

# CANMORE

## *Kananaskis*

### There is a point for us all . . .

... when things seem to perhaps get a little too thick for effective swimming. I am convinced that Mother Nature designed spring as the refreshment break period, in our ongoing studies of this life, hence all the urges that seem to absolutely want to bust out of us as the days get longer, and warmer.

Stay with me on this now!

Following that thought I believe Mother Nature also created a number of places on this planet that are blessed with a power (ooh.. now you think I am losing it), a deep healing power, certainly intangible, hard to define and for some totally unimaginable I am sure.

Seriously though, why is it that “Feng Shui” is taken so seriously today by multi-national corporations, and hundreds of thousands of dollars are spent seeking perfect power alignments, and the like? Perhaps, just perhaps, there could be something there.

## *More*



Spring has arrived, a time of regeneration and rebirth. Skis and boards are relegated to storage shelves and hooks, while we engage in the rites of spring.

Here in Canmore, river side pathways finally clear of residual snow, and the numbers of joggers and walkers increase daily, as visitors to this mountain community blend their activities in with those of us that live here.

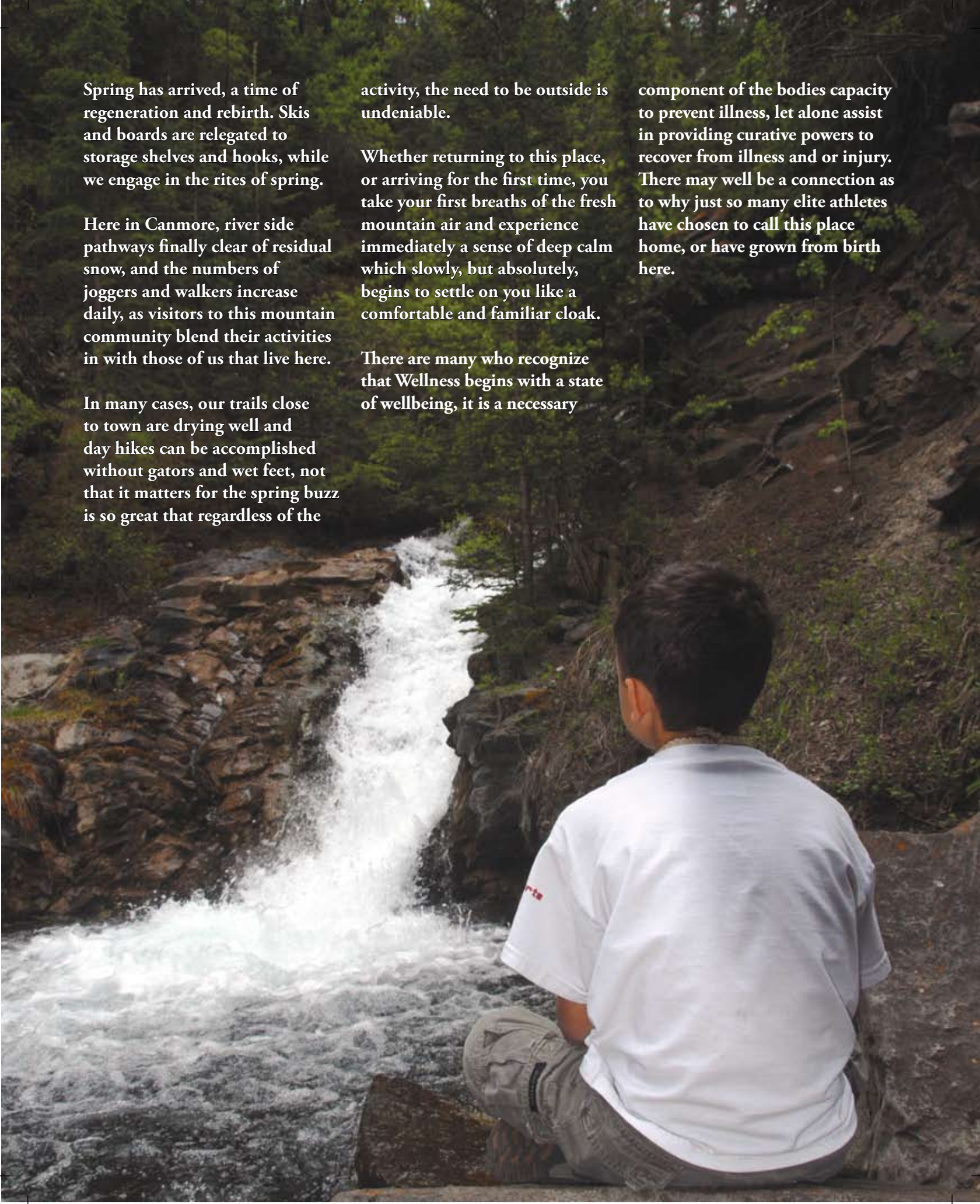
In many cases, our trails close to town are drying well and day hikes can be accomplished without gators and wet feet, not that it matters for the spring buzz is so great that regardless of the

