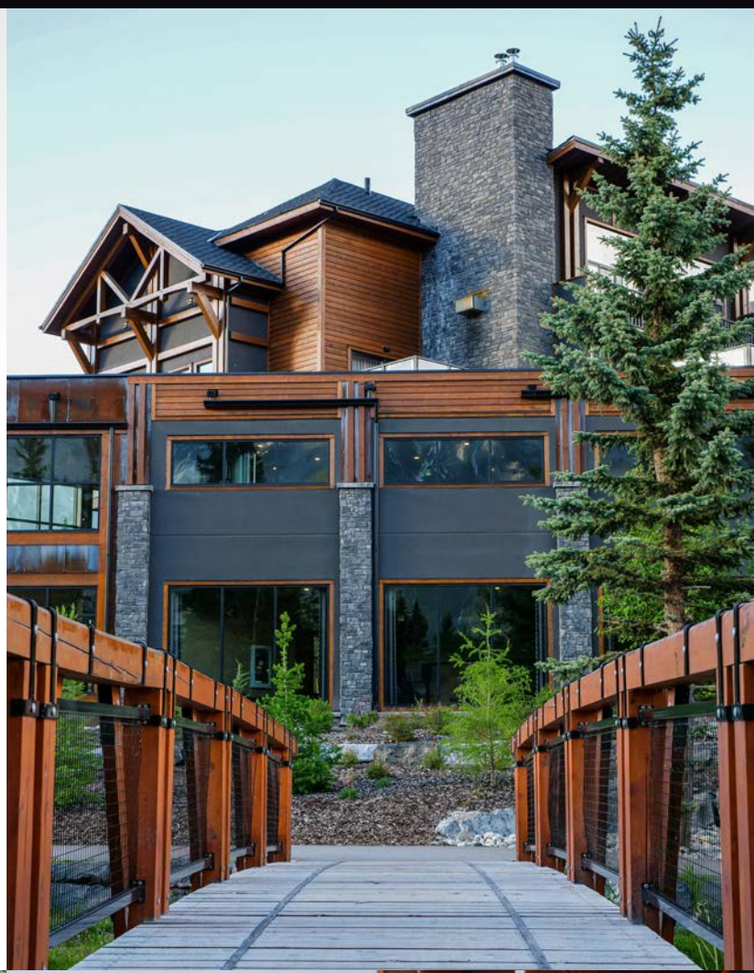
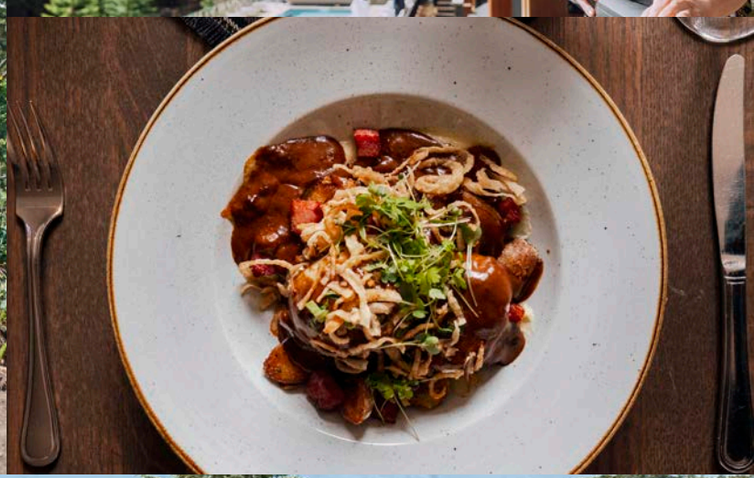
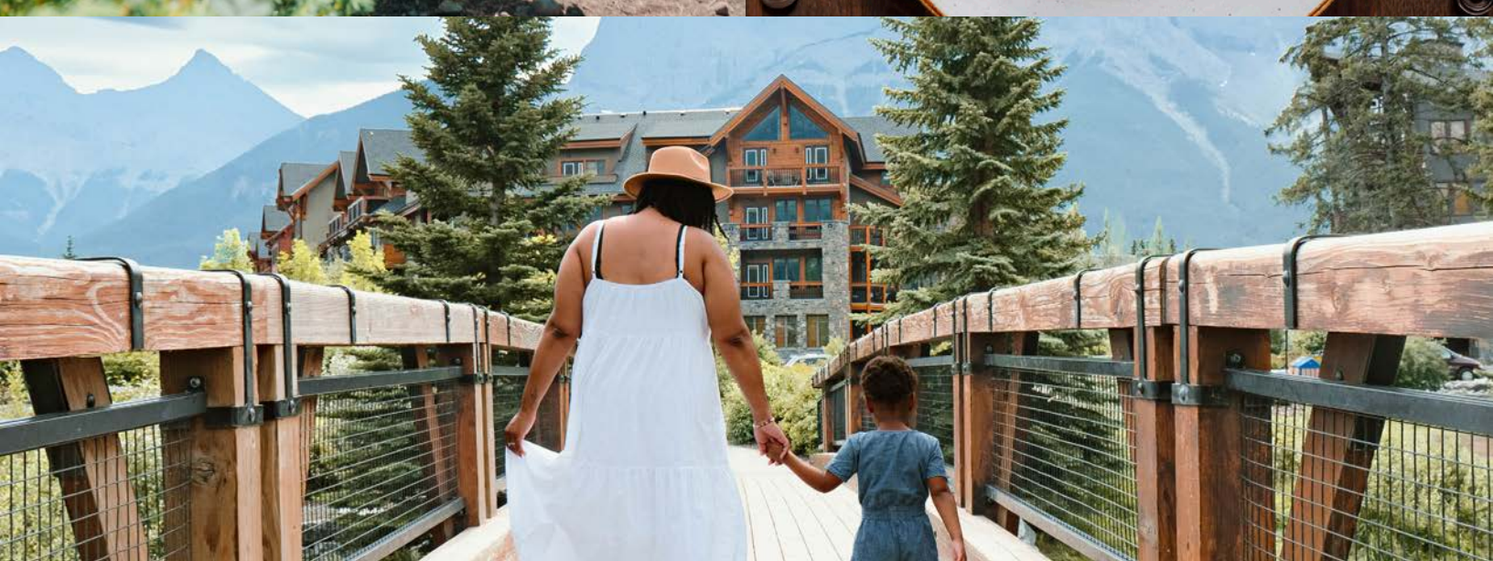
THE MALCOLM
HOTEL

