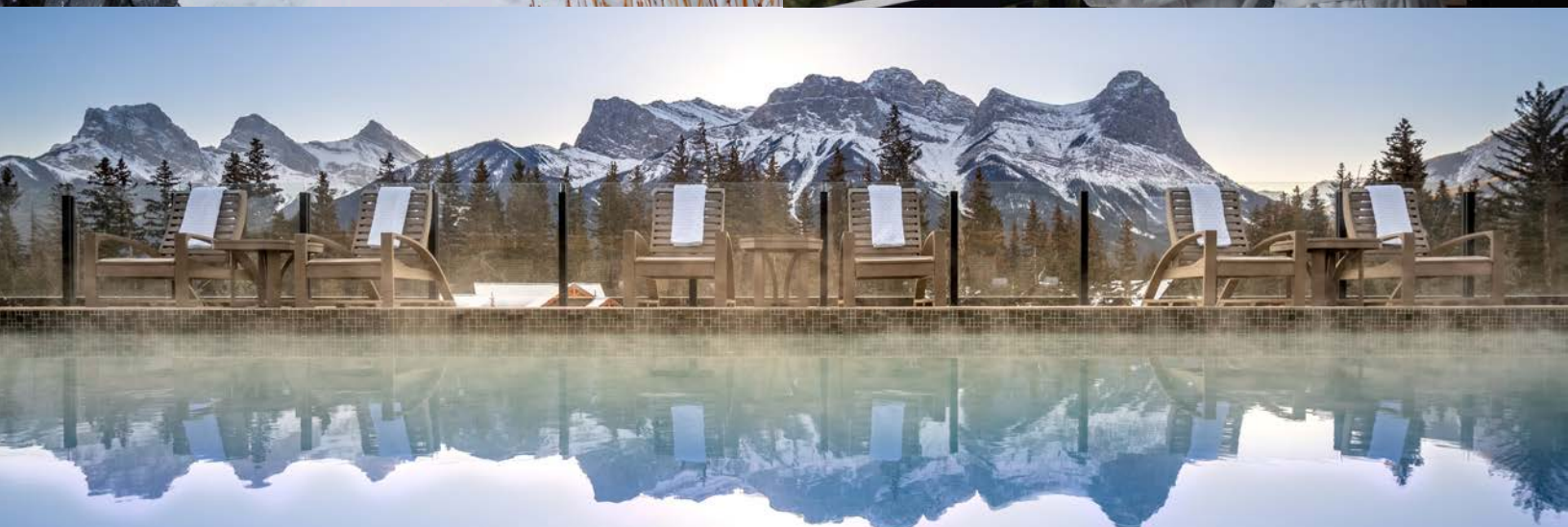




THE MALCOLM
HOTEL

Activity Guide

WINTER





THE MALCOLM HOTEL

Welcome to The Malcolm Hotel

Thank you for choosing The Malcolm Hotel; 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 is filled with towering peaks, crystal blue lakes, soothing rivers, rich green forests and mountain adventures.

Please note that schedules and prices are subject to change without notice. We encourage you to make reservations for transportation, dining, and the activities listed in this guide sooner rather than later to avoid disappointment. Please carefully review prices, cancellation policies, and arrival times. Should you have any questions or require assistance with reservations, please do not hesitate to contact the Concierge Team at any time.

Warm Regards,

The Concierge Team

at The Malcolm Hotel in Canmore





A Welcome From the GM

Originally a dairy farm supplying milk for the local miners, Spring Creek has gone through many phases over the years. The master vision of Spring Creek has now come to life with the addition of a seniors’ village, several condo buildings, locally owned shops, and of course, the beautiful and unparalleled Malcolm Hotel.

Officially opened on November 3, 2018, The Malcolm Hotel boasts 124 rooms, a full-service conference facility, the Stirling Lounge & Grill, Creekside Patio, The Pulse General Store & Coffee Bar, outdoor heated pool, two hot tubs, and a breathtaking outdoor fire pit.