activity, the need to be outside is undeniable.

Whether returning to this place, or arriving for the first time, you take your first breaths of the fresh mountain air and experience immediately a sense of deep calm which slowly, but absolutely, begins to settle on you like a comfortable and familiar cloak.

There are many who recognize that Wellness begins with a state of wellbeing, it is a necessary

component of the bodies capacity to prevent illness, let alone assist in providing curative powers to recover from illness and or injury. There may well be a connection as to why just so many elite athletes have chosen to call this place home, or have grown from birth here.



- 1883 Canmore Established based around the Canadian National Railroad and coal mining

- Coal Mines close July 1979

- Canmore hosts Nordic Ski events- Cross country and Biathlon during 1988 Calgary winter Olympics -really the beginning of Tourism in Canmore and a new era

- 1984 population approx. 3000
- 1994 population approx 7800
- 2004 population approx 13000
- 2006 population approx 16400
- 2008 population est over 17000

- Canmore Kananaskis has in excess of 3000 guest rooms

- 100 km of in town multi-use trails

- All recreational activities within 45 minutes of downtown

- 6 superior 18 hole golf resorts

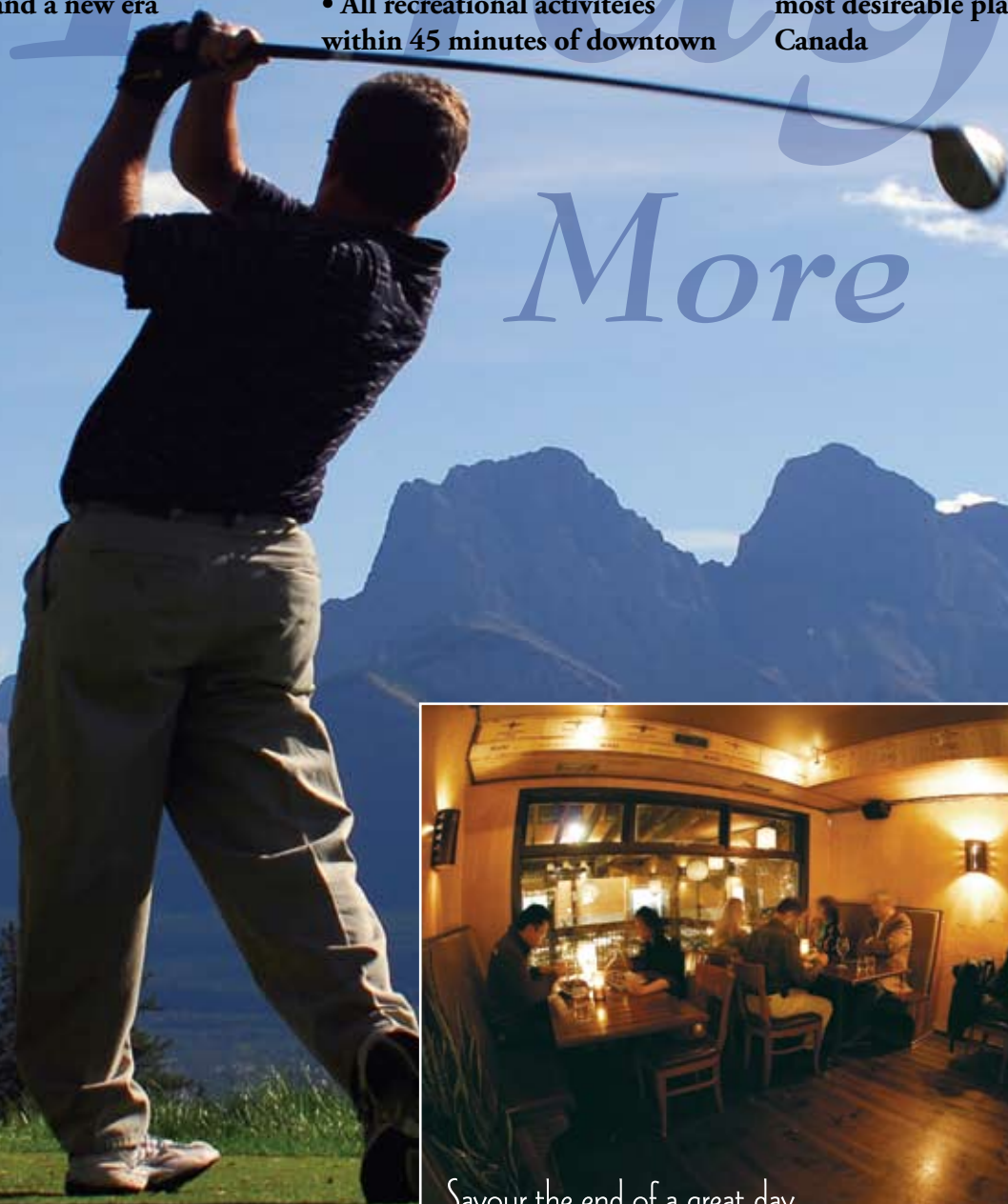
- Elevation 1309 M or 4296 Ft

- Over 300 hiking trails within 1 hour

- Consumers can now book Canmore directly on-line at [www.bestofcanmore.com](http://www.bestofcanmore.com)

- Canmore ranked among most desirable places to live in Canada

# Play More



Savour the end of a great day.

