



## CANADA'S MOUNTAIN LIFESTYLE DESTINATION

Canmore is only one hour away from Calgary International Airport and regular scheduled transfers are available year-round.

Luxury condo style hotels are offering spacious living in the middle of an authentic mountain town. The nearby National Parks are easily explored by car or through the Roam transit service that connects Canmore with Banff.

Kananaskis Country offers a fantastic three-hour driving loop with great opportunities to see wildlife including bears and moose.



### MAJOR EVENTS & FESTIVALS

Christmas in Canmore	December 2015
Canmore Winter Carnival	Feb 1 - Mar 13, 2016
Canmore Uncorked	Apr 6 - 17, 2016
Biathlon World Cup	Feb 4 - 7, 2016
Cross Country World Cup	Mar 8 - 12, 2016



### Canmore Business & Tourism

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[www.tourismcanmore.com/media](http://www.tourismcanmore.com/media)

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**CANMORE**  
**KANANASKIS**

**STORY STARTERS**





## WE INVITE YOU TO SHARE THE EXPERIENCES OF CANMORE KANANASKIS

Canmore Kananaskis invites you to discover and share our experiences with your readers, viewers and those that faithfully follow your every move on social media. Our story possibilities are as vast as our amazing Rocky Mountain scenery. We hope the following selection of story ideas pique your curiosity and inspire you to discover Canmore Kananaskis.

### CANMORE

A picture-postcard perfect community enveloped by the majesty of the Canadian Rockies. Trendy boutiques, gourmet dining, eclectic art galleries and a diverse population of residents including accomplished mountaineers and Olympic athletes; this is Canmore.

### KANANASKIS

An impressive mountain landscape spilling across a series of protected provincial parks. Emerald green waterways, unspoiled wilderness and snow-capped mountain peaks, home to four-season activities for all levels of adventurers; this is Kananaskis.

## CANMORE KANANASKIS STORY STARTERS

### Mountain Culture

The Canmore Winter Carnival is an annual celebration of the season and a popular community tradition for more than 20 years with events including ice carving, snow sculpting, dog sled racing, the Bonhomme Carnival, and more!

### Sports and Recreation

For the last 17 years, each July 1650 participants bike for 24 hours at the Canmore Nordic Centre. 24 Hours of Adrenalin is one of the most popular mountain biking events in North America.

### Adventure

We have an adventure for all fitness levels and interests. Hike, ice climb, rock climb, mountaineer, scramble, mountain bike, wiggle your way through an underground cavern

### Health

From yoga to acupuncture, cosmetic surgery to myofascial release, and reflexology to holistic medicine, Canmore is home to skilled, certified practitioners capable of making even the most urban-stressed body feel its fresh-mountain-air best.

### Culinary

The Grizzly Paw Brewing Company has the recipe for success and it is craft beer brewed with mountain fresh water and all natural ingredients. Recently a new state of the art micro-brewery and tasting room was opened to meet demand for their small-batch beer.

### Environment

Canmore is headquarters to the Yellowstone to Yukon Conservation Initiative. Their vision is to restore and maintain the connections between Y2Y to ensure the health of its eco-systems, wildlife and the people who depend on it. Cougars, bears, wolves, coyotes



### Olympic Legacy

The 1988 Calgary Winter Olympic Games brought the downhill skiing events to Nakiska in Kananaskis, while cross-country skiing and biathlon competitions took place at the newly built Canmore Nordic Centre. With TV coverage showcasing Canmore Kananaskis' natural beauty all over the world, the secret was out.

### Lifestyle and Locals

There are more Olympians per capita living in Canmore than any other place in the world. Retired athletes and the national cross country and national biathlon teams call Canmore home.

Visitors to the area can be hosted by ski legends Sara Renner and Thomas Grandi. The husband and wife duo operate Paintbox Lodge which offers a ski and stay package where you can cross-country or Alpine ski with them.

### Family Travel

Sit back in comfort in a helicopter as it propels you to new heights above the Rocky Mountains and lands in a serene alpine meadow blanketed in a rainbow of wildflowers where you will embark on a spectacular hike. In the winter trade in hiking boots for a mountain top snowshoe experience.

### Wellness

Canmore has developed as one of the country's most respected and enchanting wellness centres. One of the cutting edge centres offers a collaborative approach to health and wellbeing by combining functional medicine with complimentary practices. This is also the only clinic in Canada to offer brain mapping technology which assesses and diagnoses brain health.

### Canmore Uncorked

Regional food critics are touting Canmore as having the "best dining in the Rockies" and Canmore Uncorked is our opportunity to showcase just how remarkable our culinary scene is. Canmore Uncorked is our annual food and drink festival. Canmore Uncorked runs every April and includes prix fixe menus, incredible culinary events, cooking courses, and a long table dinner.

and other furry, four-legged neighbours roam freely in Canmore Kananaskis. Living with them quite literally in your backyard can pose a real challenge. A local organization called WildSmart is the area's go-to source for learning to cohabitate with the outdoor dwelling neighbours.

For more story ideas visit [www.tourismcanmore.com/media](http://www.tourismcanmore.com/media)