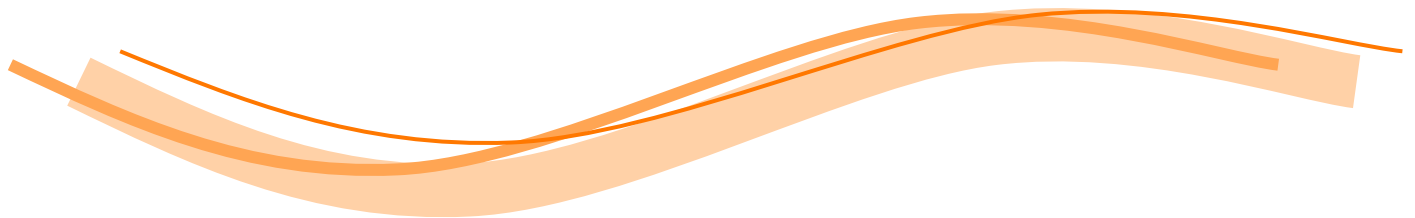




CANMORE, ALBERTA



<p>CANMORE, ALBERTA</p>	<p>Discover winter in Canmore...Canmore offers myriad winter outdoor activities, many of which can be tailored to suit your activity level and interests.</p> <p>Cross country ski the world class trails at the Canmore Nordic Center – a facility built for the 1988 winter Olympics and recently upgraded to host several World Cups. Trails are available for all levels of skiers from beginner to expert. There are also many groomed trails in Kananaskis that are available for the public.</p> <p>Snowshoeing is a great way to explore Canmore and Kananaskis' trails in winter. Just as easy as walking, this is an ideal way to get out of town and explore the natural scenery of the area. Short snowshoe trips take you to mountain lakes, and several meadows offer flat terrain to just enjoy the experience of being on snowshoes.</p> <p>See ancient rock drawings (pictographs) at Grotto Canyon while on an "ice canyon walk". Winter temperatures freeze the subterranean stream of the canyon, and as this process repeats, the floor of the canyon is transformed into an incredibly smooth sheet of ice. Strap on ice cleats over your shoes and you are ready to enter the canyon and see the pictographs.</p> <p>Cross country skiing, snowshoeing and the ice walk at Grotto Canyon are all accessible as self guided trips, however guided programs with an Aboriginal focus are also available. Learn how the Aboriginal peoples of Canada survived in the winter using only what was available naturally.</p> <p>Experience Canada's oldest form of transportation - dogsledding. Be a musher and guide a sled dog team across the incredible mountain scenery of the Spray Lakes. Or, sit back and enjoy the ride as a passenger and let the dogs do all the work.</p> <p>Explore the subterranean world of Rat's Nest Cave. Your guide will take you on a natural history tour into an exciting underground world, etched and sculptured over hundreds of thousands of years. Maneuver your way through twisting passages and chambers of stalactites and stalagmites which will take you down to the tranquil pool in the grotto.</p> <p>Winter fun doesn't need to take the form of an organized activity. Children can spend hours making and playing in snow tunnels, igloos and toboggan slides creating endless entertainment for themselves. Ice skating on the downtown pond is another popular activity.</p>
<p>Location</p>	<p>Enviably geographic placement positions Canmore, conveniently just West of Calgary, only 1.5 hours from Calgary's International Airport, 5 minutes East of Banff National Park (20 minutes to the town site of Banff), and virtually nestled into the northwest corner of Kananaskis Country, which is home to a multitude of Provincial and Wild-land Parks. Stand most anywhere in Canmore, turn around 360 degrees,</p>

	and you will fully appreciate the term “Mountain” community.
Geography	Canmore is at 1309 metres elevation. The town lies in the Bow Valley, named so for the Bow River that passes through it. Its mountain setting is noted for The Three Sisters. Mountains located adjacent to and visible from the townsite are Grotto Mountain (2706 m), Mount Lady Macdonald (2606 m), Mount Lawrence Grassi (2685m) and, most famously, the Three Sisters (2936 m; 2769 m; and 2694 m).
Name	Known as “Alberta’s Aspen”, the present Alberta Rocky Mountain location was named Canmore in 1884 by Donald A. Smith, a Canadian Pacific Railway pioneer.
Population	Around 15,000 of which 12,000 are permanent residents
Time zone	Mountain time, 2 hours behind EST
Health	Remember travel insurance, even for inter-provincial travel in Canada
Safety tips	If venturing into the back-country, ensure that you provide some one with your travel plans and contingency