Our team here 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 any assistance at all during your stay, please do not hesitate to let us know how we may be of assistance.

Yours in hospitality,
Andrew Shepherd
General Manager



Pledge to the Peaks

Pledge to the Peaks 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
explorecanmore.ca/sustainability



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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. To ensure proper sanitization measures, the billiard balls and cues are available to sign out from the front desk. Children under the age of sixteen are required to be accompanied by an adult at all times.

FITNESS CENTRE

Offering a full-service gym with treadmill, elliptical, and weight circuit. Open 24 hours for your convenience.



ROOFTOP MOUNTAIN VIEW DECK

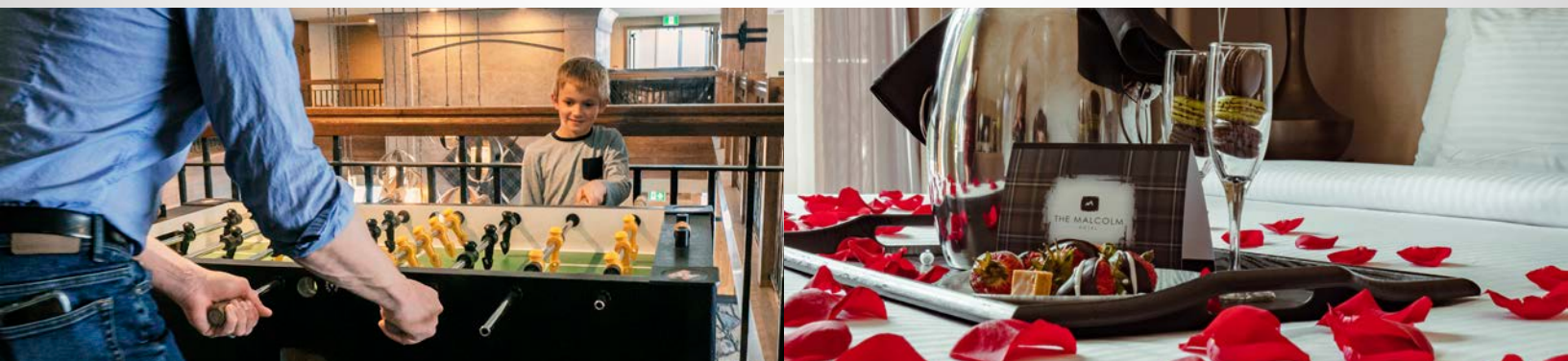
Canmore's most exclusive rooftop, heated outdoor pool, and hot tubs offering unparalleled views of the Three Sisters and Lawrence Grassi mountains. Enjoy a sunrise or sunset next to our rooftop fire pit. This area is open from 8 a.m. to 10 p.m. daily.

SPECIAL OCCASIONS

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

FAMILY FUN

We have all of your family fun needs here at The Malcolm Hotel. From colouring sheets to scavenger hunts! We can also help arrange fun hikes and family friendly tours. Just speak to our Concierge Team for more assistance.





Dining at The Malcolm

Offering a wide range of choices, The Stirling Grill, The Stirling Lounge, and the Creekside Patio are your full service dining venues while staying with us at The Malcolm Hotel.

BREAKFAST AT THE GRILL

The Stirling Grill offers an amazing, unique, and comforting breakfast. With a relaxed and contemporary dining room with comfortable private booths and views of Policeman’s Creek, The Stirling Grill 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.

THE STIRLING DINING ROOM AND LOUNGE

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

THE KING’S TABLE EXPERIENCE AT THE STIRLING

The King’s Table is The Malcolm Hotel’s fine dining experience. Chef Graham and our food and beverage team will host an evening you will not soon forget. Our King’s Table menu, available in 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. In Winter, cozy up with your loved ones by our wood burning fire pits. Enjoy the quiet and calming views of snow packed mountain peaks while enjoying full beverage service by our amazing Stirling Lounge team. Staff stoked wood fires include smore kits, hot chocolate, and blankets. Limited fire pits are offered so get one reserved today*.