Activity Guide

SUMMER







THE MALCOLM
HOTEL

Welcome to The Malcolm Hotel

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

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

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

Warm Regards,

The Concierge Team
at The Malcolm Hotel in Canmore

We are excited to welcome you.

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

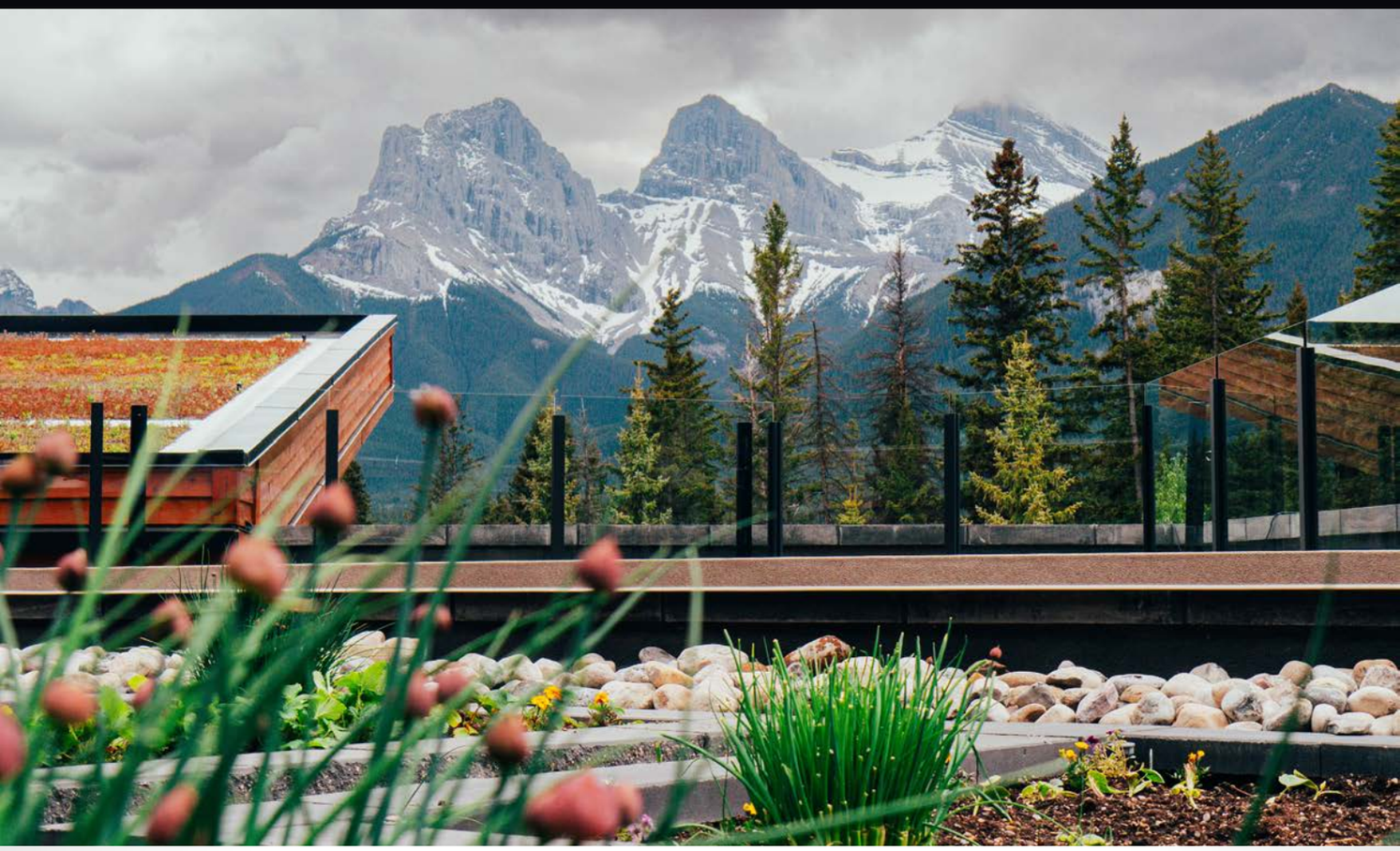
Officially opened on November 3, 2018, The Malcolm Hotel boasts 124 rooms, a full-service conference facility, the Stirling Lounge and Restaurant, The King's Table fine dining experience, Creekside Patio, The Pulse General Store & Coffee Bar, outdoor heated pool and two hot tubs with a pool bar (for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