CLIMATE	
General climate	Canmore's climate is relatively mild compared to most regions of Canada, with the coldest day in January averaging only –8 C, with very low humidity. Summers are warm and dry, and the area boasts, on average, 330 days of sunshine annually.
Today’s weather	Minus 6 degrees Centigrade and sunny with cloudy periods as at 22 November 2008
Best time to visit	Definitely a town for all seasons, Canmore moves effortlessly from season to season and you can be as laid back and casual as you like or as active and engaged as you desire. Recreational opportunities abound, with Recreational Facilities, absolutely more hiking than you can shake a stick at with enough variety to accommodate all levels ranging from casual walks on in town trails, to significant backcountry excursions which means naturally that there is also incredible cross country skiing and snow shoeing in wilderness settings. Within a 15 to 60 minute drive are 5 Ski Hills to enjoy. Mountain Biking in summer on the trails of the Nordic Centre will yield to the soft swish of Cross Country skies as Olympians and beginners alike enjoy the incredible 1988 Olympic legacy facility of the Canmore Nordic Centre

GETTING THERE	
Flying time	5 hours from Toronto and 6 hours from Montreal
Cities	Calgary is just over an hour away
Distances	Distance and time from Calgary Airport: 127 kms 1.5 hours
Trains	VIA Rail connects Canmore with both Calgary and Vancouver. The Rocky Mountaineer runs from Calgary and Banff to Vancouver – see Rocky Mountaineer Vacations in the Destinations section of this website
Car Rental	Most major brands are available in Calgary
Buses	Canmore is on the Trans Canada Highway, so there are excellent bus connections as well as an airport shuttle
Passes	Ski passes are great value for the 4 ski resorts in the area

ACCOMMODATION TYPES	I enjoyed The Lodges at Canmore and the Radisson Hotel and Conference Centre when I was last in Canmore , but there are plenty of
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	accommodations from B&B's to Lodges
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TARGET GROUPS	
Kids	<p>Kids love the Northwest Mounted Police Barrack which was built in 1893 when Canmore was a frontier town</p> <p>Canmore Centennial Museum and Geoscience Centre: showcases the history of the town from coal mining to the Olympics - and 350 million years of geological history of the area</p> <p>The annual Canmore Children's Festival is a two-day event providing an array of children's entertainment, including acrobats, magicians, jugglers, music, theatre, storytelling, crafts, stilt-walking, dancing, face painting, and clowns.</p>
Teens	Almost every sport imaginable, from the winter activities described below to the summer sports: fishing, riding, hiking, biking, caving
Romance	Romance is in the mountain air!
Honeymoons & Weddings	<p>Canmore offers outstanding natural scenery for couples looking to have an outdoor wedding. There are several locations with varying amenities which can be utilized for wedding ceremonies. Two of the more popular locations include Quarry Lake Park and Riverside Park. Quarry Lake Park offers 360 degree views of the mountains in a natural setting. Pit toilets are nearby and parking is located about 300 metres from the site. Riverside Park located on the East bank of the Bow River is more manicured, has easy access and provides beautiful views of the river and of the majestic Three Sisters</p>
Seniors	Just relax and take in the magnificent mountain scenery all around; day tours can take you to the heart of the mountains and gondolas can take you to the summits safely and effortlessly.

