're visiting. Parking and access can be challenging in many destinations and during certain times of the day. Our concierge team is here to assist with all your trip planning needs and can help no matter what you decide for your transportation.

### **AIRPORT SHUTTLES**

Whether you prefer the convenience of a shuttle or the flexibility of a private transfer, both options provide a comfortable and hassle-free way to get to and from Canmore. Shuttles are an affordable and reliable choice for budget-conscious travelers, while private transfers offer a more luxurious experience for those seeking extra comfort.

### **CHAUFFEUR SERVICE**

Whether you are seeking an airport transfer, celebrating a special occasion, or looking for a luxurious way to explore the area, chauffeur services can accommodate your every request. From the moment you're picked up to your end destination, your private chauffeur ensures that your ride is tailored to your needs, offering convenience, punctuality and a touch of sophistication that will help make your trip unforgettable.

### **ROAM BUS ROUTES & TAXI SERVICES**

Once you are in Canmore, getting from place to place without a rental car can be challenging but not impossible. You may want to consider using public transportation, such as the Roam Transit system. Roam Transit can help visitors explore the region without the need for a rental car. This is an economical and efficient way to travel between Canmore, Banff, and Lake Louise. Taxis are also available in the area. Rates fluctuate based on the total distance travelled.

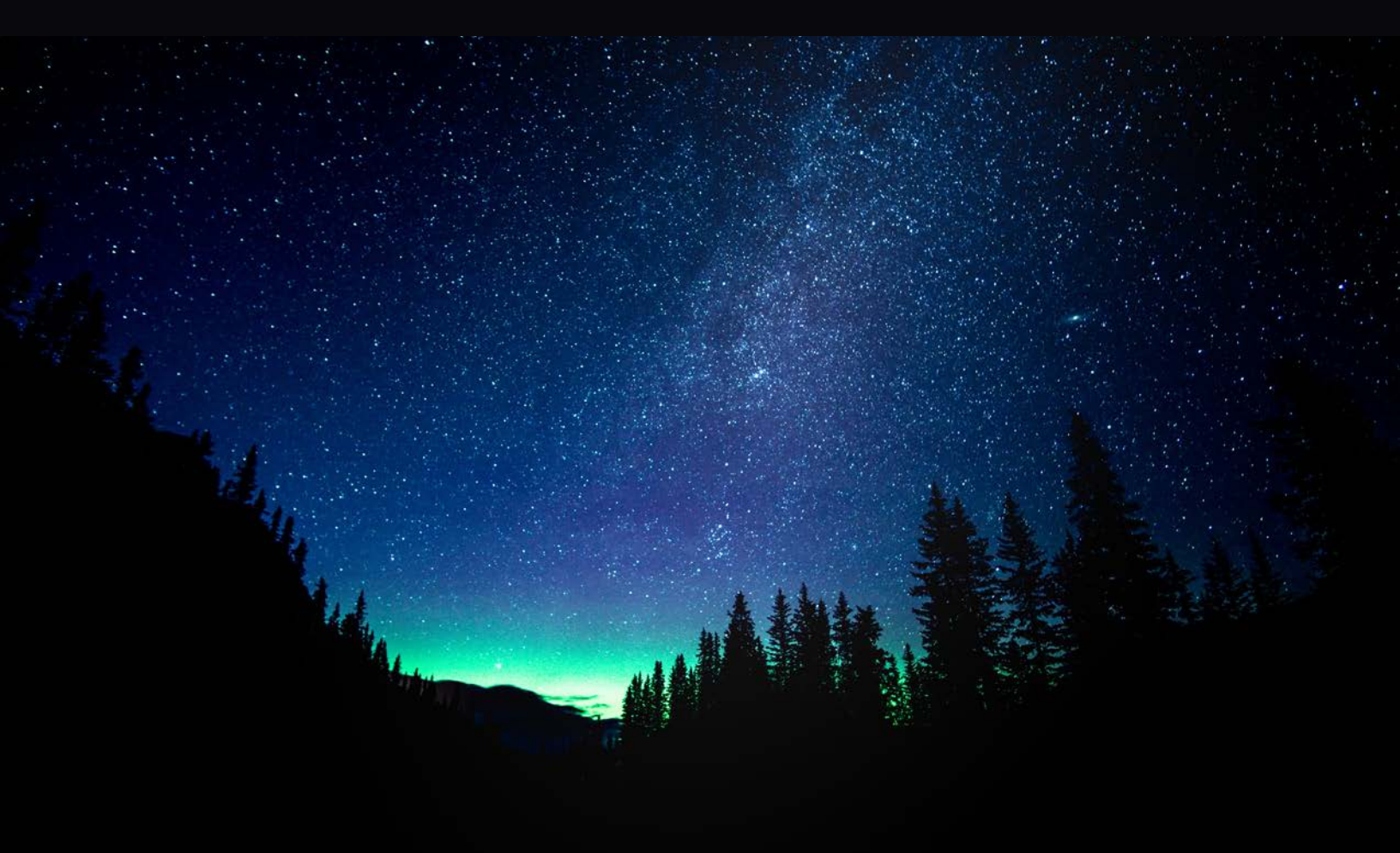
### **ALL INCLUSIVE GUIDED TOUR PACKAGES FROM OUR DOORS**

In the Canmore and Banff area, both small group and private tours offer unique ways to explore the stunning natural beauty of the Bow Valley. These tours include transportation, knowledgeable guides, stops at local hot spots, and the ability to explore off-the-beaten-path locations.

