



THE MALCOLM  
HOTEL

# Activity Guide

AUTUMN







# 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 senior’s village, several condos, locally owned shops, operated services, 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, 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](https://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.

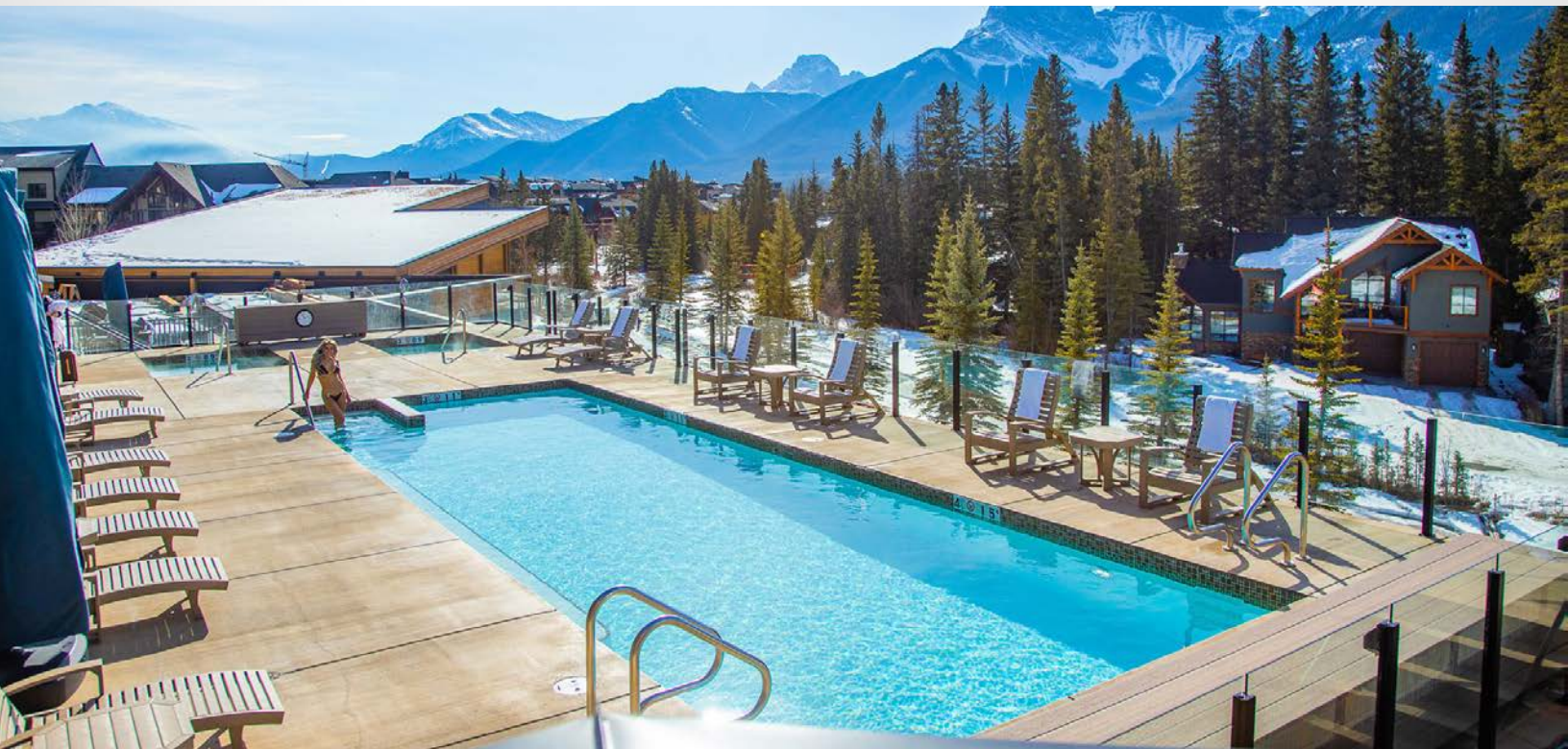


## FITNESS CENTRE

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

## ROOF TOP 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 is working 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.

### **BICYCLES**

In partnership with Rebound Cycle and Spring Creek, The Malcolm Hotel can provide complimentary 1 hour bike rentals to guests (\$10 per extra hour). Bike locks and helmets included. This is weather dependent. Bike rental program is projected to end mid to late October.