UNIQUES	Helicopter tour with Alpine Helicopters
Surprising	Canmore was once a coal mining town...now it is the heart of eco-tourism in the Canadian Rockies
History	<p>Throughout the day, and all night too, the rumble of the Canadian Pacific Railway train, snaking along the valley floor, evokes the sound of history in the Bow Valley. In fact, the CPR is almost singlehandedly responsible for the settlement of Banff and Canmore.</p> <p>In Banff, the discovery of hot mineral springs in a spectacular setting led CPR bigwig William Cornelius Van Horne, to snap up the best views for the luxurious and highly publicized hotel.</p> <p>In Canmore a CPR switching station and a juicy vein of coal (read: train fuel) were responsible for Canmore's humble beginnings. Banff developed as a retreat for the rich and a wilderness paradise for the intrepid; Canmore attracted the working man and his family. And they were both named by a homesick Scot: Banff is the capital of Banffshire in northeastern Scotland where Malcolm Canmore had his residence. Until quite recently Banff and Canmore were rival towns: Banff smiled pretty for the visitors and Canmore was smudged with coal smoke and dust. Since the mines closed in 1979, Canmore has diversified its economy, and the rate of growth in Canmore has accelerated to surpass that of Banff. Both towns now open their arms</p>

	<p>wide to welcome visitors from around the world. The first train rumbled through Canmore in 1884 and a tiny settlement sprang up at the dividing point on the rails. Three years later, the first coal mine opened at a site below what has been known until recently as Chinaman's Peak. It's now called Ha Ling Peak.</p> <p>The town's first baby was born in 1888; by then there were stores, bakeries and dairies. The first church was built in 1891 and a small log schoolhouse in 1894. At the turn of the 20th century, Canmore was part of Banff National Park and remained so until the 1930 National Park Act deemed mining inappropriate for a National Park. Rather than removing the mine, they moved the Park boundary. Bankhead, a coal mining town near Banff at the base of Cascade Mountain, was shut down, and many of its houses were moved to Banff and Canmore.</p> <p>In 1979, when the last mine closed down, Canmore's outlook was somewhat bleak. In 1988, however, the Calgary Winter Olympic Games ushered in a new era. The cross-country ski and biathlon events were held here at the Canmore Nordic Centre, a facility built especially for the Games. The Nordic Centre is the most tangible legacy of the Games, and is still much in use today for world-class sporting events as well as for recreational athletes. However, the new prosperity of Canmore is another legacy of the Games. People began to realize the almost unlimited possibilities for outdoor experiences here, and the world began to take notice</p>
Books	<p>Frommer's Banff and Jasper National Parks Frommer's Alberta</p>
1000 Places to see before you die	Banff National Park
Must Sees	<p>Canmore Nordic Centre Opened in 1988 for the Calgary Winter Olympics, the Canmore Nordic Centre offers over 70 kms of groomed trail. Recreational cross country skiers will often share the trails with Olympic athletes in training. Summer use of the Nordic Centre trails changes to mountain biking. The Nordic Centre is home to the 24 Hours of Adrenaline event</p>

SPORTS ACTIVITIES	Winter and summer, Canmore is a sports wonderplace!
Golf	<p>There are 3 Championship 18 hole courses in town and 3 additional 18 hole courses within 45 minutes of Canmore</p> <p>The Les Furber-designed SilverTip Golf Course (tel. 403/678-1600; www.silvertipresort.com) is an 18-hole, par-72 course high above Canmore, off SilverTip Drive. You'll look eye-to-eye with the Canadian Rockies here. Boasting a length of 7,300 yards, the course has sand bunkers on all holes, and water on eight. Greens fees range from \$119 to \$145. Also at Canmore is the new Stewart Creek Golf Club (tel. 877/993-4653; www.stewartcreekgolf.com), with 18 holes, 32 bunkers, and a beautiful location below the Three Sisters peaks. The course measures 7,150 yards and incorporates natural lakes, streams, and even historic mine entrances. Greens fees range from \$145 to \$165, and include use of a golf cart.</p>