**Reservations are required. Maximum 8 people. All bookings are weather dependent, no outside food or beverage. \$60 per hour (minimum 2hrs).*

PULSE GENERAL STORE + COFFEE BAR

The Pulse General Store + Coffee Bar is a unique shopping experience in the lobby. This lovely neighbourhood café features a vibrant coffee bar with artisan foods and unique café-style drinks as well as one-of-a-kind gifts and souvenirs for you and your loved ones.



Please call us at
403.812.0680
or email us at
concierge@malcolmhôtel.ca
to make your dining
arrangements here at
The 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 surprise 5 course meal 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.





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.

With an average snowfall of 3.6m (11.8ft) across the valley, Canmore, Banff, and Lake Louise are transformed into a snow lover’s haven. Join a guided tour for an interactive snowshoe or ice walk adventure. Learn about the magnificent wildlife and take in all the sights and sounds that the Bow Valley has to offer. Challenge yourself on an ice climbing course or on the ski slopes of the Canadian Rockies.

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

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: a sweater, ski/snow pants, a wind and waterproof ski jacket, and proper footwear (flat-soled hiking or winter boot). Sunglasses are recommended, and don’t forget to pack a bottle of water, light snacks, and your camera.

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

Please see our Concierge Team for information on where to rent or purchase gear.



Downhill Sports

NAKISKA SKI RESORT

Nakiska Ski Area is located at the heart of Kananaskis Country. The resort was built from the ground up for the 1988 Calgary Olympic Games alpine events. These days, Nakiska is a family favourite, especially with the addition of a tube park to the base area of the resort.

GENERAL INFORMATION

A 36 min drive from Canmore, head east on Hwy 1 to Hwy 40 south

- Lifts available: 6
- Number of Trails: 79, Longest Run 3.3 km (2 miles)
- Top Elevation: 2,260m / 7,415ft
- Ski-able Acres: 1021 acres

SUNSHINE VILLAGE SKI RESORT

Banff Sunshine Village is the premier place to ski and ride in the Canadian Rockies. The resort, voted Banff National Park's 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 annually and skiers of Banff Sunshine can carve up slopes from early November to late May. With over 3,500 acres of wild mountain terrain spread across three mountains of diverse slopes perfect for skiers and riders of all levels, it's easy to see why Sunshine Village is home of Canada's Best Snow.

GENERAL INFORMATION

A 37 min drive from Canmore, head east on Hwy 1 to the Sunshine Village turn off

- Lifts available: 11
- Number of Trails: 138, Longest Run 8 km (5 miles)
- Top Elevation: 2,730m / 8,954ft
- Ski-able Acres: 3300 acres



MOUNT NORQUAY

From the legendary ski racers that have claimed their glory on these slopes since the 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. We're the high action mountain with zero pressure. Ski lines on our steeper terrain, take it easy on our gentle, undulating groomers and perfectly-groomed beginner runs, or test your trick-status on our terrain park.

GENERAL INFORMATION

A 30 min drive from Canmore, head west on Hwy 1 to Mount Norquay Resort exit

- Lifts available: 6
- Number of Trails: 60, Longest Run 1167m / 3,828ft
- Top Elevation: 2,450m / 8,040ft
- Ski-able Acres: 190 acres