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

Yours in hospitality,

Andrew Shepherd

GENERAL MANAGER



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Exploring The Malcolm Hotel

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

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

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

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

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

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

Dining at The Malcolm

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

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

THE STIRLING LOUNGE AND RESTAURANT
The Stirling Lounge and Restaurant is The Malcolm Hotel's casual dining experience. With comfortable private booths and walls of TVs, it is a perfect place to cheer on your favourite sports team, hang out with friends and family, and enjoy Chef Graham's culinary creations. In addition to an amazing meal, enjoy a variety of craft beers, in-house-prepared cocktails, and one of Canmore's best wine lists.

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

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

ROOFTOP POOL BAR
Elevate your poolside experience at the exclusive rooftop pool bar. Enjoy poolside refreshing beverages and light snacks. Open seasonally 2 - 9pm, weather dependent.

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

STIRLING

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

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

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

Spring Creek Past, Present, and Future

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

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

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

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

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

Spring Creek Businesses

VACATION ACCOMMODATIONS

- ★ The Malcolm Hotel
- 1 Spring Creek Vacations Office
- 2 Tamarack Lodge
- 3 Rundle Cliffs Lodge
- 4 White Spruce Lodge

DINING

- 5 The Pulse Coffee Bar + General Store
- 6 Stirling Grill & Lounge
- 7 Mineshaft Tavern/Origin at Spring Creek
- 8 Bridgette Bar

SHOPPING & GALLERIES

- 9 Art Country Canada
- 10 Of Cabbages and Kings Pottery

PRODUCT & SERVICES

- 11 Blackett Law
- 12 Spring Creek Cellars
- 13 Red Gables Deli
- 14 Alder Café + Grocery
- 15 MK Design Group
  Nest Design and Drafting Studio
- 16 Spring Creek Sales Centre

WELLNESS & BEAUTY

- 17 Hilary & Co. Hair Salon
- 18 Danielle Findlay Pilates & Wellness
- 19 Skin RNI
- 20 Evergreen Salon & Spa
- 21 Aurora Tattoo

EVENTS

- 22 The Malcolm Hotel & Conference Centre
- 23 Canmore Opera House
- 24 The Beat

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 don't forget to pack a bottle of water, light snacks, and your camera.

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

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

Regenerative Travel in The Bow Valley & Canadian Rockies

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

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

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

Pledge to the Peaks

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

Scan to Take the Pledge
or visit Explore Canmore

BIOSPHERE INSTITUTE OF THE BOW VALLEY

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

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

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

Scan to view current Bear Reports or Click Here

Scan to view current Trail Closures and Warnings or Click Here

Your Passport to the Parks

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

KANANASKIS CONSERVATION PASS

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

Scan to purchase your Kananaskis Park Pass or Click Here

NATIONAL PARK PASS

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

Scan to purchase your National Park Pass or Click Here

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.