<p>Skiing</p>	<p>Four great ski areas are close to Canmore:</p> <p>Nakiska 40-minute drive from Canmore in beautiful Kananaskis Country, Nakiska offers a great mix of runs, with family cruisers, amazing glades, and steep corduroy runs to race down (evoking the 1988 Olympics, perhaps - Nakiska hosted the downhill events)</p> <p>Ski Banff @ Norquay Only 15 minutes from Canmore, the mighty Quay is where locals sneak away for 10 or 20 runs before heading to the office at lunch. It has plenty to offer skiers and riders all day long, and the only night skiing in the area every Friday. The terrain ranges from gentle beginner runs that provide areas to build confidence and skill, up to heart pounding double black diamond runs that will challenge any expert. For snowboarders, there is a sensational halfpipe that is sure to be a hit with the experts. The park also features gap jumps, table tops, 1/4 pipes for all levels of riders. Free riding all over the mountain is a delight with glades, steeps and wide open cruisers.</p> <p>Sunshine Village Only twenty minutes from Canmore, the Sunshine high-speed gondola whisks skiers up to the village at 7,000 feet. From there, numerous high-speed quads spread out all over the area - most above treeline for beautiful views and wide-open cruising. Sunshine is renowned for its all-natural snowfall - located on the Continental Divide, the resort gets over 10 m (33 feet) of snow every year. There's something for everyone, with 22% green, 31% blue, 42% black, and 5% double black. The famous Delirium Dive provides added thrills for those with shovels and peeps. Snowboarders rave about the terrain park and halfpipe, as well as powder stashes too numerous to count.</p> <p>Lake Louise In one hour from Canmore, you can be at the top of Lake Louise, looking over the Bow Valley and preparing for an epic day of skiing or riding. With Canada's largest snowmaking network, and more than 4000 acres of spectacular terrain for all skier capabilities spread over four mountain faces, the famous Rocky Mountain resort offers 10 lifts to visitors.</p>
<p>Horse riding</p>	<p>Rafter Six Ranch is just 20 minutes away: it's an old-school guest ranch with daily trail rides in summer</p>
<p>Hiking</p>	<p>For those who like to get up close and personal with the wilderness, Canmore is an ideal staging point for a long walk into the backcountry, whether you venture into Banff National Park or the less well-known Kananaskis Country. Both begin only five minutes' drive from town. A half-day hike will introduce you to the wilderness, but to really take it in, you need to be out at least overnight. If you've never experienced this before, you might want to get a guide. Guiding companies can take you to places that will remain etched in your memory forever. And they take care of all the logistics for you. Those who would like to be out there, but have no desire to sleep on a Thermo-Rest, will enjoy the wilderness lodges that are dotted around the area, far from town and in most cases a hike in. This can be the best of both worlds - wonderful hiking by day, fabulous meals and a</p>

	<p>comfy bed by night.</p> <p>Grassi Lakes Hiking Trail is a very accessible and easy trail to start: Distance: 3.8 km return. Elevation gain: 250 metres. Time: 2 hours return. Location: Follow the Spray Lakes Road past the Nordic Centre to just after the end of the pavement. Turn left to reach the parking lot - the trailhead will be on your right. This wonderful hike climbs through the forest to two beautiful springs. Highlights along the way include a waterfall, wildflowers, and a panoramic view of Canmore and area.</p>
Cycling	<p>Canmore is one of the finest places in North America to mountain bike, and the locals revel in being able to access amazing terrain only minutes from downtown. Many riders head out after work - the Canmore version of happy hour - to enjoy the lengthy summer twilight. It's perfectly possible to get in a three-hour ride after work in July and August.</p> <p>The Canmore Nordic Centre offers rolling doubletrack - 70 kilometres' worth - and lessons for those who want to ease into the sport gently. Don't be fooled by this description, though: the Nordic Centre also hosted a stop on the World Cup Cross-Country Circuit for three years (1998 to 2000) and offers some wicked singletrack that has challenged the best in the world. Incredibly, it costs nothing to ride the summer trails at the Nordic Centre.</p>
Other Wintersports	<p>Cross country skiing: Fans of the skinny ski will delight in exploring the 70 kilometres of trails at the Canmore Nordic Centre, a legacy of the 1988 Winter Olympics. High-end rentals and lessons are available at the Centre where there's a lesson every day at noon, and private lessons can be easily arranged. Trails are immaculately groomed for skate and classic skiing, and there's a lit loop open until 9 p.m. nightly.</p> <p>Ice climbing: A local ice-climbing festival, held yearly in March, has sprung up to celebrate the joys of the abundant icefalls that make Canmore such a mecca for climbers in winter. Many of the falls have very easy access, with short hikes in, which makes them even more appealing.</p> <p>Ice Climbing is also popular around Canmore and instruction is available. A local ice climbing festival takes place each March in Canmore.</p>
Dog Sledding	<p>Local dog-sled operators offer a number of different trips through the remote Spray Lakes region east of Banff National Park, and transportation is available from Canmore.</p> <p>When the temperature drops and the first flakes of snow begin to accumulate each fall, the dogs and their human companions know that people from around the globe will soon be flocking to the Alberta Rockies for the world-famous snow. Many of those visitors are eager to experience the thrill of running their own dog team from the back of the sled, with an experienced guide close at hand. Others are content to let their guide direct the dogs while they sit back and soak up the view. A sled-dog trip is fast becoming an integral part of a Canmore winter visit. Could there be a more quintessentially Canadian experience?</p> <p>Dogsledders get the opportunity to interact closely with the high-spirited Alaskan Huskies, learning everything from proper techniques for rigging a harness to keeping the pooch-powered sled under control. The best part is, no experience is needed - dogsledding is accessible</p>