LAKE LOUISE SKI RESORT

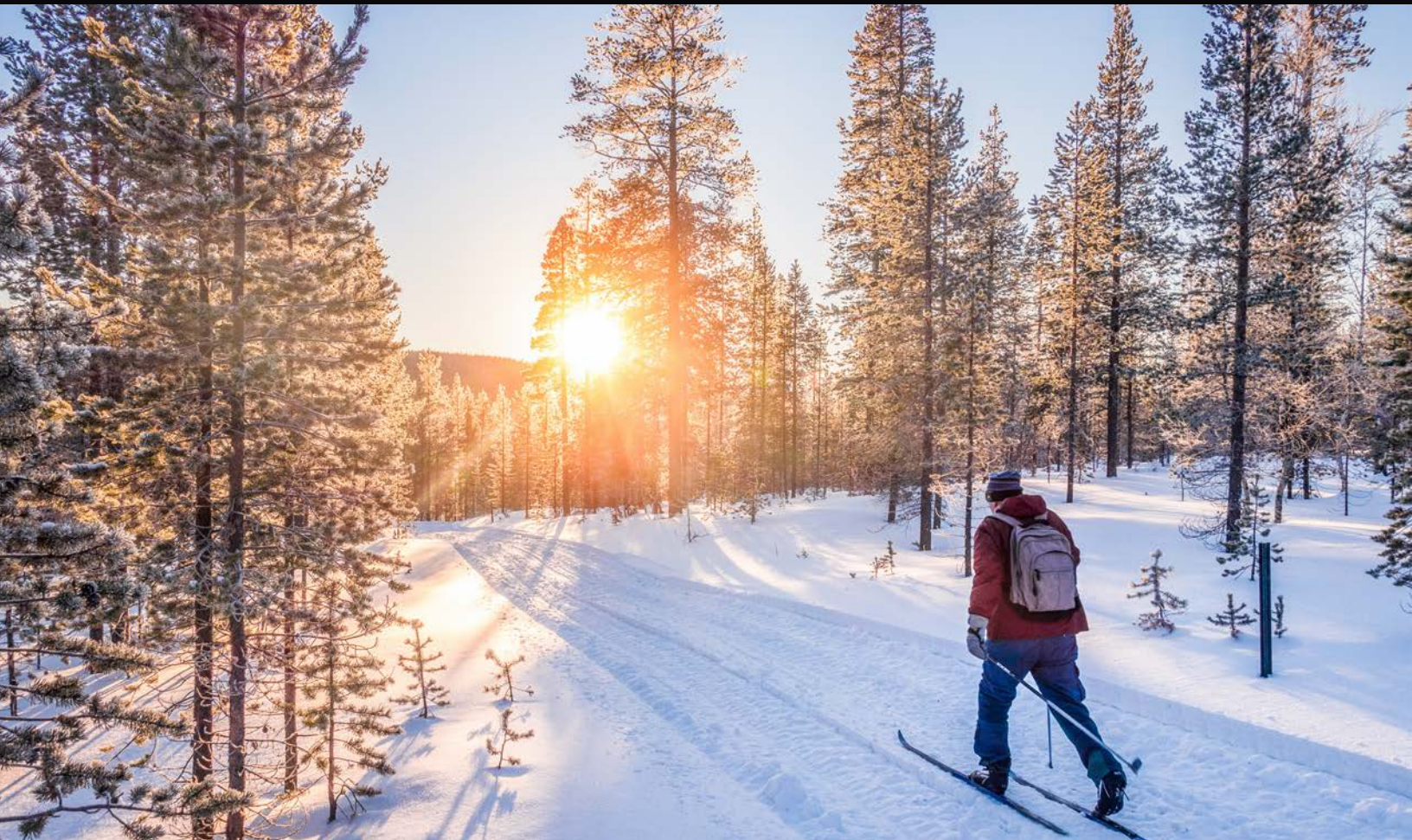
You'll immediately see why winter enthusiasts return here season after season. Lake Louise's terrain, which has earned Lake Louise a coveted place on skiers' bucket-lists the world over, just speaks for itself.

To be in this place is to be at one with the stirring nature that surrounds. From the black diamond rip to the gentle green stroll, get ready for the fun and freedom of exploring endless chutes, glades and gullies in the heart of natural perfection. Choose your own downhill destiny; our mountain has endless options.