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

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

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

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

KANANASKIS GOLF COURSE

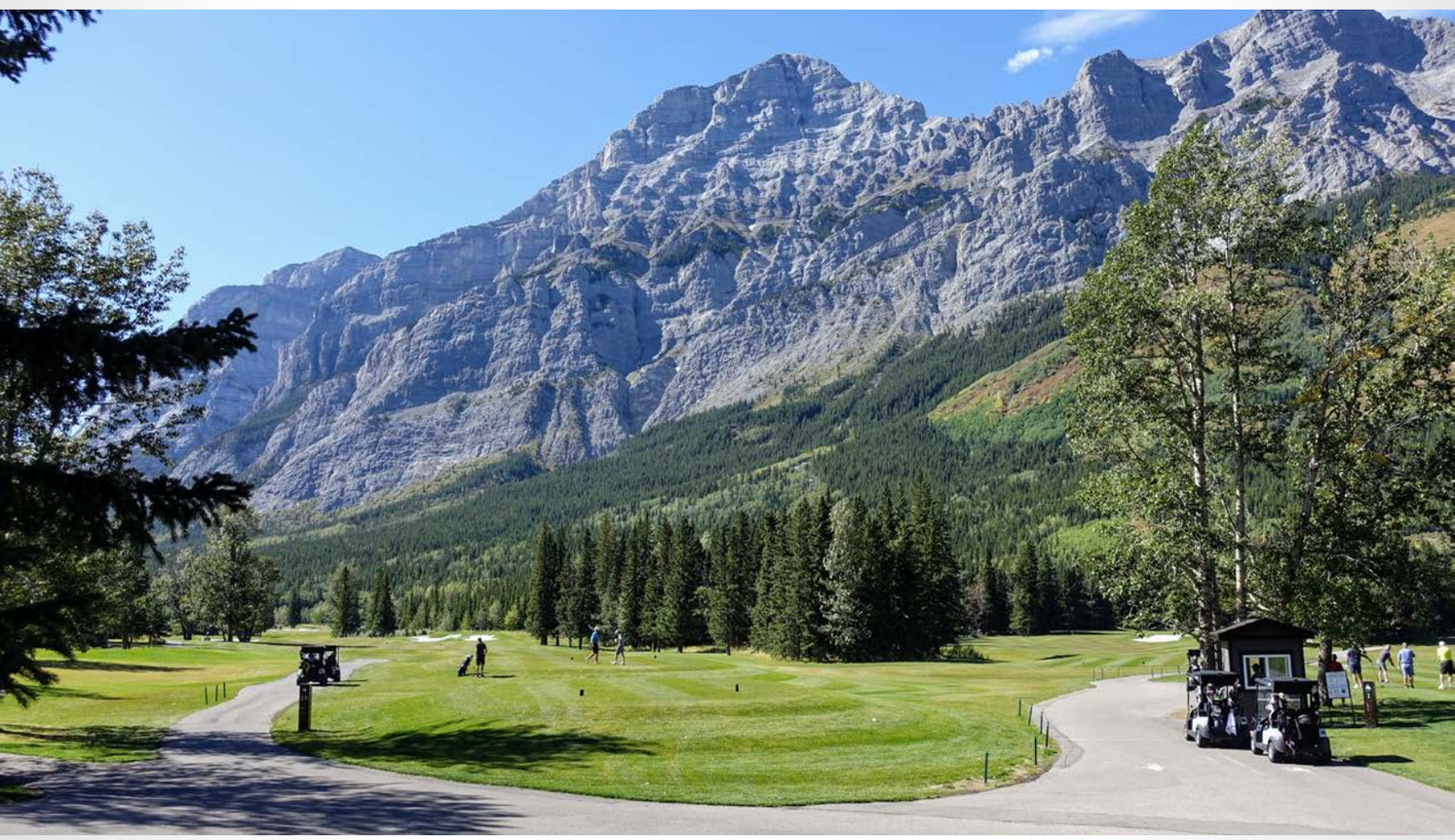
Kananaskis Golf Course offers a challenging Par 72 course spanning 7,136 yards. With immaculately lush fairways, bent grass greens and over 120 bunkers, this course offers something for everyone from beginner to Pro! The course itself is surrounded by glacier-fed creeks and ponds with stunning views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

FAIRMONT BANFF SPRINGS GOLF COURSE

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

YEAR ROUND GOLF SIMULATOR

Canmore also has a full, state-of-the-art golfing simulator. Play challenging mini games to help hone your skills or play world famous golf courses from around the globe. Did you leave your clubs at home? Clubs can also be rented. Tee times vary based on availability and prices are subject to change without notice.