It won't take long to discover the wide selection of art galleries that are distributed along main street.

Step off Main Street and explore the restaurants and stores on 8th Ave, 9th and 10th Streets. To continue exploring shopping opportunities follow 10th Street to Railway Ave, where you can weave your way through the plaza at Railway Ave and 10th Street. There is still more to discover on Bow Valley trail.

Truly a walker's paradise, Canmore offers an incredible multi use trail system within the community (close to 50% being wheel chair accessible) ideal for romantic strolls and family walks, folks with little people will find a wide selection of playgrounds directly accessible from most of the trail system. Remnants of Canmore's bygone coal mining era can be found in various locations around the town, and most of the system can be used by bicycles and so allows for casual mountain biking without a need for any significant levels of previous experience.

Spring is a special time in the Canadian Rockies, and is likely the best time of year for those really serious about

viewing wildlife, and potentially securing some of those elusive photographs which we all dream about.

Canmore and Kananaskis Country offer some of the best front country opportunities to really achieve this. A short journey in to Kananaskis Country along the Smith Dorrien Trail above Canmore south to the Kananaskis Lakes will provide ample photo opportunities.

To protect yourself and your photo subjects, equip yourself properly - very long telephoto lenses are an absolute must 200 millimeter or better, as they will allow you to get the shots you desire without your becoming an obtrusive presence for the wildlife that you came to appreciate.