	<p>to people of all ages and fitness levels. Local dog-sled operators offer a number of different trips through the remote Spray Lakes region east of Banff National Park, and transportation is available from Banff or Canmore.</p> <p>Mad Dogs & Englishmen are a multi-activity Sled Dog Touring company offering primarily guided Dog Sled & Ski-joring tours on trails within Kananaskis Country. Their trips range from 2 hour & half day to full day or multi-day on request. Each winter they work with the British Army for their winter adventure/survival training and have put together some extensive multi-day packages for them that they can pass on to you. They also work closely with other small guiding and accommodation companies in the area to put together exciting multi-activity packages, some including accommodation, that really give the visitor the full experience of what the area has to offer. They can accommodate larger groups and I have personally experienced the warmth and professionalism (and mad humour!) of Russell Donald, the owner, operator and guide.</p>
Caving	<p>Rats Nest Cave: Join Canmore Caverns on a winter tour of discovery to Rats Nest Cave, a wild natural cave with no artificial lights, boardwalks or handrails under Grotto Mountain near Canmore. Expert guides take you on a natural history tour of this exciting underground world. The Adventure Tour climbs & traverses large & narrow passages to a 60 ft rappel plus the Laundry Chute. The Explorer Tour is similar but no rappel. Tours are physically challenging. Minimum age is 10 years. www.canadianrockies.net/wildcavetours</p> <p>During the Pleistocene Glaciations of the past 1.6 million years, the dynamic melt waters of the ancient glaciers cleaved and carved the limestone rock in the Bow Valley to create Rats Nest Cave: a 4-km long cave system. In present day, the energetic waters have receded (as in the past) leaving behind their traces of glacial deposits, fossil animal bones, pools of sparkling clear water and glistening calcite formations, all for you to discover on our cave tours.</p>
Ice Walking	<p>Grotto Canyon Ice Walk with Mahikan Trails – this is a wonderful way to venture into a canyon that is inaccessible in summertime when a rushing torrent fills the canyon. In winter however, you can don special ice gripping cleats and walk on shiney sheets of blue ice up this impressive cleft in the Rockies. The experience is even more memorable when undertaken by moonlight and torches, which is what I was fortunate enough to do on my previous visit to Canmore. www.mahikan.ca</p>

CULTURE	
Arts	<p>While Canmore is becoming better known in Canada as a superb outdoor playground, it has always been a haven for artists. This small Rocky Mountain community has a roster of artistic talent out of all proportion to its population. Painters, sculptors, quilters, stained-glass artisans, musicians, writers, photographers, furniture makers, potters, glass blowers, jewellers, blacksmiths, filmmakers, actors, singers, chefs - all make their home in Canmore.</p>