GENERAL INFORMATION

A one-hour drive from Canmore, head west on Hwy 1 to Lake Louise Ski Resort exit

- Lifts available 10
- Number of Trails: 160, Longest Run 8 km (5 miles)
- Top Elevation: 2,637m / 8,650ft
- Ski-able Acres: 4200 acres



Cross Country Skiing

Kananaskis country is a spectacular destination for cross-country skiing. There are hundreds of kilometres of cross-country trails suitable to all ski levels and techniques including the Canmore Nordic Centre with over 60 kilometers of world-class cross-country and biathlon trail systems.

New to the sport? No worries. Ask our Concierge Team about private lessons.

CANMORE NORDIC CENTRE CROSS COUNTRY SKI TRAILS

Designed and developed for the 1988 Winter Olympic Games, the Canmore Nordic Centre offers you exhilarating cross-country outings on over 60 kilometers of world class cross-country and biathlon trail systems. The trails are designed to meet international Nordic competitive standards with a variety of challenging terrain to please skiers of intermediate or advanced skill and novice trails as well. Trails are groomed and track set to accommodate both classic and skating techniques on the same trail. A 2.5 kilometre track is illuminated for night skiing. The Day Lodge offers a relaxing atmosphere enhanced by the large stone fireplace, comfortable seating, and picture window views of soaring Mount Rundle.

See the Concierge Team or guest services to purchase day passes.

THE PREMIER BIATHLON EXPERIENCE IN THE CANADIAN ROCKIES

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

- Difficulty Rating: Light to Difficult
- Distance: Over 60 km of trails
- Location: At the Canmore Nordic Centre

MOUNT SHARK CROSS COUNTRY TRAIL SYSTEM

The Mount Shark Trail System offers a challenging outing on trails that were developed for skiers interested in racing and training. There are six interconnected loops of varying lengths. All of the trails are groomed and track set during the winter but all or portions may be closed whenever a race is being held. The Mount Shark trailhead is a major starting point for skiers and hikers heading into Banff National Park and Mt Assiniboine Provincial Park in B.C. Access into these areas is gained via Watridge Lake Trail. Most of the trails in this system are intermediate, with some difficult and demanding sections. If you want to ski on an easy trail, Watridge Lake Trail is an easy rolling trail with some excellent views.

- Difficulty Rating: Light to Medium
- Distance: Over 42 km of trails
- Location: From Canmore, drive 39 km south on the Smith-Dorrien / Spray Trail (Highway 742 - gravel road) which begins just past the Canmore Nordic Centre. Turn right 5 km to the Mount Shark parking lot where you will find the trailhead.



RIBBON CREEK CROSS COUNTRY SKI TRAIL SYSTEM

Approximately 60 km of scenic, maintained cross-country ski trails at the base of Nakiska Ski Area. There is a wide range of trails from novice to intermediate and advanced. Trails include Ribbon Creek, Kananaskis Village, Bill Milne, and Skogan Pass Trails.

- Difficulty Rating: Light, Moderate, Difficult
- Distance: Over 60 km of trails
- Location: From Canmore, drive 35 km east on Highway 1 towards Calgary to the Highway 40 exit and drive south into Kananaskis Country. The trailhead is 23 km south at the Ribbon Creek Day Use area near Kananaskis Village.

CROSS COUNTRY SKIING IN BANFF NATIONAL PARK, CASTLE JUNCTION, LAKE LOUISE & ICEFIELDS PARKWAY

Banff's ski season is one of the longest in North America, running mid-November through April. Scenic track set and skate skiing options are available in the Banff, Lake Louise, and Castle Junction areas. Early and late season conditions are best in Lake Louise with optimal skiing throughout the park from Late-December to early April. Wax up your skis and enjoy one of many cross-country ski trails.