Definitely seeing some wildlife is the goal, however if the search or

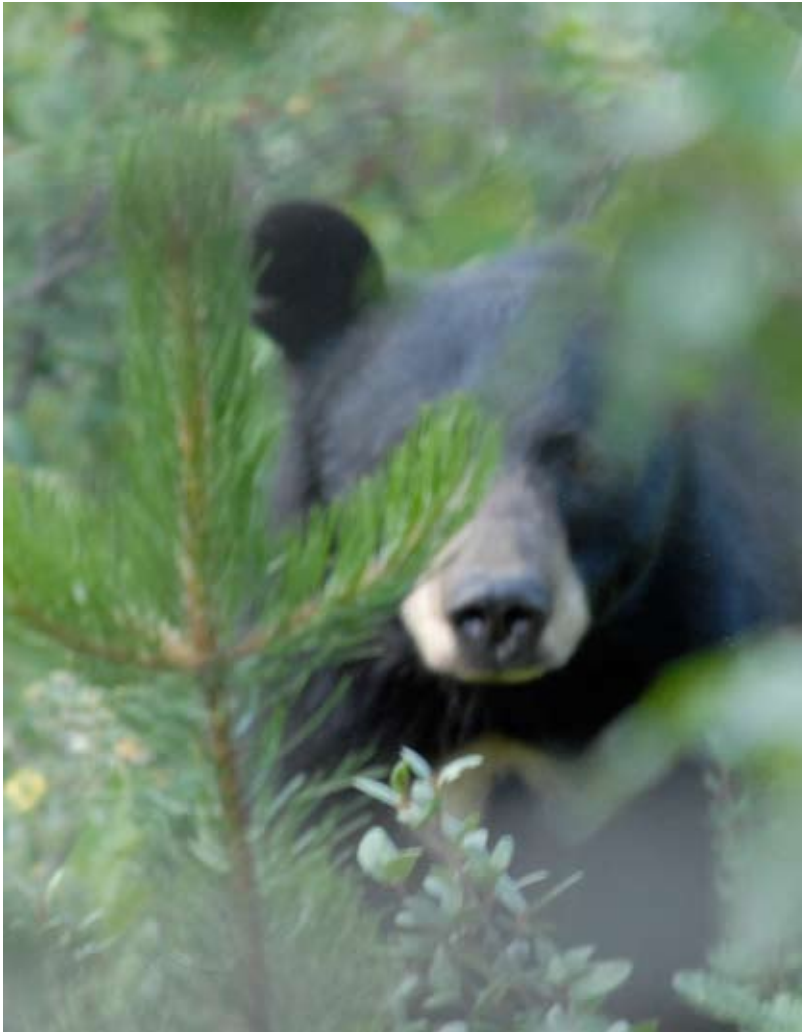
# Live More



trip along the way has an interpretive element then every trip is a success. Guided “drives” or road trips provided by professionals is the way to go, you are free to look around and become truly engaged in spotting, while your driver/guide provides a full interpretive of wildlife habitat, behaviour as well as some of the human history of the area of your search.

Most importantly your pro guide will assure you do all the right things, and this is critically important not just for your safety but once again we can't stress enough just how important this is for the survival of the animals you want so much to see. Far too often we allow our enthusiasm to get the better of us and the end result is

that the animals lose. Certainly one of the major concerns for the folks at Alberta Fish and Wildlife as well as Alberta Tourism Parks & Recreation (Conservation officers) is human interaction with wildlife. As more of us venture out into wildland areas (even in the front country) the opportunity for wildlife to increasingly have contact with us increases, science refers to this as habituation, the point at which an animal becomes so accustomed to human presence that there is no natural fear or wariness on the part of the animal, in fact it at some point will cross the line to where our presence is associated with food in one form or another, this is definitely not good. So as you pursue the delights of wildlife watching be Smart.





