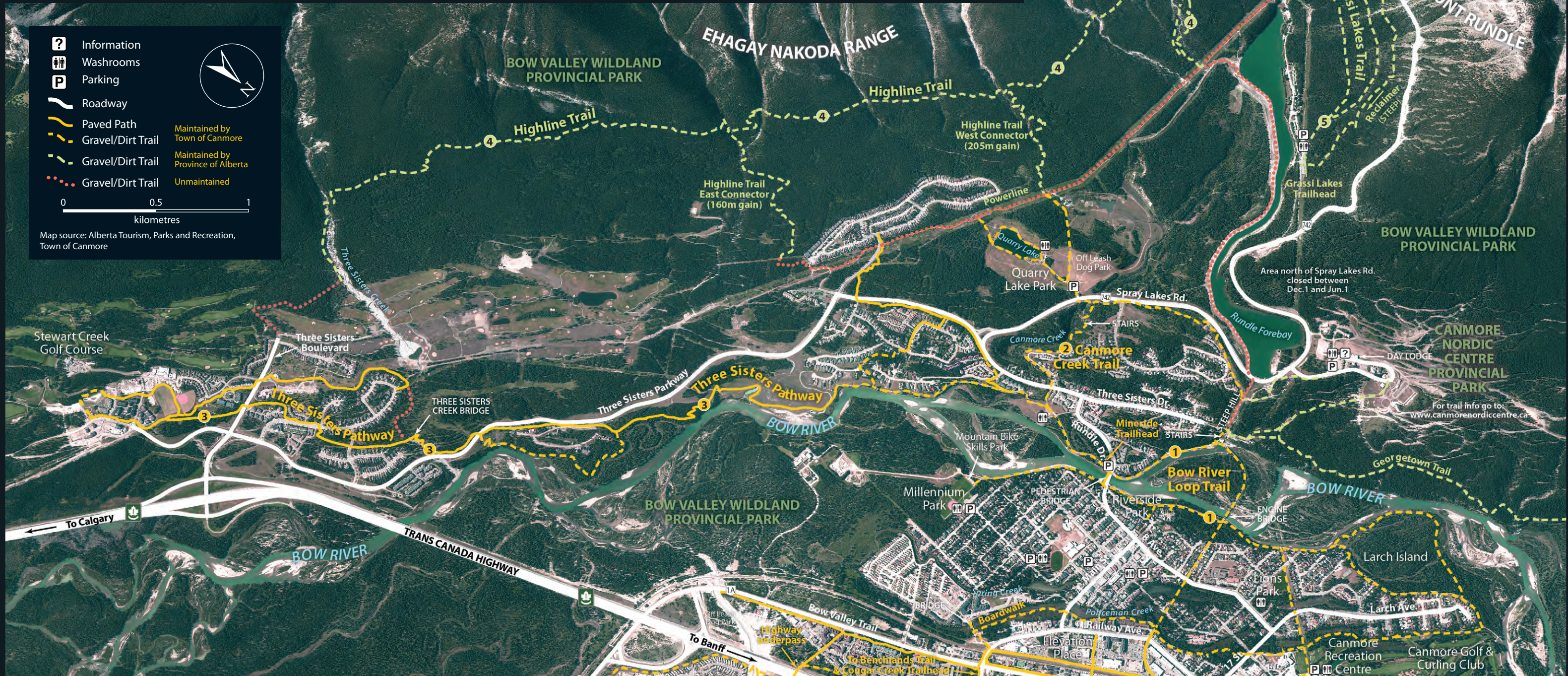


Canmore Pathways & Trails

BOW VALLEY WEST SIDE Flip over for Bow Valley East Side

This map produced in 2017.



Located two blocks from Main Street, this flat trail offers everchanging views of the Bow River and the surrounding peaks. **Total distance:** 2km round trip



Two-Mann Tent Photography

2 Canmore Creek Trail

This trail follows a pretty valley with a waterfall and evidence of Canmore's coal mining past. Steep hills and stairs make this trail unsuitable for cyclists. **Total distance:** 3km round trip from Mineside Trailhead to Quarry Lake.



Two-Mann Tent Photography

3 Three Sisters Pathway

Suitable for walkers, runners and cyclists, this scenic route follows the Bow River downstream to Three Sisters Mountain Village. From Mineside Trailhead the first 1.7km is gravel; the remaining 5km is paved. **Total distance:** 6.7km one-way



Two-Mann Tent Photography

4 Highline Trail

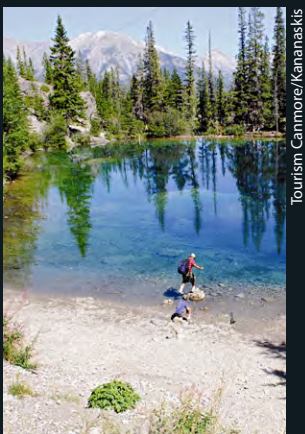
The Highline Trail offers hikers, trail runners and mountain bikers a challenging route along the slopes of the Ehagay Nakoda Range. Breaks in the thick forest offer superb views of Canmore and the Bow Valley. **Total distance:** 8.3km between Quarry Lake and Three Sisters Pathway



Two-Mann Tent Photography

5 Grassi Lakes Trail

This popular trail offers panoramic views as it climbs steadily toward two beautiful turquoise ponds. Watch for rock climbers on the cliffs above. **Total distance:** 3.8 km round trip



Tourism Canmore/Kananaskis

Emergencies: call 911

Canmore Pathways & Trails

BOW VALLEY EAST SIDE Flip over for Bow Valley West Side

This map produced in 2017.

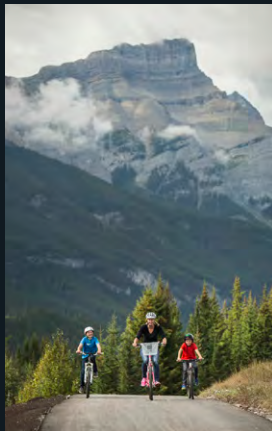


Please Note:

For legibility purposes many local access and unmaintained trails are not shown on this map.

1 Rocky Mountain Legacy Trail

Multi-use recreational paved pathway between Canmore and Banff. The scenic trail has a minimal elevation change as it follows the Bow River and offers spectacular views of the valley. It's official trailhead is located at the Travel Alberta Visitor Information Centre. However users can travel between the two town centres on different pathways, cycling lanes or sidewalks, for a total of 23km (one way).



Paul Zizka

2 Cougar Creek

This rocky hiking trail crosses Cougar Creek several times on its way to a narrow canyon popular with local rock climbers.
Total distance: 3.5km round trip from the Cougar Creek Trailhead to the canyon.



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3 Mount Lady Macdonald Trail

A steep hiking trail ascends the south ridge of this mountain named for the wife of Canada's first Prime Minister. Views from the helicopter pad are spectacular but the route beyond to the mountain's actual summit is very steep and exposed.
Total distance: 8km round trip from the Cougar Creek Trailhead to the helicopter pad.



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4 Montane Traverse Trail

Equally popular with mountain bikers and hikers, this undulating trail offers fine views of the Bow Valley.
Total distance: Loops of 2-10+ km can be created by combining the Montane Trail with other area trails and/or the Palliser Pathway.



Two-Mann Tent Photography

Wildlife:

- Bears and cougars frequent the Canmore area
- All wildlife is unpredictable and should never be approached
- It is advisable to travel in groups, make noise and carry bear spray
- To report a bear or cougar sighting, please call: 403-591-7755

Dogs:

- Dogs must be kept on-leash and under control at all times
- Use the waste bags provided to pick up after your dog