

RECOMMENDED LOOPS, DIFFICULTY RATINGS & ELEVATION PROFILES

GREEN LOOP: 2 km (mainly single track)

- Minimal elevation gain makes this loop a quick and fun warm up for confident bikers, as well as an enjoyable trail for first time single track riders.
- Best ridden in a counter clockwise direction.
- Access: From the Daylodge, follow "flag row" to the lower parking lot; the trail begins to the left of the biathlon range.

BLUE LOOP: 1.5 km (mainly single track)

- An introduction to intermediate single track riding.
- Best ridden by doing the loop portion counter clockwise, and ending at Junction 15.
- Access: Junction 88 on the GREEN LOOP.

ORANGE LOOP: 7.5 km (mainly single track)

- The CNC's most popular trail.
- Best ridden clockwise – a steady climb starts the trail, followed by a descent through the meadow, some technical downhill sections, then moderate elevation gain back to the Daylodge.
- Access: From the Daylodge, follow "flag row" to the paved Banff Trail. Bike along the Banff Trail for approximately 40 metres until the orange trail marker on the left hand side.

YELLOW LOOP: 7 km (mainly single track)

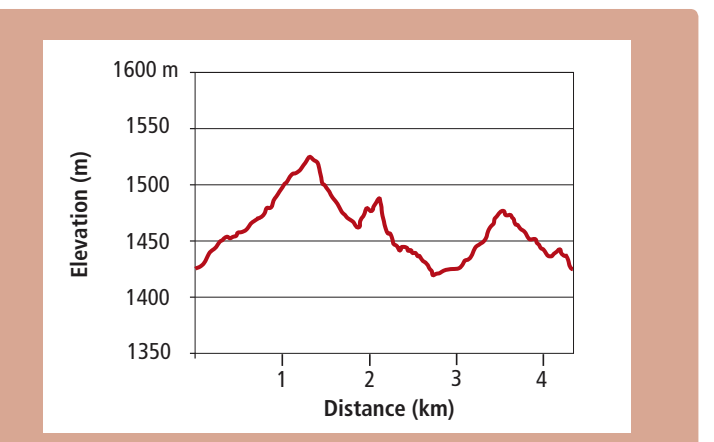
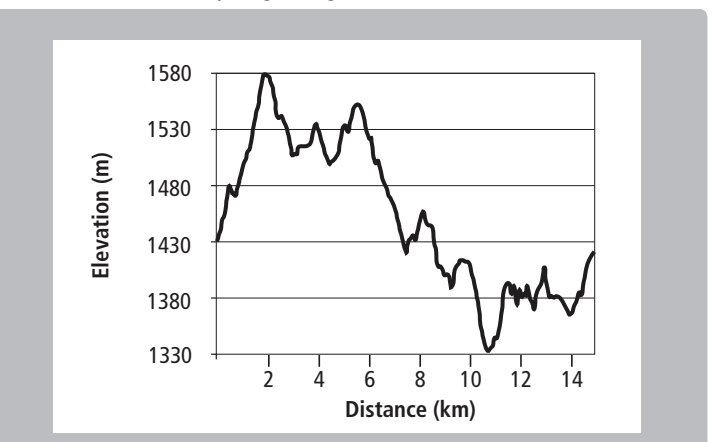
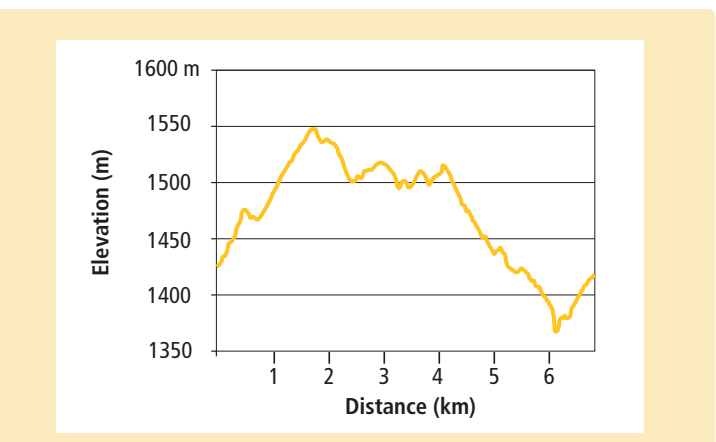
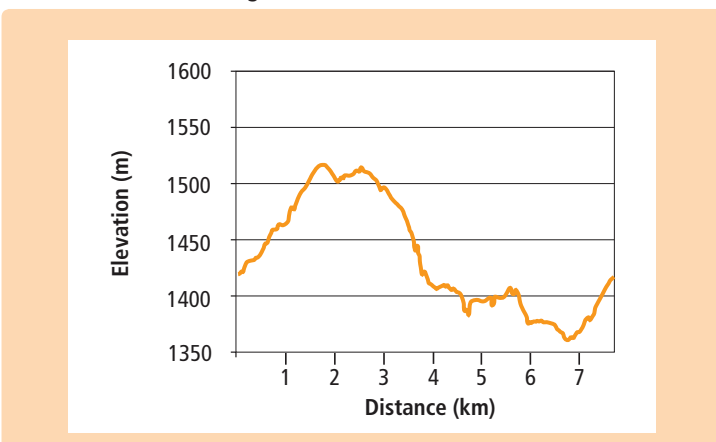
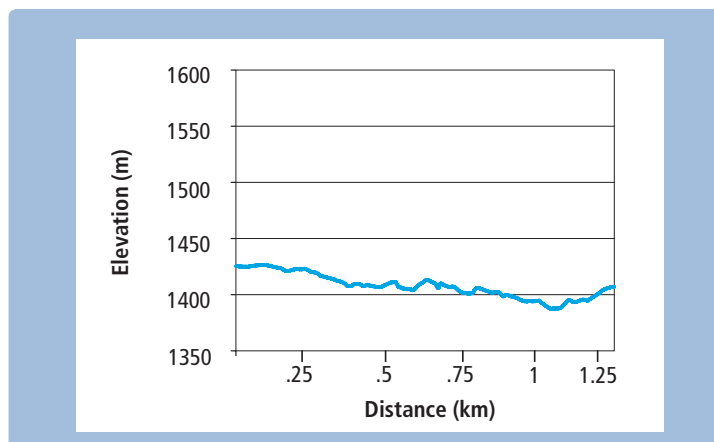
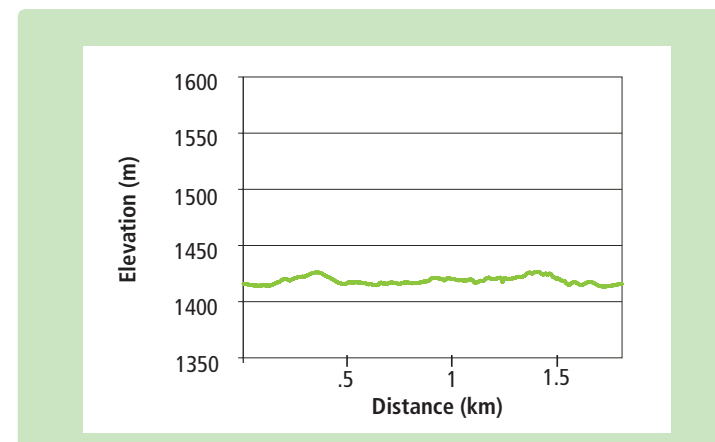
- Best ridden in a clockwise direction starting from the Daylodge. The first half is mostly climbing while the second half descends with old school roots and rocks, some new school flow and berms thrown in. To continue on the loop, cross the parking lot to continue the flow.
- Access: start at over/under bridge near the stadium.