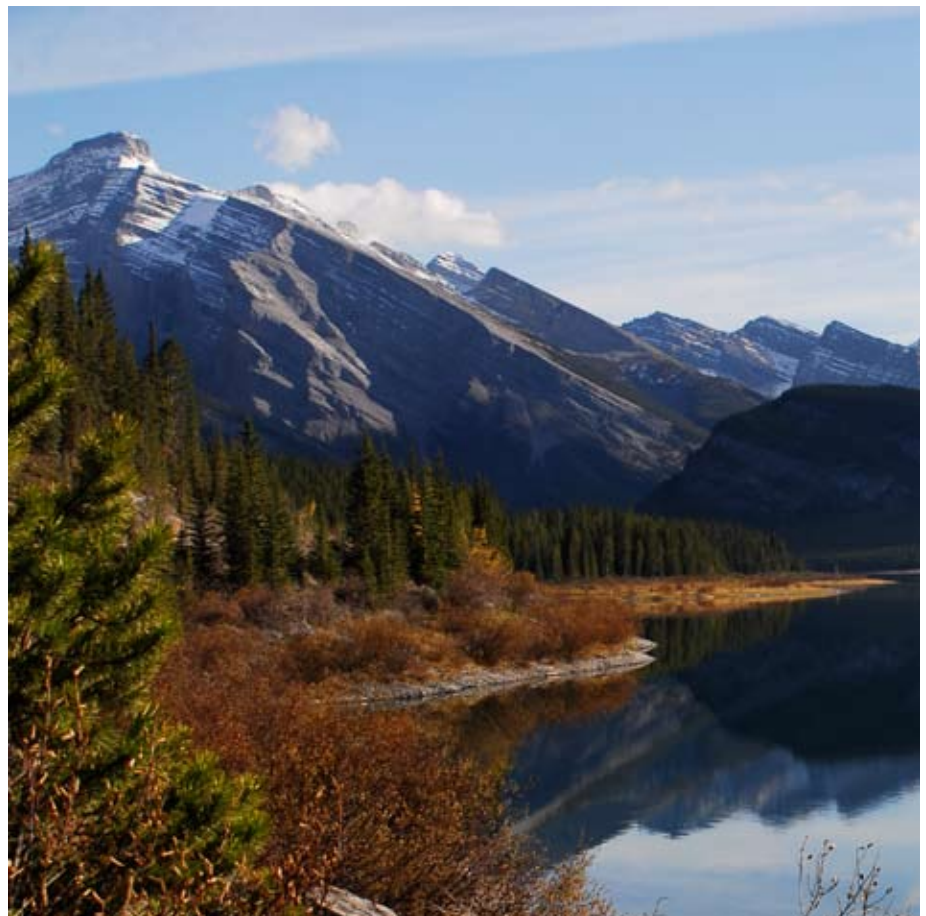
# YOUR ITINERARY

## DAY 1

Upon your arrival, take some time to explore the unique shops and charming Alpine village atmosphere of Canmore. The Canmore Museum & Geoscience Center will introduce you to the natural history of the area. Learn about the history of the 1988 Winter Olympics and the part Canmore had in them.

Minutes away from downtown, the walking trails by the Bow River are family friendly - flat and hardpacked gravel (mixed with paved), makes these river pathways ideas for strollers and bikes with training wheels. A 20 minute loop will take you across an old railway bridge, or you can extend your trip up to the Three Sisters area.

Take a mountain bike lesson at the Nordic Center. Built for the cross country skiing and biathlon events at the 1988 Winter Olympics, the trails are great for biking in the summer. You don't have to be an experienced biker as the guides will tailor the lessons to your ability level. In the event you do want to venture out on your own, or onto more difficult single track trails, you certainly won't get tired of the approximately 70 km network of marked trails and even more singletrack.



### Day 1

After a hearty breakfast, you'll be ready for your second day of exploring the area. Hike into Grassi Lakes or Grotto Canyon with an interpretive guide. Your knowledgeable guide will tell you about the history of the area, point out which plants can be used as food, and tell you stories of the pictographs you will see during the journey. An afternoon raft trip on the Kananaskis or Bow Rivers is sure to be fun for the whole family. As active participants on the Kananaskis River trip, you and your guide will be paddling down Class 1 - 3 rapids. Or, a calm float trip on the Bow River will allow you to watch for wildlife alongside the river. You'll end the trip with cookies and hot chocolate, as well as an incredible feeling of accomplishment. Finish the day with Canadian cuisine and a guaranteed Mountie sighting at the Oh Canada Eh? Dinner Show.

# 2

### Day 3

Explore the area by horse-back on your last day. Head into Kananaskis Country and let your horse do the walking - after all the activities you've done over the past couple days, you deserve it!

# 3





heli sightseeing...



fly fishing...



trail riding...





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