GOLFING ALTERNATIVES

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

Please contact your concierge team for more information.

Summer Hikes and Nordic Walking

"The best view comes after the hardest climb."

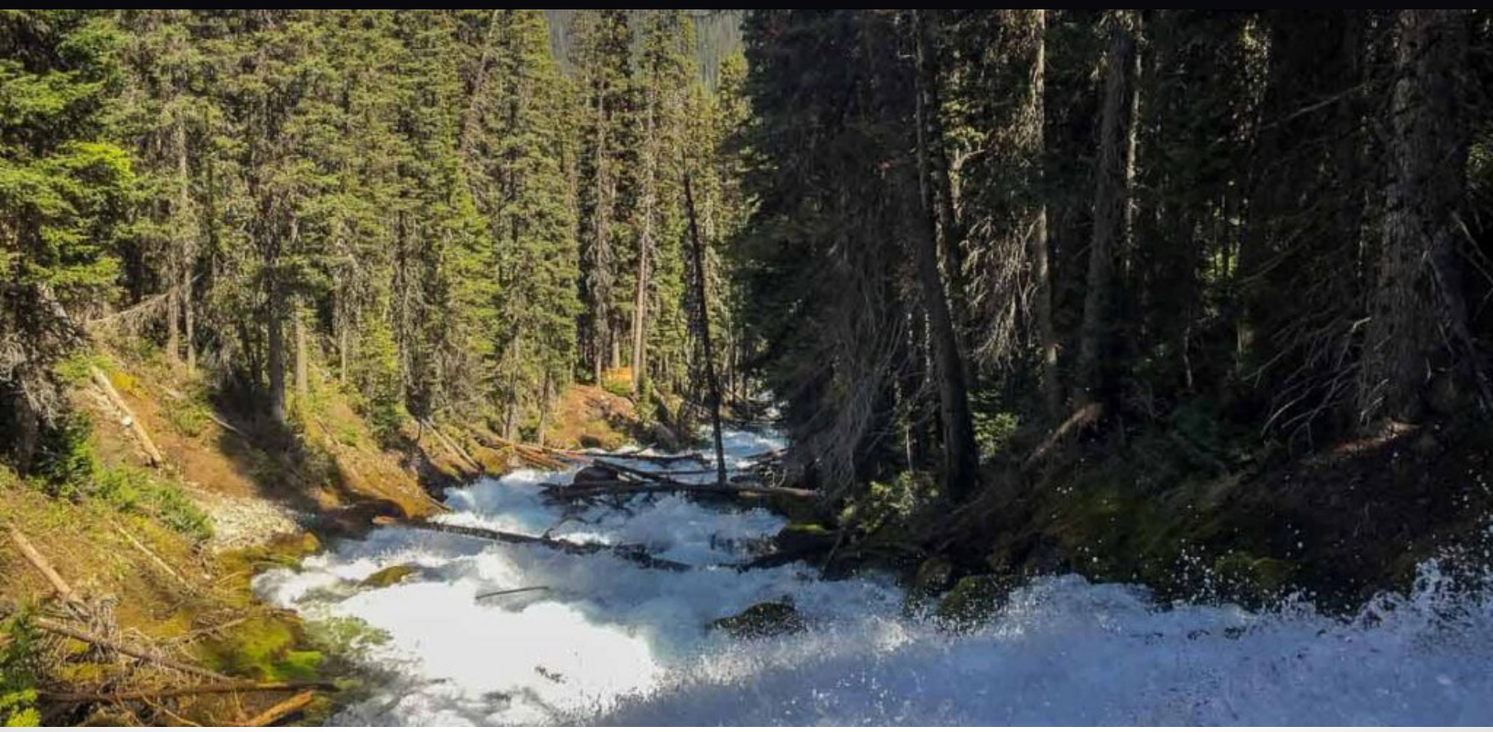
– Unknown

The Bow Valley has so much to offer in terms of hiking in the spring. 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 the technique of Nordic walking. This way you can safely navigate technical trails with local experts. You will find hidden natural gems making the trek well worth the journey.

NORDIC WALKING

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

Please contact our concierge team for further details.



Recommended Summer Hikes

KARST SPRINGS 9.2 kms round trip | 308m of elevation gain | 3-4 hours round trip
The route is very well maintained and marked. If you are looking to get away from crowds, this is the trail for you! The trail is listed as moderate but much of the elevation is gained gradually.