- Difficulty Rating: Light, Moderate, Difficult
- Distance: Over 175 km of trails



Mountain Adventures & Exploration

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 sport and recreational experiences to individuals of all ages and abilities. Working to remove cognitive, physical, and social barriers to participation, and supporting 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 to disability groups.

ACTIVITIES OFFERED BUT NOT LIMITED TO:

- Hiking
- Snowshoeing
- Biking
- Skiing & Snowboarding
- Sit Skiing
- Indoor Climbing
- Sleigh Rides
- Ice Skating
- Cross Country Skiing
- Gymnastics
- Tobogganing/Sledding

The Malcolm Hotel is proud to be support many local charities including Rocky Mountain Adaptive.

Tobogganing and Tubing

TOBOGGANING IN THE BOW VALLEY

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

CANMORE NORDIC CENTRE

Bring your sleds to the Nordic Centre in Canmore and toboggan on the different hills, suitable for little kids, older kids and even adults. With plenty of parking available too.

EAGLE TERRACE

A hill that's got varying lengths, this one's perfect for little kids and big kids alike. Depending where you start from on the hill, you can get a nice fast slide down the hill, or a shorter ride (for younger kids). Located in a park with a nearby playground, it's close to town. Please ask the Concierge Team for specific directions.



BANFF CASCADE PONDS

A favourite for parents with toddlers and younger children, the small hills at Banff Cascade ponds provide a slower, safer run for younger children. Find it on Minnewanka Lake Road in Banff.

FAIRMONT BANFF SPRINGS HOTEL

Spring Meadows Hill, the popular hill at Banff Springs Hotel isn't maintained, but there are often trails created on the perfect sledding hill from locals using the trail for their tobogganing adventures. Located behind the Banff Springs Hotel and by Bow Falls.

TUBING FUN

Exchange your skis and snowboard for an inflatable tube and let gravity work in your favour. The gradual hills, consistent snowfall, and mountainous backdrops of Banff and Lake Louise make for an idyllic tubing destination for everyone to enjoy.

Snow tubing is a whole lot of fun. It is similar to tobogganing, but instead of having to trek to the top of a hill after riding down, a plush towing system will do the hard work for you. As you relax back while being pulled to the top, take in the fresh mountain air and views before hurtling back down again. Tubing is a great activity for all ages, including children over the age of 4 (or 42 inches tall).

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

Ice Exploration

ICE WALKS

Have you ever gone exploring inside a canyon? Join a guided tour to unlock local and ancient mysteries of nearby canyons. See ice falls and frozen waterfalls, or take a night tour offered for amazing new perspectives. Ice Walk tour lengths can vary from company to company. With enough notice, custom/private tours can be created and are based on availability.

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

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

ICE SKATING

Ice skating is a favourite Canadian sport that is fun for all ages and abilities, and ice skating in the Bow Valley is a great way to enjoy the fresh mountain air with family and friends. Immerse yourself in the natural beauty of your surroundings or maybe join in a game of pick-up or “shinny” hockey. Then take a break and warm up with hot cocoa beside a bonfire before heading back out on the ice for more.

CANMORE COMMUNITY SKATING POND

The pond is appropriate for all age groups and is ideal for families.

Conditions: Ice maintenance occurs daily

Amenities:

- Lights for night use until 10pm
- Open style gazebo with benches, and thermal heating for warming up
- Washrooms located at the Information Centre on 7th Avenue
- Small parking lot and roadside available as well as downtown parking lots less than 100m away



SKATING IN BANFF NATIONAL PARK

For a truly spectacular skating experience, you must try the iconic Lake Louise which was named as one of the “10 most beautiful ice-skating rinks in the world,” by CNN Travel. An additional rink near the Nordic Stop on the shores of Lake Louise is open to hockey enthusiasts. During “SnowDays” festivities each winter, ice carvers create a giant ice castle on the lake.