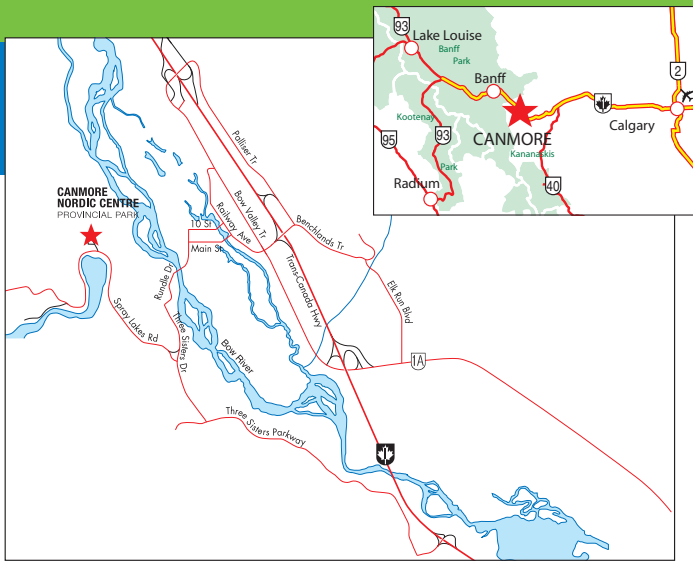
ENDURANCE LOOP: 15 km (mix of single and double track)

- This trail provides a variety of single track, technical trail features and downhill sections. It is best ridden in a clockwise direction to take advantage of the long downhill section from Odyssey.
- A section of the Endurance loop that is also accessed from the Orange loop is called Odyssey. This is a fun section of trail that has great flow with a lot of downhill.
- Access from the Daylodge, begin on Centennial ski trail.

RED LOOP: 4.5 km (mix of single and double track)

- The CNC's most technically challenging loop, it contains lots of uphill and some technical downhill. This trail must be ridden in a clockwise direction. This trail uses part of past and present Canadian National MTB XC race courses.
- Access from the over/under/bridge near the stadium.





Canmore Nordic Centre Provincial Park:
 Suite 100, 1988 Olympic Way, Canmore, AB T1W 2T6
 Phone: 403.678.2400 | Fax: 403.678.5696
 Canmore.NordicCentre@gov.ab.ca
 www.CanmoreNordicCentre.ca



CONTINUED FROM REVERSE

MOUNTAIN BIKE RESPONSIBILITY CODE

Mountain biking involves the risk of injury. Common sense and caution can reduce the risk. For your safety and the safety of others, please adhere to the code.

- Ride in control and within your ability level. You must be able to avoid other people or objects.
- Stay off the trails and out of the skills park if your ability is impaired by drugs, alcohol, or fatigue.
- Wear a helmet.
- Inspect your bike or have it checked by a qualified bike mechanic before you ride.
- Be aware of changing conditions on trails and features in the skills park. Inspect features before use and throughout the day.
- Stay on marked trails. Obey all signs and warnings. Do not cut switchbacks.
- Yield to other riders when entering a trail or starting downhill.
- Do not stop where you obstruct a trail, or are not visible from above.
- If you are involved in, or witness a collision, please identify yourself to a staff member.

Know the code – Be safety conscious. It is your responsibility.

CANMORE NORDIC CENTRE PROVINCIAL PARK

SUMMER TRAILS MAP

Kananaskis Country **Alberta Parks** **CANMORE NORDIC CENTRE PROVINCIAL PARK**

WELCOME TO ALBERTA'S CANMORE NORDIC CENTRE PROVINCIAL PARK

The Canmore Nordic Centre, site of the 1988 Olympic Winter Games Nordic events, continues to host regional, national and international events in the summer and winter months. The Park offers a variety of summer recreational activities including mountain biking, hiking, trail running, orienteering, disc golf and roller skiing.

The Canmore Nordic Centre Provincial Park is managed within Alberta's network of recreational and protected areas. This ensures that its provincially significant natural, cultural and historical resources are protected, while providing quality recreational and educational experiences for visitors. The Park is part of the Central Rockies Ecosystem.

Parks Division, Kananaskis Country:
 Suite 201, Provincial Building, 800 Railway Ave.,
 Canmore, AB T1W 1P1
 www.Kananaskis-Country.ca

Alberta Parks:
 1.800.427.3582
 www.AlbertaParks.ca



THE HIGHLINE TRAIL

Scale: 1:25,000

Wildlife Corridor: Travel on designated trails only

Trailheads: Three Sisters Connector, East Connector "Peaks", West Connector "The Berms", Riders of Rohan, Highline Switchbacks, Grassi Lakes Hiking Trail, Reclaimer, Backdoor, Day Lodge

Report bear, cougar, and aggressive elk/coyote sightings by calling:
WILDLIFE SIGHTINGS: 403.591.7755
 Or report sightings at the information counter in the Daylodge.