Whether you choose a public group tour or a tailored private experience, both options ensure an unforgettable adventure in one of the most breathtaking regions in Canadian Rockies.

- **Small group tours** allow visitors to enjoy the sights of the Bow Valley while sharing the experience with like-minded travelers. These tours provide a more social environment to enjoy the natural beauty of the area.
- **Private tours** provide a more personalized experience, allowing for flexibility in the itinerary, and one-on-one attention from guides. Perfect for those who want to spend exclusive time with their loved ones.





## 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.



## 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.



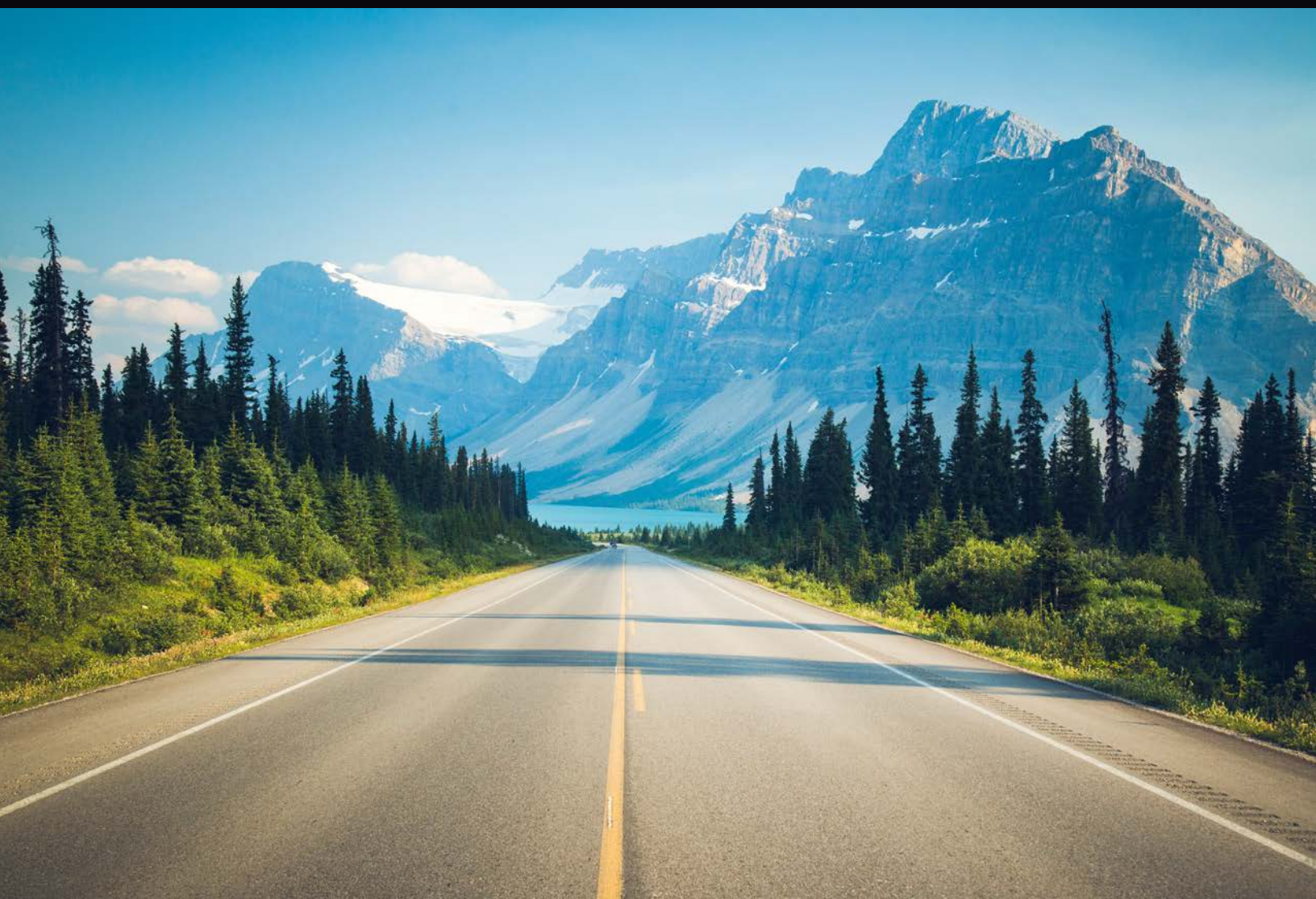
## BREWERY AND DISTILLERY TOURS

Over the last 10 years, Canmore's brewery and distillery scene has begun to make a 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:** Scenic float trip on the Bow River, followed by a hop-on, hop-off craft beer and distillery tour.
- **Hike and Beer:** Guided hiking tour that features the rich mining history of Canmore and Kananaskis with a beer to finish the day.
- **Beer Cruise:** Boat cruise on Lake Minnewanka featuring a beer tasting experience.





## 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. If possible, we recommend driving this road early in the morning or at dusk, as you will be more likely to see the wildlife.

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.