	<p>The CAAG gallery (Canmore Artists' and Artisans' Guild) features ongoing exhibits - everything from the Kids' Art Show in November to quilting displays and more traditional paintings, photographs and watercolours. Admission is free. The gallery is located on 8th Avenue just behind Main Street.</p>
Music	<p>The Canmore Folk Music Festival is held annually on the Heritage Day long weekend in August at Centennial Park on the Stan Rogers Stage. The festival has played host to the likes of Ry Cooder, Stan Rogers, Arlo Guthrie, The Arrogant Worms, The Paperboys, The Rankin Family, Moxy Früvous, Oscar Lopez and many other notable artists. The Canmore Folk Music Festival is the longest running music festival in Alberta, and 2008 will be its 31st year.</p>
Films	<p>Many feature films have been shot in the Canmore area, including Brokeback Mountain, Open Range, The Edge, Legends of the Fall, Shanghai Noon, Mystery Alaska, Snow Dogs, the pilot episode of Everwood, and others. The town was also popularized by the late John Morgan of the Royal Canadian Air Farce with his monosyllabic character "Mike from Canmore".</p>
Museums	<p>Canmore has one museum, the Canmore Museum and Geoscience Centre located along 7th Ave in the town hall. At this museum a window is opened onto Canmore and its surrounding mountain landscape. Explore the people, places and stories about the town past and present – its mining heritage and the dramatic geology of the Canadian Rockies. The Museum is located in the environmentally green Civic Centre, having moved there in 2005. The Canmore Museum and Geoscience Centre is operated by the Centennial Museum Society of Canmore, which was established in 1984. Its mandate is to tell the stories of our mountains and our communities for present and future generations. Early Canmore: Boxcars and Coaldiggers is a permanent exhibition, and the Geoscience Centre presents a variety of displays about the geology of the region. Ongoing temporary exhibitions addressing contemporary issues as well as presenting local histories.</p>
Festivals	<p>The Canmore Highland Games are presented annually by the Three Sisters Scottish Society on the September long weekend. They are in their 18th year. The games host a ceilidh, heavy lifting competitions, piping and drumming, and highland dance events. Mozart on the Mountain is an outdoor concert presented annually by the Calgary Philharmonic Orchestra.</p> <p>The annual Festival of Eagles is a celebration of the Golden Eagle autumn migration over Canmore and the Bow Valley. The weekend celebration, currently in its 13th year, includes guided hikes, bird walks, interpretive displays, theatrical performances and guest speakers. Spotting scopes are set up at Canmore Collegiate High School.</p> <p>The Vic Lewis International Band Festival is held every November. It is in its 12th year. The festival hosts up to thirty-two concert bands, wind ensembles and jazz bands from across Alberta who play for some of the most well-known band directors in North America. Previous directors have included Tim Salzman, Paul Read, Gillian Mackay, and</p>

	<p>Tommy Banks. More than 800 students in junior high and high school bands perform for adjudicators, participate in workshops, listen to faculty recitals and give public performances during the two days and two nights of the festival. The festival takes place at Canmore Collegiate High School and the Canmore Recreation Centre with evening gala performances at the Oh Canada, Eh?! Theatre.</p> <p>The annual Canmore Children's Festival is a two-day event providing an array of children's entertainment, including acrobats, magicians, jugglers, music, theatre, storytelling, crafts, stilt-walking, dancing, face painting, and clowns.</p> <p>The Canmore ArtsPeak Arts Festival is held in June and celebrates Canmore's artistic spirit by featuring performing artists, artists and artisans, an art walk, a literary festival, film screenings, and street performers.</p> <p>The Canmore Ice Climbing Festival, presented by Arc'teryx, is an international event held in December. The main feature is an 18-metre (60-foot) manmade icewall constructed on Canmore's downtown fringe from chicken wire, scaffolding and long hoses. Events include an exhibitor tent, climbing clinics, and renowned guest speakers.</p> <p>24 Hours of Adrenalin a mountain bike event series in North America, and it comes to Canmore as an annual event. The sporting part of 24 Hours of Adrenaline revolves around a massive relay race, where solo riders or teams of up to ten people compete to ride as many laps as possible in a 24-Hour time frame.</p> <p>The Trans Rockies Challenge is a difficult mountain bike race. 350 two-person teams make their way over the Continental Divide through almost 600 kilometers of wilderness trails. The race finishes in Canmore.</p> <p>The Rocky Mountain Ski Challenge is an annual ski marathon hosted by the Canmore Nordic Ski Club.</p>
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ATTRACTIONS	
Wildlife	This is a town where bear and elk wander into backyards, and play stops on championship courses when bighorn sheep cross the fairway. Common wildlife include bears, cougars, coyotes, squirrels, elk, deer, rabbits, and a wide variety of birds.
Parks	The great Rocky Mountain National Parks, a UNESCO World Heritage Site, begin just 5 minutes out of town. Canmore is the perfect base to explore this world renowned region, winter or summer.