PTARMIGAN CIRQUE 3.5 kms round trip | 258m of elevation gain | 1.5-2 hours round trip
Located in Peter Lougheed Provincial Park. The trail starts off on a wide path and then flows through the forest with winding switchbacks for about one kilometre. This is the most difficult section of the hike. After this point, the trail opens to mountain and valley views. Larches may be seen in the distance.

JURA CREEK 6.6 kms round trip | 289m of elevation gain | 2.5-3 hours round trip
Explore Jura Creek from inside a beautiful canyon of the majestic Bow Valley Provincial Park. The trail itself is simply a creek bed that you walk along. There are plenty of locations to relax by the river during this easy-going hike.

SUNDANCE CANYON 8.7 kms round trip | 342m of elevation gain | 3-4 hours round trip
The trail starts on the paved pathway at Cave and Basin. Follow this path for approximately 4 kilometres. En route to the canyon, you will follow along the Bow River. You will be rewarded with excellent views of the Massive Range, Mount Cory, and Mount Louis before you enter the canyon itself.

BOOM LAKE 10.3 kms round trip | 605m of elevation gain | 4-5 hours round trip
This well marked trail is an excellent option if you are looking for a hike with gradual elevation gain. There are large rocks surrounding sections of the hike making ideal rest stops as you make your way to the lake itself. Be advised, bears and bugs live in the area. It is advisable to bring both insect repellent and bear spray.

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

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 Travel Alberta / Roth & Ramberg

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. Please speak to your hotel concierge for details on various hot springs available in the area.

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! Please see the hotel concierge team for more details.

CAVING IN CANMORE
Find the hidden side of Canmore with the best in the Rockies. Canmore's trusted cave guiding company has been offering tours at Rat's Nest Cave since 1992. The water sculpted passages of the cave offer seemingly endless opportunities to explore. This is not the typical tourist cave that comes with handrails and well-built walkways of wood. You will be crawling, climbing, shimmying, sliding, and repelling. You will get dirty! Protective equipment is provided by the operator and they will advise on items you need to bring. This is family friendly with children 10+.

UNDERGROUND HOT SPRINGS OF BANFF
Welcome to the birthplace of the national park system in Canada. The Cave and Basin was discovered in 1883 by three railway workers which sparked a series of events that led to the creation of Canada's first national park we call Banff. Learn the ten-thousand-year history of this cave and why it is so special to Indigenous Peoples. Participate in a family friendly game of curling or join in on interpretive workshops.

Lakes, Rivers & Waterfall Excursions

MORAINE LAKE AND LAKE LOUISE TOURS
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. For more information, and to make a booking prior to your arrival at The Malcolm Hotel, please contact your concierge team to discuss options.

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

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

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.

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. Please see your concierge for further details.

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 downriver. 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 workout in the process. Never been paddle boarding before and want to learn? Professional certified lessons are available in 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.

Spooky Mysteries & Story Telling

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

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

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

HISTORICAL STORY TELLING

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

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

Breweries 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.

