



THE MALCOLM
HOTEL

Activity Guide

SPRING





THE MALCOLM

H O T E L

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, a proud member of Les Clef d'Or.

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 & 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 anything at all during your stay, please do not hesitate to let us know how we may be of assistance.

Yours in hospitality,
Andrew Shepherd
General Manager



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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.

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.



ROOFTOP MOUNTAIN VIEW DECK

Canmore's most exclusive rooftop, 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. This area is open from 8 am to 10 pm daily.

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 rental program starts in May and 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 GRILL

The Stirling Grill offers an amazing, unique, and comforting breakfast. With 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. Make sure to join us on Saturday & Sunday mornings for the weekend brunch buffet.

STIRLING LOUNGE

The Stirling Lounge 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 lounge menu. The menu features a variety of dishes from the Scottish inspired to contemporary comfort food. In addition to an amazing meal, enjoy a variety of craft beers, in-house-prepared cocktails, and a wine list like no other!

THE STIRLING GRILL

The Stirling Grill is The Malcolm Hotel’s fine dining experience. Chef Graham and our food and beverage team will host an evening you will not soon forget. The Stirling Grill a la carte menu features classic cuisine with a modern twist. Our King’s Table menu is a 5 course trust the Chef menu experience. Our in house sommelier wine pairings are a delightful add on to this experience 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 Chef Graham’s spring-friendly lounge menu. We are looking forward to the opening of our patio in late May, weather dependent.

ROOFTOP POOL BAR

Elevate your poolside experience at the exclusive rooftop pool bar. Enjoy poolside refreshing beverages and light snacks. Open 1 - 9pm mid-May, 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 artisan foods and unique café-style drinks as well as one-of-a-kind gifts and souvenirs.



Please call us at
403.812.0680
or email us at
concierge@malcolmhôtel.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 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 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.

Springtime in the valley is a season of immense change, transforming Canmore, Banff, & Lake Louise as the snow gives way to spring water run offs and waterfalls - creating a wet and muddy playground.

April brings plenty of snow and mild temperatures in high elevations for comfortable downhill ski conditions that last until mid-May. May in the Kananaskis area transitions to camping, hiking, and sometimes golfing. With June being the start of patio weather, locals and visitors embrace the day in t-shirts and shorts and sweaters in the evening.

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 with a t-shirt, sweater, and a wind and waterproof jacket. Proper footwear includes flat-soled hiking or winter boots. Sunglasses are recommended and don't forget to pack a bottle of water, light snacks, and your camera.

Do not let lack of gear keep you from one of our most rewarding experiences. Consider bringing shoe spikes/ice grips for uncertain spring conditions. Canmore also has sports stores and rental shops to help. 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](#)



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
- Closing date projected end of April

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 the 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
- Closing date projected mid-May



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 is 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
- Closing date projected mid-April

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
- Closing date projected early May



Spring Golfing

Like most outdoor activities, Mother Nature decides the opening day of golf courses. However, golf courses are set to open in mid- to late-May (weather dependent).

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.

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.

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

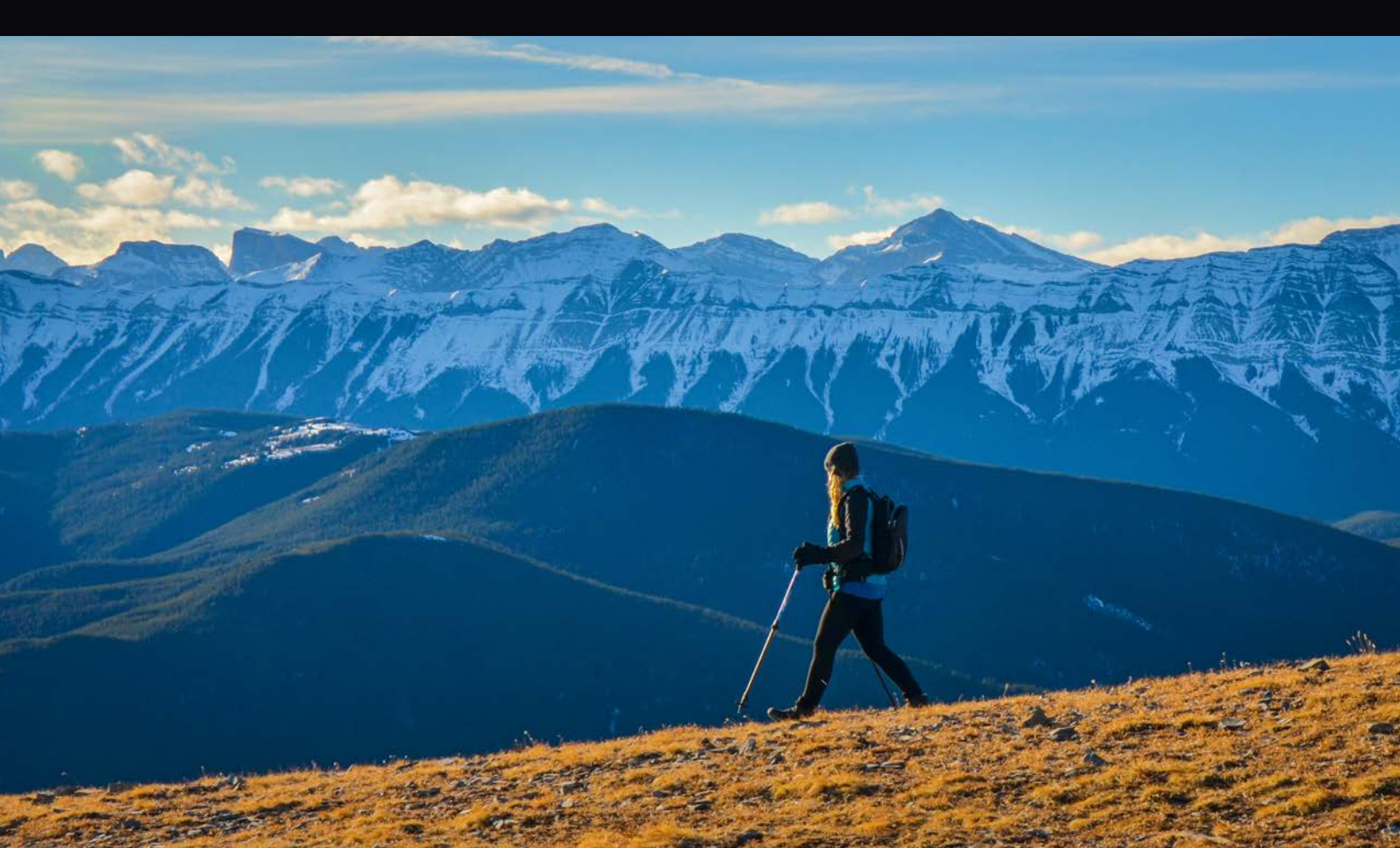
Fairmont Banff Springs Golf Course offers a very challenging Par 71 course design. Located right in the heart of the Banff Townsite, amateurs and professionals the world over are continually captivated and amazed by this world renowned golf course year after year.