OTHER ACTIVITIES	
Shopping	Canmore is an excellent place to buy art. For an authentic souvenir of the mountains, visit galleries on Main Street and along Bow Valley Trail that feature local artists' work. Even coffee shops usually have prints or photos on display for sale. Unique pieces of functional art, often with a rugged mountain theme,

	are a Canmore specialty. Several local artisans produce exquisite log furniture, wrought iron, and pottery - items that give joy every time they are used.
Nightlife	The Oh Canada Eh Dinner Show has two dinner show locations, one in Niagara Falls, Ontario and a second in Canmore. The Oh Canada Eh Dinner show is a musical celebration of Canada providing a truly unforgettable Canadiana experience in fun and lively dinner theatre presentation. This dinner show features Canadian music, Canadian performers and a totally Canadian meal.

CUISINE	
Food	All kinds of great food is available, from fast food to gourmet, and coffee shops are a local speciality
Restaurants	CrazyWeed Kitchen Inc is a trend setting fusion restaurant on Main Street, whilst Zona's Late Night Bistro is a local favourite. I enjoyed the hospitality at The Trough Dining Co when I was last in town: www.thetrough.ca
Beer	The Grizzly Paw Brewing Company in Canmore has great house-brewed beer like Rutting Elk Red...a beer with bite! www.thegrizzlypaw.com

MORE INFO	Tourism Canmore are located at 907 - 7th Avenue in downtown Canmore, opposite the Civic Centre.
Brochures	Phone: 1-866-CANMORE
Website	www.tourismcanmore.com

CFRB HOTEL PRIZE PARTNER	Falcon Crest Lodge Address: 190 Kananaskis Way, Canmore, Alberta T1W 3K5 Phone: 1-866-609-3222 Fax: (403) 678-6148 Email: info@falconcrestlodge.ca Website: www.falconcrestlodge.ca
Location	One of Canmore's finest hotels, with unparalleled elegance and finishing with granite counters, marble throughout, and soft duvets. The Falcon Crest Lodge offers two outdoor hot tubs and an exercise room. The lodge is centrally located to four world class ski resorts, as well as six world class golf courses and many other activities for the whole family. Facilities include: Gas fireplace in all rooms Kitchens or kitchenettes Private deck with gas barbeque 27" TV with DVD players and Cable TV Outdoor hot tubs with grand views of the Canadian Rockies Air conditioned rooms and suites Exercise room Tennessee Jacks Rotisserie Chicken and Ribs Restaurant with licensed lounge

CJAD HOTEL PRIZE PARTNER	Best Western Pocaterra Inn Address: 1725 Mountain Avenue, Canmore, Alberta, Canada Phone: (403) 678-4334 Fax:(403) 678-3999
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	<p>Email: info@pocaterrainn.com Reservations: 1-888-678-6786 Website: www.pocaterrainn.com</p>
<p>Location</p>	<p>Nestled amidst towering peaks, Best Western Pocaterra Inn in Canmore is the ideal location to explore and experience the Canadian Rockies. A relaxing atmosphere, tastefully appointed rooms and friendly hospitality are the perfect complement to your visit to the Canadian Rockies.</p> <p>They have free wireless high speed internet service throughout the hotel, as well as a complimentary internet kiosk in the lobby.</p> <p>Facilities include:</p> <ul style="list-style-type: none"> Complimentary continental breakfast Indoor pool, with waterslide Hot tub - Whirlpool Steam room Exercise facility Game room
<p>PERSONAL EXPERIENCES</p>	<ul style="list-style-type: none"> Lake Minnewanka Boating Skiing at Sunshine Village, Mount Norquay and Lake Louise Kananaskis Country Dogsledding with Mad Dogs and Englishmen Dog Sled Co Grotto Canyon ice walk with Mahikan Trails (Jan 2007) Skibiking at Sunshine Village Wildlife: grizzly bear, coyote, deer, elk, wolf tracks Restaurant: The Trough Dining Company