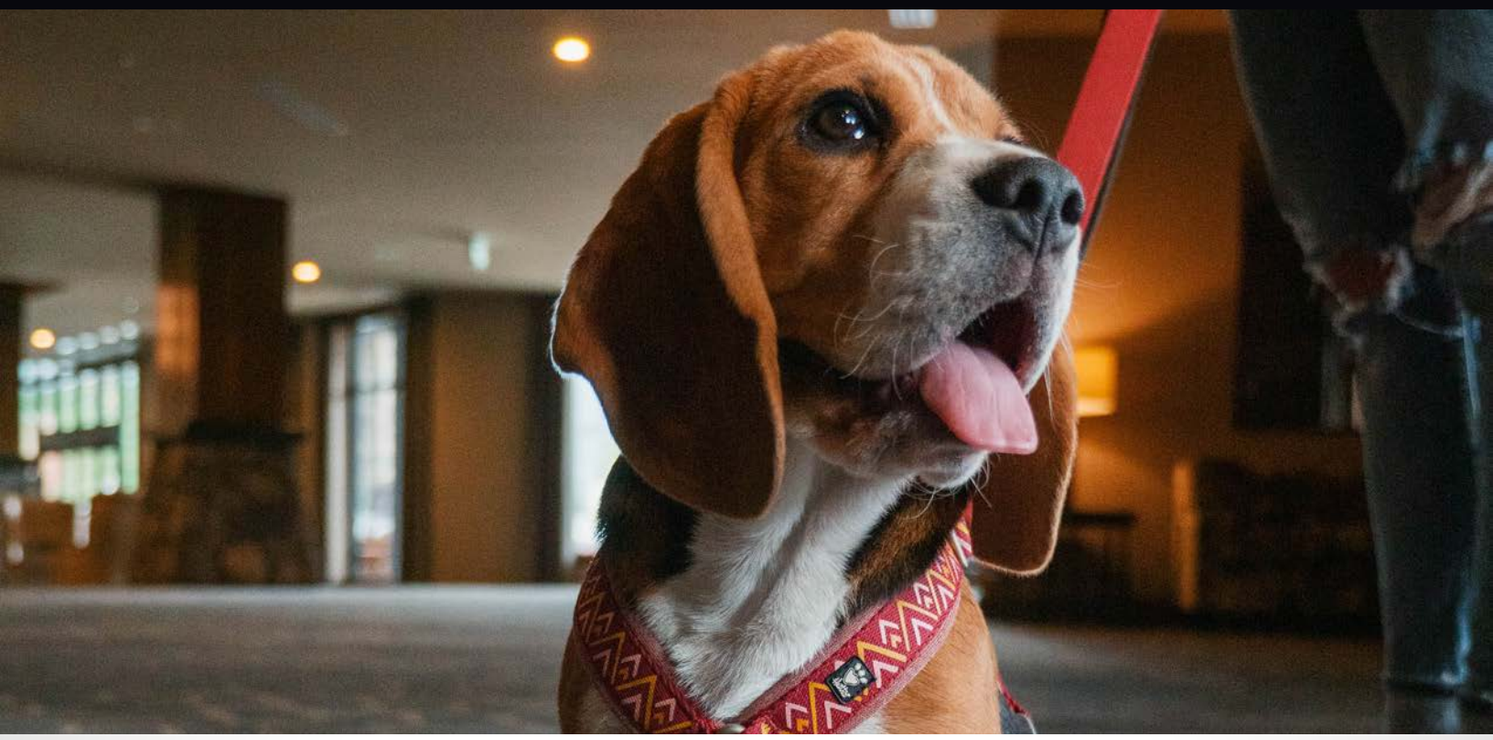
Soft Adrenaline Adventures

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.



Paws-itive Adventures

The Malcolm Hotel understands that your pet is a member of the family, and our concierge team is ready to ensure your dog is well looked after.

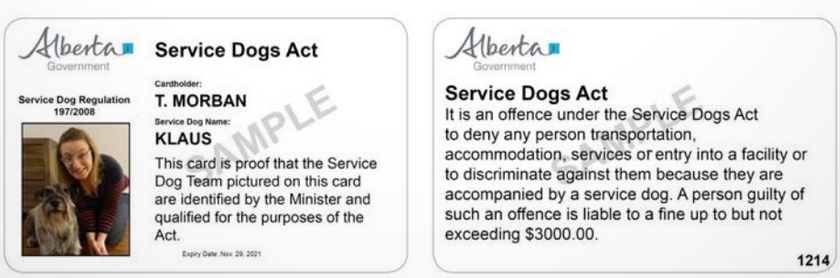
The Bow Valley has grown in leaps and bounds towards being more dog friendly. New opportunities and businesses are springing up faster than we can keep up with, and rightfully so. After all, travelling with your 4-legged companion can be a great bonding experience. Canmore and Kananaskis provide the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

Packing list - Food and water bowls, medication, toys, ID tags, waste bags, proof of vaccinations, and medical records on a USB drive, plus an extra leash are all good to have on hand for the perfect pet-friendly road trip.

For all things pet friendly, please contact one of our concierge team members.

SERVICE DOGS

The Malcolm Hotel welcomes certified service dogs in all room types with presentation of official government issued Service Dog Registration. Government issued ID will be the only exception for dogs being allowed in non-pet friendly room types.



Learn more about service dog registration in Alberta and International recognition here or scan the QR code.

Up Close With Wolves

Whether you are heading west towards Vancouver or east to Calgary, why not add a wild treat to your vacation?

NORTHERN LIGHTS WOLF CENTRE
West into British Columbia, the Northern Lights Wolf Centre is open year round and is perfect for families. Your tour starts when you get there - no reservations required. The wolf pack is ready when you are for a 25-minute interpretive talk. Learn all about wolves and their role in the environment. Make sure you bring your camera! Talks run 12p.m. to 5p.m. daily.

Looking for that once in a lifetime experience? In addition to interpretive tours, they offer visitors 16 years and over to join members of the wolf pack as they lead you on a hike through the Rockies!