Bikes are not permitted in guest rooms. If you choose to bring your own bikes, bike racks are available on property. You must supply your own lock. The hotel is not responsible for any loss or damage to bicycles on or off property.







## 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.

### **STIRLING LOUNGE**

The Stirling Lounge is The Malcolm Hotel's cozy and 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 which features a variety of dishes from the Scottish inspired to contemporary comfort food. Thirsty? Our beverage menu features a wide variety of craft beers, thirst quenching 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 Front of House 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 to which you can also add our sommelier chosen wine pairings from our extensive wine collection. The dining area is a charming room with a live-action chef station, large private booths, and tables with views of the beautiful mountains.

### **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 fall friendly lounge menu. The menu has a wide selection of patio friendly snacks like fresh salads and sharing items. If you are looking for a nice cold or hot beverage to enjoy, our bar has you covered with an extensive cocktail menu, wide selection of beers and an ever-growing wine list. The Creekside Patio is weather dependent.

### **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](mailto: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*







## Canmore and Beyond

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

Fall in the Bow Valley is full of change, from the colours of the larch trees to the progression of the temperatures from hot to cold, September brings us the Highland Games where you can embrace your inner Scot with kilts, whiskey, and bagpipes. We also welcome the 2SLGBTQ+ communities of Canmore and Banff for the pride festivals in September and October with various events happening in both communities. As winter slowly approaches, the Bow Valley becomes a winter enthusiast's dream! November marks the start of the ski and snowboard season as the upper alpine transitions into a winter paradise.

Consult with one of our Legendary 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

Mornings and nights call for cold weather clothing and winter jackets. Day time can bring any type of climate, so the trick to being comfortable outdoors is to dress in layers with a t-shirt, sweater, shorts, hiking pants as well as wind and waterproof jackets. Proper footwear includes flat-soled shoes or boots for hiking. 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. Canmore has sporting stores and rental shops to help.**

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





# Spring Creek Spa & Wellness

## DANIELLE FINDLAY STUDIO IN SPRING CREEK

Start your journey towards the best version of yourself.

Located just around the corner from The Malcolm Hotel in Spring Creek, Danielle Findlay Studio is a classical equipment and mat studio focused on your personal journey to wellness through intentional movement. Danielle takes you beyond any normal fitness routine into a deeper connection with your body, mind and soul. A combination of exercises increases your circulation, articulation, and decompression of your joints, uniformly develops your muscles, and improves your strength and your body awareness.

## EVERGREEN SPA - ORIGIN AT SPRING CREEK

The Evergreen Spa is located right around the corner from The Malcolm Hotel within Origin at Spring Creek. Evergreen Spa is specifically designed for older adults. From the services provided to the atmosphere, Evergreen Spa creates a one-of-a-kind experience. This is a unique spa providing both wellness and aesthetic services. The Evergreen team believes taking the time to pamper and care for your body and mind helps improve all areas of overall wellness.

## HILLARY & CO SALON

Hillary & Co Salon are very excited to welcome you. Their expert stylists offer a variety of services. Whether you need a little refresh or a big style transformation, their experts will work with you to reach your personalized style goals. They also offer a selection of the very best luxury hair care brands to suit everyone’s needs.

## SKIN RNI

If you are looking to achieve youthful and healthy skin, this is the place for you. Skin RNI utilizes Environ skin care products to provide scientifically proven results. To achieve these results, you need the correct essential nutrients and a proper system of micro-delivery. Skin RNI delivers both to increase the depth of the nutrient’s penetration into the skin.

## CANMORE WELLNESS

Canmore is a mecca of relaxation, wellness, and natural beauty. Contact our Concierge Team to request additional spa and wellness listings.