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.



Spring 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 ages and abilities. Be advised that the minimum age for any nordic walking tour is 12. Consider bring shoe spikes/ice grips for uncertain spring conditions.

Please contact our concierge team for further details.





Recommended Spring 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.

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

Trail time varies, depending on how far you decide to go into the canyon. Most hikers will return upon reaching the first waterfall, but you can continue farther into the canyon if you are feeling adventurous. Ice cleats may be required depending on weather conditions.

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

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

HEART CREEK 4.8 kilometers round trip | 307m of elevation gain

The trail head is located off the Lac des Arcs exit (about a 10-minute drive from the Malcolm Hotel). The trail winds through mountainous creeks and leads to a waterfall. This is an excellent light hike option and fun for the whole family.

JOHNSTON CANYON 3.5 kms round trip to the Upper Falls | 262m of elevation gain

Johnston Canyon is one of Banff’s most popular hikes. The trail is often incredibly busy. The trail boasts a small cave leading to the lower falls. From there you can head towards the Upper Falls. Both falls are quite picturesque, and it is no surprise that the trail is so popular!

TUNNEL MOUNTAIN 4.5 kms | 267m of elevation gain

Tunnel Mountain is the least strenuous mountain to hike in the Bow Valley. The trail boasts magnificent views of the Banff townsite and the world-renowned Banff Springs Golf Course as well.

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



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.

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 and to book tickets or make restaurant reservations, please contact our concierge team.



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 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.

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.



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. One in which 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.

White Water Rafting & Float Tours

From Kananaskis Country to British Columbia, the area has a lot to offer for float tours or white-water rafting. Rapid grades vary based on location and range from Class 1 – 4. Rafting tours also vary in duration based on location. Most tour operators offer half-day excursions as well. Don't feel like getting completely soaked? Not a problem! Scenic, relaxing float trips can be found within Canmore - rain or shine! Season starts early to mid-May.

Please contact our concierge team for further details.



Breweries and Distillery Tours

Over the past few years, Canmore's breweries have begun to make their mark on the industry. Several of the breweries have taken home medals at the Alberta Beer Awards. Experience what makes Canmore's beer special with each brewery's brew masters firsthand. In total, Canmore offers four distinct breweries each adding a unique flair to the classic beverage. Not a beer fan? Canmore is also home to two distilleries that support unique flavorful spirits and cocktails.

Tours available with our trusted tour operator offer a variety of locations and fun and unique experiences including a beer and raft experience. For more information and tickets, please contact our concierge team.

Guided Private Tours

GUIDED TOURS & PACKAGES

Let our trusted tour operators help make your stay in the Rocky Mountains one you will never forget! From our warm fire in the Malcolm Hotel lobby to the fresh air of the Bow Valley, get lost in your surroundings with our trusted tour guiding companies.

Sit back and enjoy the scenery in a no stress atmosphere. Take in the views as you make your way towards harder to reach locations such as Lake Louise. Private options may be available. Guided tours book up quickly. Please contact our concierge team to learn all about guided tours or to check availability for an unforgettable adventure.



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.



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.



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.

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.