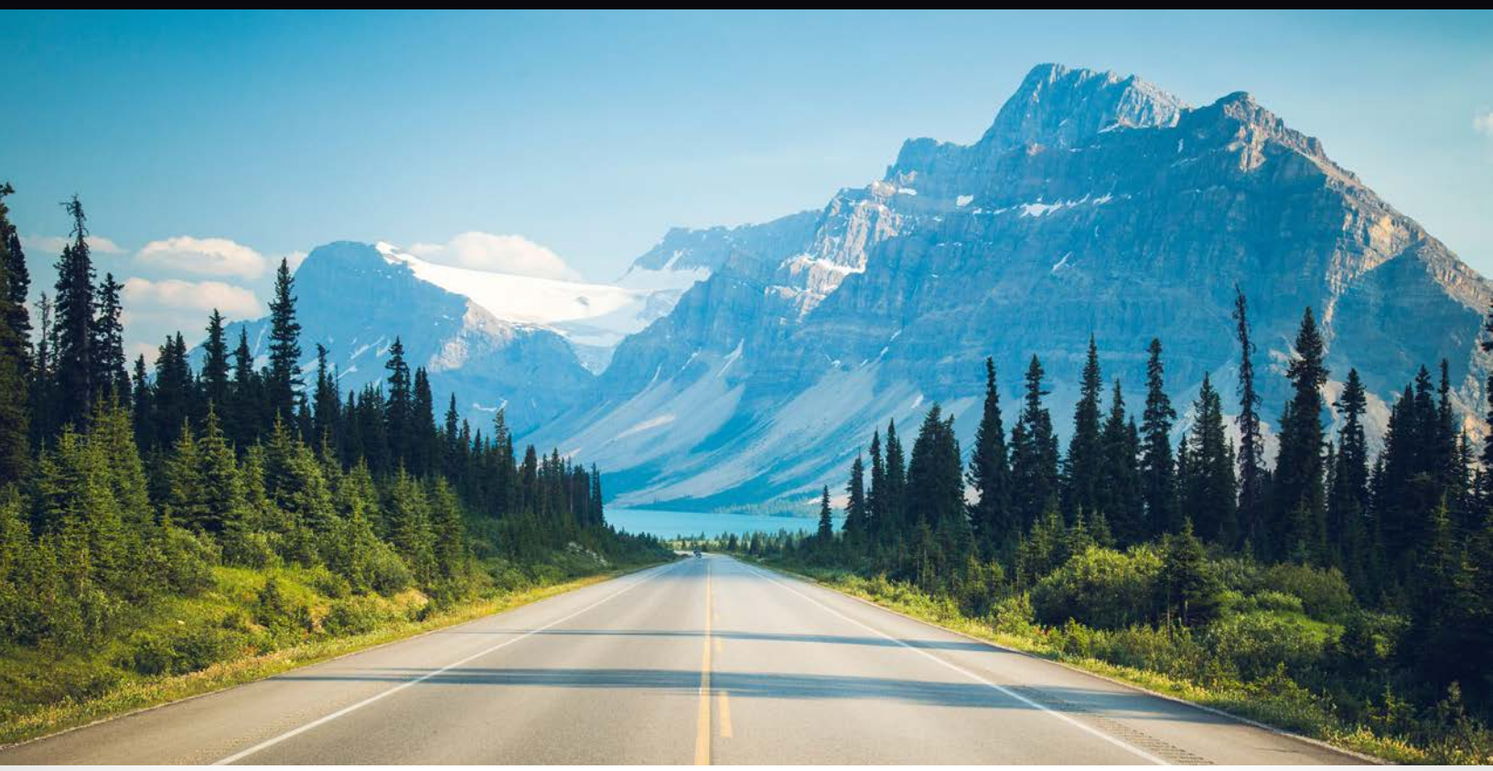
Visitors will have the opportunity to interact with the wolves as well as take photos. Book in advance as there is limited availability. The centre is cash only. All proceeds go towards the care of all the animals.

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

YAMNUSKA WOLFDOG SANCTUARY
East towards Calgary, Yamnuska Wolfdog Sanctuary is open year round and is a family friendly centre. The Sanctuary walk is perfect for those 6 years and older. This self-guided walk through the Sanctuary allows visitors to see the ground and view the various packs of wolfdogs at their own pace. This is a great opportunity to learn interesting facts about wolfdogs and wolves.

For something more interactive, in addition to the sanctuary walk, get on a tour that provides an up-close hands-on experience with the wolfdogs. This experience must be booked in advance and is available to those 15 years of age and older.

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



Scenic Drives & Sightseeing Tours

SIGHTSEEING TOURS

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

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.

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.