Photo courtesy of Rocky Mountain Adaptive

# 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
- Kayaking
- Tennis
- Golf
- Biking
- Float Trips
- White Water Rafting
- Canoeing
- Indoor Climbing
- Paddle boarding
- Tandem Biking
- Baseball
- Horseback Riding
- Mountain Biking



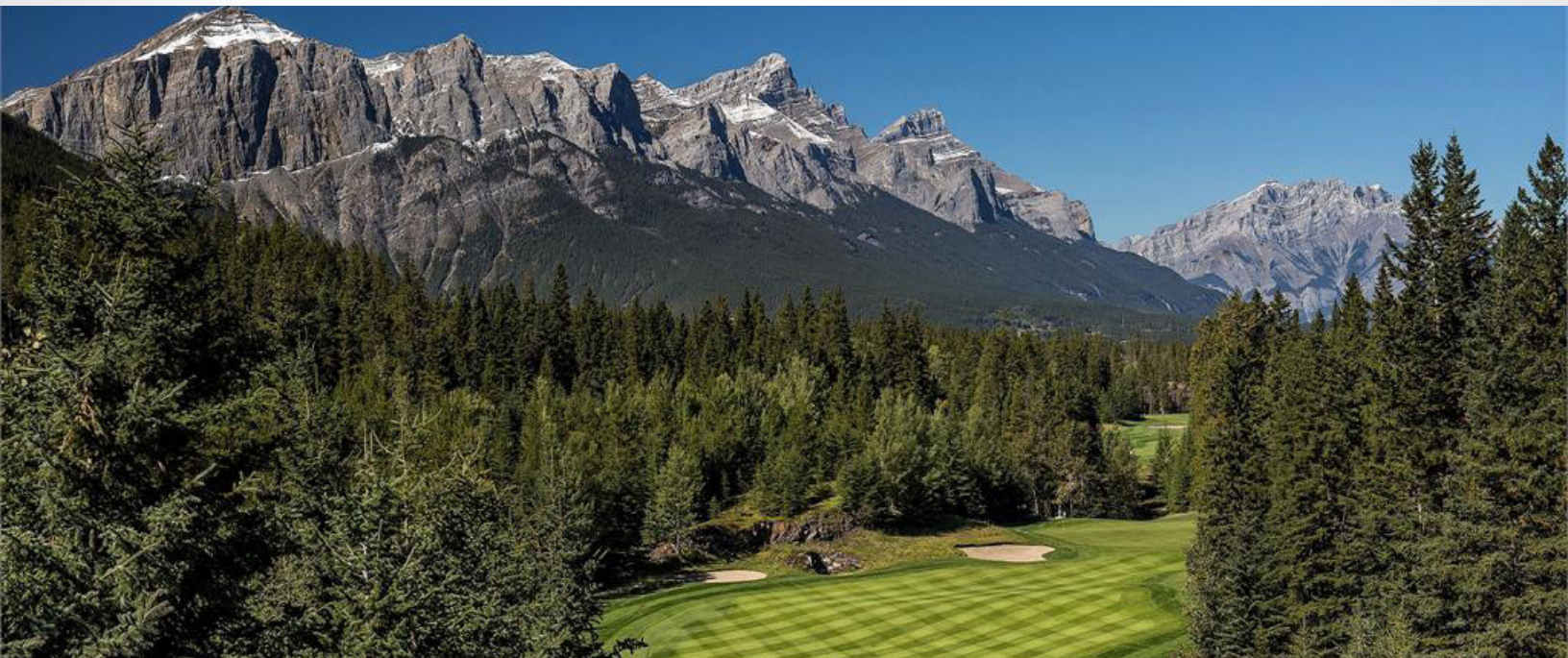
# Fall Golfing

Like most outdoor activities, Mother Nature decides the closing day of golf courses. However, golf courses are set to close mid to late October (weather dependent).

Canmore offers three world class golf courses. 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.

## **BREWSTER'S KANANASKIS RANCH 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.



## **CANMORE GOLF & CURLING CLUB**

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

## **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 all over the world are continually captivated and amazed by this world-renowned golf course year after year.

## **KANANASKIS COUNTRY 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.



**SILVERTIP**

Silvertip Golf Course is located within the town of Canmore. Sporting 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.

**STEWART CREEK GOLF & COUNTRY CLUB**

Stewart Creek offers a world class Par 71, 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.



**Golfing Alternatives**

Canmore now offers a full, state of the art golfing simulator! Play challenging mini games to help hone your skills or play world famous golf courses from around the globe! Did you forget your clubs at home? This is not an issue as clubs (for a small fee) can also be rented. Tee times vary based on availability and prices are subject to change without notice.

The Canmore Nordic Centre offers a professional, world recognized frisbee golf course. This is an ideal activity for those who love frisbee golf and hiking. The course is an excellent mixture of the two. The Kananaskis Conservation Pass is required to use the Nordic Centre facility. There is no additional charge for the frisbee golf course. It is first come, first serve.