Conditions: Ice is maintained daily by the Fairmont Chateau Lake Louise

Amenities:

- Lights for night use until 11pm
- Heated shelter to warm chilly fingers and toes
- Public Visitor Parking
- Washrooms at the Fairmont Chateau Lake Louise

Caution: Other ice-skating options include Vermillion Lakes, Johnson Lake, Two Jack Lake, Cascade Pond, Bow River, and Lake Minnewanka. While outdoor ice skating is a popular activity in the park, Parks Canada does NOT monitor natural ice surfaces for safety or mark potential hazards.

Many environmental factors affect the thickness of the ice. If you choose to skate on natural ice, you do so at your own risk. The recommended ice thickness is 15 cm for walking or skating alone and 20 cm for skating parties or games. The Malcolm Hotel is not liable or responsible if you engage in activities of any kind at these locations.

For more information, driving directions and rental options, please contact our Concierge Team.



ICE FISHING

Guided Ice Fishing Tours are available December to April (weather depending). Please note, all guided tours will require you to purchase your own fishing license. One will not be provided for you.

Don't want to go on a guided ice fishing tour? Here are a few popular spots: Spray Lakes Reservoir, Rundle Forebay, Gap Lake, Lac Des Arcs, and Barrier Lake.

Please be advised that a fishing permit needs to be purchased (and can be done so online) at www.mywildalberta.ca.



Sleighs & Sleds

SNOWMOBILE TOURS

Snowmobiling options are limited within the national and provincial park systems. This is largely due to wildlife concerns. However, this popular outdoor thrill is available! Guided tours are offered in the beautiful Parcel Mountain range of British Columbia. Tour duration can vary from 2.5 hours to 5 hours or even multi day. Our guided snowmobile tour partners are perfect for all levels of experience from complete beginners to advanced riders, making it a memorable outdoor group activity or family adventure! They provide all the safety gear, equipment, and instruction you will need.

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

DOG SLEDDING

Travelling by the power of dogs is a remarkable experience. Originally used as a means of transport by the Inuit people of the Canadian Arctic and the early settlers of Banff, dogsledding has since been adopted as a recreational activity well suited to the snowy slopes. This unique experience can be tranquil at some times and exhilarating and delightfully chaotic at others. Dogsledding is a must-do activity for any visitor, but especially so for dog-lovers or those wanting to experience a classically Canadian activity. Explore the rich history, culture, and techniques of dogsledding as your musher and dog team guide you through the incredible scenery of the Canadian Rockies.

Dogsledding is available in multiple locations along the Bow Valley. Many options from duration to lunch options. Please contact our Concierge Team for additional information and to purchase tickets.

SLEIGH RIDES

There's nothing quite like gliding over sparkling snow in a horse-drawn sleigh, especially when you're surrounded by some of the most gorgeous mountains in the world. Step aboard and relax as our cowboy guide cracks the reins and your journey through the Canadian Rockies begins. It all makes for great ambience, whether you're snuggling up with someone special or packing the whole family in for a ride. Enjoy smores and hot chocolate by the fire, and get close under a warm blanket. View wildlife and learn about the local history.

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



Snowshoeing & Winter Hikes

There are many different snowshoeing options in the Bow Valley. There are self-guided hikes as well guided tours available. Stargazing by Snowshoe, fortress mountain snowshoe with a snowcat ride, and more. See a snow-covered paradise otherwise unseen including waterfalls frozen in place!

Popular areas for snowshoeing include Chester Lake, Boom Lake, and Hogarth Lakes (but there are many more!).

Want to bring your Canine companion, ask our Concierge team about pet friendly tours. Don't have a pair of snowshoes? No problem! There are several options for purchasing or renting equipment within Canmore. Please contact your Concierge Team for further inquiries.

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 ages and abilities. Be advised that the minimum age for any Nordic Walking Tour is 12.

Please contact our Concierge Team for further details.





Recommended Winter Hikes

Canmore and Kananaskis Country have a lot to offer in terms of hiking in the winter. Hikes can range from easy to intermediate to hard depending on skill level or how adventurous you are feeling!