In the event you need:
EMERGENCY SERVICES: CALL 911
 Ask for **KANANASKIS EMERGENCY SERVICES** or go directly to the information counter in the Daylodge.

LIVING SMART WITH WILDLIFE

- Many large animals frequent the Canmore Nordic Centre Provincial Park. The wildlife you may see here includes bears (grizzly and black), cougar, elk and deer.
- Dogs must be kept on a leash at all times.
- Make noise often, especially when approaching blind corners, dense shrubs or when moving into the wind.
- Carry bear spray on your body or bike, and know how to use it.
- Travel in groups when possible.
- Do not approach wildlife.
- Please stop by the information counter in the Daylodge for additional information, or pick up a WildSmart brochure.

TRAIL INFORMATION AND SAFETY TIPS

- Single and double track trails are used primarily by mountain bikers, runners and hikers. Please respect the rights of all trail users.
- Maps with "You Are Here" are located at each major junction. By using the numbers and the map, you will be able to determine your location within the trail system. Please note: there are summer junction and winter junction numbers.
- Select appropriate trails according to your ability based on the designated difficulty ratings and current trail conditions.
- All trails are two way. Keep to the right hand side of double track trails.
- Obey trail closure signs.
- Trails are for non-motorized recreation only. ATVs and horses are not permitted.
- Notify Canmore Nordic Centre Provincial Park staff of any trail hazards you may encounter.
- Check the trail report for closures before heading out. (www.CanmoreNordicCentre.ca)
- Roller ski loop: This paved trail is designed for roller ski training. Please note that roller skiers have difficulty stopping; therefore, they have right of way. **Absolutely no pets are permitted on the roller ski trail.**
- Don't be deceived by a beautiful day at the start of your trip and then find yourself unprepared for a rapid change in the weather. Extreme weather conditions can develop quickly in the mountains. Since trails are not routinely patrolled, you should take precautions. Whenever possible, travel in groups. Always take extra clothing, first aid supplies, and plenty of water.

HIGHLINE TRAIL: 8 km (mainly single track)

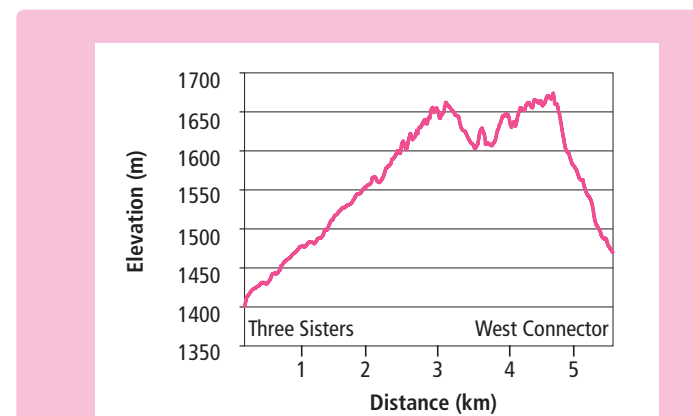
- A challenging trail that follows the slopes of the Ehagay Nakoda mountain range.
- Access: From any of the following trailheads - Riders of Rohan, West Connector, East Connector, and Three Sisters. Easiest access is from the West Connector "The Berms" if travelling west to east.

RUNDLE CONNECTOR: 3 km (mainly single track)

- A double wide trail with a few single track sections in the mix. Flowy with gentle elevation changes with one larger up/down in the center of the trail.
- Access from Meadow hut following Banff Trail. Take the uphill on Odyssey and the trail starts just off Odyssey.

LEGEND

- GRASSI LAKES HIKING
- HIGHLINE
- RECLAIMER
- RIDERS OF ROHAN
- ROAD
- RUNDLE CONNECTOR
- HIGHLINE TRAILHEAD



CANMORE NORDIC CENTRE PROVINCIAL PARK

LESSONS RENTALS SKI & BIKE SHOP

403.678.6764
 shop@trailsports.ab.ca

trail sports

Yeukolimage

CORNERSTONE weddings

Corporate events and weddings by Cornerstone Café.
 403.609.0004 | www.cornerstonecanmore.com