Please contact our Concierge Team for more information.





# Nordic Walking & Fall Hikes

“Look deep into nature, and then you will understand everything better.”  
– Albert Einstein

The Bow Valley has so much to offer in terms of hiking in the fall. 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 back country 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.

Please contact our Concierge Team for further details.







Photo courtesy of Paul Zizka @paulzizkaphoto

# Recommended Fall Hikes

**CHESTER LAKE** 9.3 kms | 433m of elevation gain | 3-4 hours one way

A Kananaskis Conservation Pass will be required for access to the trailhead. You will hike gradual, but steady switchbacks. The trail will open to an expansive meadow with breathtaking panoramic mountain vistas. You will re-enter the forest and come out at Chester Lake.

**KARST SPRINGS TRAIL** 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.

**LARCH VALLEY** 8.9 kms | 604m of elevation gain | 3-4 hours one way | moderate difficulty

The trailhead 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.

**RAWSON LAKE** 8.7 kms Round Trip | 630m of elevation gain | 4-5 hours one way

Please note that a Kananaskis Conservation Pass will be required to access the trailhead. The trailhead itself will be well marked and starts to the far-left hand side of the Upper Kananaskis Lake Parking Lot. You should anticipate some muddy portions of the trail. It is also not uncommon to find patches of snow in June and July.

**STANLEY GLACIER** 10.9 kms | 604m of elevation gain | 3-4 hours one way | hard difficulty

Stanley Glacier is one of the most popular and picturesque trails in all of Kootenay National Park. From hiking along creeks to switchbacks to areas of new forest growth, it is easy to see why this trail is so popular. Impeccable views will pop through the treetops and clearings along the trail as you make your way to the glacier itself. Given the trails popularity, it is best to get an early start on the trail as the parking lot at the trail head is quite small.

**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 to the Upper Falls.

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





Photo courtesy of Pursuit Collection / Mike Seehagel

## High Altitude Adventures

### **COLUMBIA 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 for unobstructed views right off the cliff's edge! *Set to close October 10th.*

### **GONDOLA**

Would you rather see the mountains from above 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. Please contact our Concierge Team for more details and to secure tickets and restaurant reservations.

### **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 are sure to leave an impression.





### **SUSPENSION BRIDGES**

Test your fears 426 feet above an expansive canyon while rewarding yourself with views of the surrounding mountains and an impressive 200-foot waterfall beneath you. Experience the wonder of the untamed wilderness as you wander along the canyon ridge trails. As you make your way through the forest, stop to enjoy a moment of awe at each of the viewing platforms. If you are craving more, enjoy the thrill ride of the giant bungee swing and the sky zip line. *Set to close October 10th.*

### **VIA FERRATA AT NORQUAY IN BANFF**

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! Please contact our Concierge Team for further details. *Set to close October 9th.*

### **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. For more information, please contact our Concierge Team.







Photo courtesy of Travel Alberta / Roth & Ramberg

## 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 serve 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.



# 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 brew master firsthand. In total, Canmore offers four distinct breweries with each adding a unique flair to the classic beverage. **Not a beer fan?** Canmore is also home to two distilleries each supporting unique flavourful spirits and cocktails.

Tours are available with our trusted tour operators that offer a variety of locations with fun and unique experiences, including a beer and raft experience.

For more information and tickets, please contact the Concierge Team.



# Lakes, Rivers, & Waterfall Excursions

## BOAT CRUISE

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

## CANOE AND KAYAKING RENTALS

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

Most rental companies operate on a first come first serve basis. Please see our Concierge Team for tips on how to reserve gear in advance.

## 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! For more information, please contact your Concierge Team.





# Guided Private Tours

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 whisked away with our trusted tour guiding companies.

Sit back and enjoy the scenery in a no fuss no stress way. See hard to reach and unique places like Moraine Lake and Lake Louise. Private options available.

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



## ATV TOURS

Embark on a fun-filled expedition through the Rocky Mountains with a guided ATV tour! The varying terrain around Canmore offers an enjoyable adventure for all skill levels. Whether it's your first time seeing an ATV, or you grew up on one, we've got something for you. With a network of trails spanning nearly 1500 kilometers and the mountains at the touch of your tires, we will be happy to get you off the roads and on the dirt. Get a taste of the valley in either an SXS (side by side) or an ATV with us. Contact your Concierge Team for more information. *Set to close September 30th.*





# Spooky Mysteries & Storytelling

## 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 contact our Concierge Team for further details.

## ESCAPE ROOMS

The Bow Valley proudly offers Escape Room Style 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 to play are great options for team building and also family friendly! Please contact our Concierge Team for further details.