GROTTO CANYON 7.1 kms round trip | 395m of elevation | approx. 2-3 hrs

Time varies depending on how far you decide to go into the canyon. Most people turn around at the waterfall, but you can continue past that point. Ice cleats are a must for inside the canyon. Grotto Canyon is known for very icy conditions.

CHESTER LAKE 9.3 kms in length | 430m of elevation | approx. 4 hrs round trip

Ice cleats may be required for this hike depending on conditions. This is a popular Kananaskis area hike, and there are snowshoeing trails that lead to an alpine meadow and the lake below Mount Chester.

LAKE AGNES TEA HOUSE 7.4 km round trip | 435m of elevation | 2.5 to 3.5 hrs one way

Experience this incredible out and back trail near Lake Louise. Please ensure you wear proper footwear (bring micro spikes just in case) as parts of the trail are known to be quite icy. Overall, the trail is very well maintained during the winter months.

BOOM LAKE 10.8 kms round trip | 604m of elevation | 3-4 hrs one way

This is one of the most versatile trails in the area. Boom Lake and surrounding area is quite popular for hiking, snow shoeing and cross-country skiing alike. There are many offshoot trails from the traditional route to explore.

Contact your Concierge Team for further inquiries about guides, equipment rentals, or equipment purchase.



High Altitude Adventures

HELI TOURS

Sit back and enjoy the ride with Canmore's premier heli tour operator which has been in the business of checking off bucket-list wishes since 1961. Heli tours offer the most spectacular sightseeing tours in the heart of the Canadian Rocky Mountains. Fly around the iconic Three Sisters Mountain, Mt. Assiniboine, or marvel at Marvel Pass these flights sure to leave an impression.

HELI SKIING

Whether you're new to heli skiing or a veteran of all things steep and deep, we have over three million acres of terrain to satisfy riders and skiers of all kinds. From cascading powder drops and endless glaciers, to pristine high alpine bowls and perfectly spaced trees, you're sure to come back with a handful of stories and a heart full of memories. See the backcountry in a whole new way.

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, please contact our Concierge Team for more details and to secure tickets and restaurant reservations.



Venture Under the Mountains

BANFF UPPER HOT SPRINGS

Banff Upper Hot Springs consists of 100% natural mineral water. The water temperature is generally around 37 to 40 °C (98 to 104 °F). The hot springs operate on a first come first served basis. No reservations are required nor can they be made. The last admission into the hot springs is 60 minutes prior to 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 very 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.

SPELUNKING IN CANMORE (CAVING) - CANMORE CAVE TOURS

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.



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.

GUIDED PET-FRIENDLY TOURS

Guided Hikes - We are proud to introduce a new guided tour & hiking option catered specifically to the adventurous puppy in your life. Lunch is included and there is an option to add a photographer to get family photos with the rugged Canadian Rockies as your backdrop.

SNOWSHOEING WITH PUPPY

Snowshoeing is an ancient sport that you can enjoy with your four-legged friend. Head out on a private guided adventure, and take in the local information and snowy mountain views.

SPCA

The Malcolm Hotel supports the Bow Valley SPCA raising money through various fundraising events throughout the year. Our 'Christmas has gone to the dog's high tea' raised over \$3,200 in December 2021. Visit our local SPCA and spend the day playing in the special cat playroom.

See Concierge for more pet friendly services and dog parks.





Photo courtesy of Travel Alberta / Discover Banff Tours

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.



Guided Private Tours

Let our trusted tour operator help make your stay in the Rocky Mountains one you will never forget! From our warm fire in The Malcolm Hotel lobby to the snow-covered Bow Valley, get whisked away by a luxury SUV, and sit back and enjoy locally crafted treats with hot and cold beverages. Select from several experiences from snowshoeing to ice walks or scenic sightseeing drives. If you are looking for something not offered, let us custom tailor a sightseeing adventure.

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