## GHOST WALKS

Come learn about the paranormal side of the Bow Valley. Experience the natural beauty of both Canmore and Banff town sites 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 STORYTELLING

### 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. Operated by the Canmore Museum, you can find daily interpretive and Indigenous programming here.

### Canmore Museum

The Canmore Museum offers a unique perspective of the town’s rich history. The museum’s programming and event lineup will connect you with the natural and human history of this valley.





# 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.

## ROVER.COM - AIRBNB FOR PETS

Need someone to keep a watchful eye on your furry friend? Rover.com offers a variety of services fulfilled by local members of the community. They offer dog walking, drop-in service, doggy day care, and much more.

## 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.







# Pet Friendly Shopping

## ALBERTA'S OWN MARKETPLACE

Showcases local makers, artists, and entrepreneurs, and allows dogs in-store.

## CANMORE MOUNTAIN MARKET

Eclectic outdoor local market offering local artistry, fresh farmed produce, meats, baked goods and other crafted delights. The market runs every Thursday from May to October.

## GIVE LOVE TO YOUR PET - [GIVELOVETOYOURPET.COM](http://GIVELOVETOYOURPET.COM)

Handcrafted, uniquely decorated dog cookies, and cat treats. Aside from all of the hugs, kisses, and walks, we like to give them delicious, healthy treats made with simple ingredients.

## MUT HUT (SPA, TREATS, AND MORE)

Treat your fluffy friend to a "SPAW" appointment at the Mut Hut Pet Emporium! Mut Hut offers a wide variety of services to pamper your furry companion. The Emporium also makes scientifically formulated treats baked fresh daily solely with your pet's health in mind!

## ROCKY MOUNTAIN SOAP COMPANY

Pet friendly local shop right on main street with locally made products for both dogs and humans to enjoy.

## SHEEPDOG BREWERY

Bring your furry best friend along this fall to enjoy Sheepdog's patio and tap room. The main floor is dog friendly seven days a week. Sheepdog carries dog treats made by Give Love to Your Pet, a local pet confectionery. While you enjoy your beer, your pup can enjoy a delicious handmade treat to keep them happy and entertained.

## STONEWATERS

Located on Main Street, this pet friendly store is a curated collection of products, bringing unique, functional, and timeless goods to our community and abroad. Supporting independent artists and designers and locally owned and operated in Canmore, this store is a particular mix of antique mountain treasures and modern design objects. Oh, and don't forget the artisan chocolate and the good tunes!

Order online or find them at the locations above.





## Dog Parks

### **BOW VALLEY PARKWAY**

- near Alpine Helicopter Tours
- fenced in, usually quite busy
- free parking (although parking is limited)

### **ELK RUN BLVD.**

- off leash
- fenced in
- free nearby parking

### **QUARRY LAKE**

- off leash
- NOT fenced in
- paid parking required
- Alberta parks pass required

### **THREE SISTERS MOUNTAIN VILLAGE**

- off leash
- small, quiet
- fenced in
- free parking (although parking is limited)

For all things pet friendly, please contact one of our Concierge Team members.





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 with them and of them. 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

### KANANASKIS HIGHWAY - HWY 40 SOUTH TO UPPER KANANASKIS LAKES

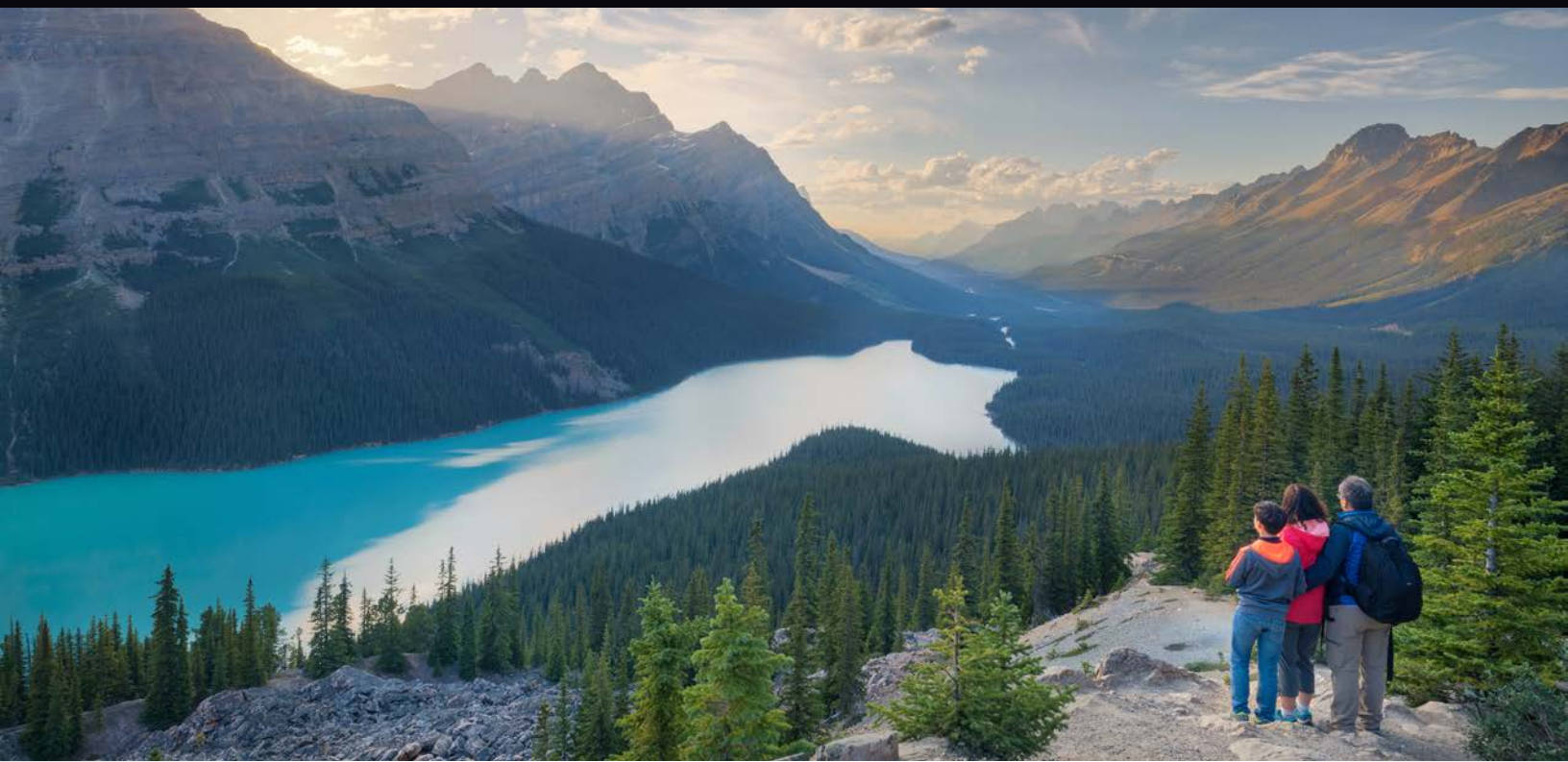
This is for the laid-back driver looking for views along a smooth and easy day drive. From Canmore, head east on the Hwy 1 (Trans Canada) and turn south onto Hwy 40 (Kananaskis Highway). This is the same turn-off as the casino (easiest landmark to spot). This is where the drive gets very scenic. Be on the lookout for wildlife as well. Deer, elk, goats, and bears can frequently be spotted along the highway. 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.

### 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 Team for maps and updated road conditions. The drive can be treacherous at times and is periodically closed for avalanche control. The drive starts on the Spray Lakes Road (just past the Canmore Nordic Centre). After the Grassi Lakes trailhead turn off, 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.







# Banff & Beyond

## BOW VALLEY PARKWAY

This is a scenic drive with multiple breaks and many points of interest along the way. Highlights include Grotto Canyon where you will find rock climbers, Johnston Canyon, the memorial in honour of Ukrainian internees, the scenery of polar forests, peaceful meadows, and the Bow River. It will add an additional 2 hours from south of Canmore to Lake Louise; however, it is a much more beautiful drive than the main highway. \*Seasonal closures on this highway for bicycle-access only.

## 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.

## 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!