



## WELCOME TO ALBERTA'S CANMORE NORDIC CENTRE PROVINCIAL PARK

The Canmore Nordic Centre Provincial Park, site of the 1988 Olympic Winter Games Nordic events, continues to host regional, national, and international events. The trail system offers a wide variety of cross-country ski options, from competitive to recreational. Ski along a quiet forest trail or challenge yourself on one of the many cross-country or biathlon trails used by world class competitors. The Canmore Nordic Centre Provincial Park is part of the larger Kananaskis Country.

**All trails are groomed and track-set to accommodate both classic and skating techniques. A 6.5 km track is illuminated for night skiing.**

*Please note that portions of the trail system and stadium area may be closed to public skiing during events. Please obey notices and trail closure signs.*

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. The wildlife you see here move throughout this large ecosystem. To help protect the animals and health of the ecosystem, please minimize your impact on the environment.



### THE DAY LODGE

The Day Lodge is open from 9:00 a.m. to 9:00 p.m. during the winter and 9:00 a.m. to 5:30 p.m. in the summer.

In the Day Lodge you will find:

- Administration Desk
- Day and season pass sales
- Current Trail Conditions reports
- Information about the Canmore Nordic Centre Provincial Park
- Reservations for Meeting Rooms
- Reservations for Ski Wax Rooms
- Public washrooms, Lockers, and Showers
- Food and Beverage Service

### SKI LESSONS AND RENTALS

A full service ski shop is located on site and offers group and private lessons, rentals, accessories, repairs, and waxing.



### TRAIL INFORMATION & WINTER SAFETY TIPS

- A trail head for recreational skiing is located north of the Day Lodge. The trail head sign at this location will direct you to the entire trail system.
- 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 select appropriate trails for your ability based on the degree of difficulty ratings shown on the map, brochure, and trail reports. Novice skiers may have difficulty with some downhill sections.
- Many of the trails are one-way. Please travel in the correct direction and keep to the right hand side of the trails. Obey signs for both travel direction and trail closures.
- Notify Canmore Nordic Centre Provincial Park staff of any trail hazards you may encounter.
- All-terrain vehicles, horses, and dogs are not allowed on the trails.
- 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, ski with a partner. Be alert for signs of frostbite, hypothermia, and fatigue.

## CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always check posted trail conditions.
- 2** Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.
- 3** Always ski to right when meeting on-coming skiers and when skiing on double track.
- 4** Yield the track to faster skiers and skiers calling 'track'.
- 5** Ski in control. On two-way trails descending skiers have the right-of-way.
- 6** Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.
- 7** Do not litter. Take out what you pack in. Respect all property.
- 8** Report all incidents.

**Know the Code - Be Safety Conscious  
It is Your Responsibility**



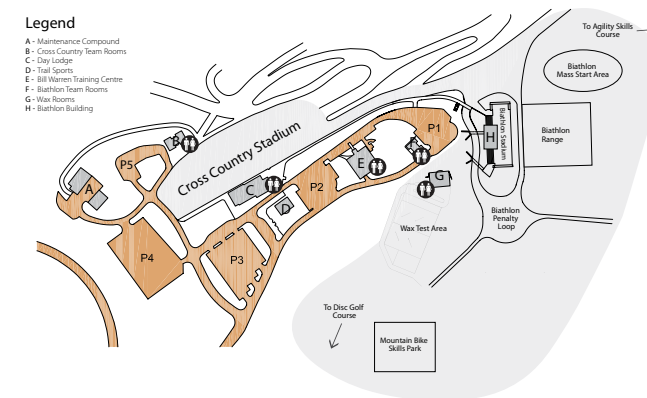
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### OTHER ACTIVITIES OR MAPS

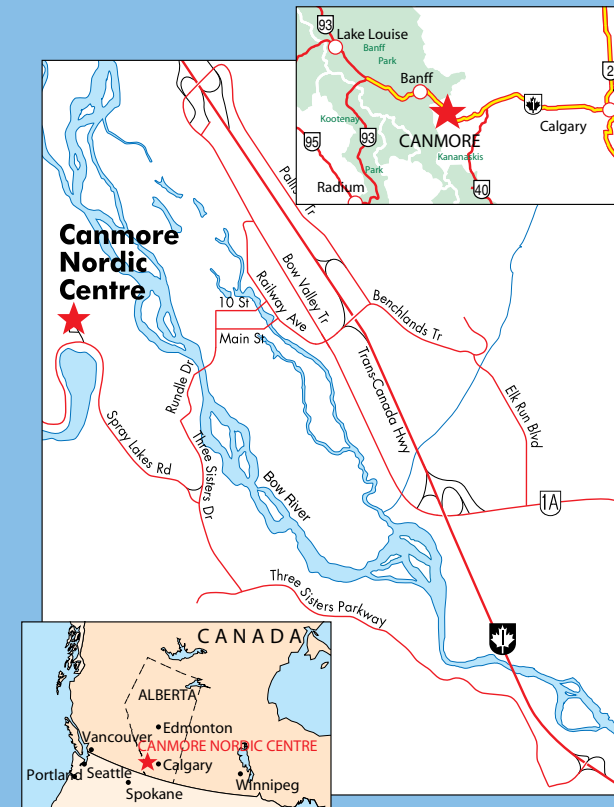
Enlarged maps of the Cross Country and Biathlon competition trail are available upon request. Information on meeting rooms is available in the Canmore Nordic Centre Provincial Park Facility Guide (available at the information desk in the Day Lodge)

**In the summer...**

Pick up the summer trail maps to enjoy mountain biking and hiking. Separate maps for Orienteering and Disc Golf are available.



**CANMORE  
NORDIC  
CENTRE  
Provincial  
Park**



### FOR MORE INFORMATION

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.Kananaskis-Country.ca](http://www.Kananaskis-Country.ca)

Alberta Tourism, Parks and Recreation Ministry  
Parks, Conservation, Recreation & Sport Division

Suite #201, Provincial Building  
800 Railway Avenue, Canmore, Alberta, T1W 1P1

**EMERGENCIES 9-1-1, Ask for Kananaskis Dispatch or go directly to the administration desk in the Day Lodge.**

### Wildlife Sightings

To report a sighting of a bear or cougar go directly to the administration desk in the Day Lodge or call Kananaskis Dispatch at 403.591.7755

Lessons, Rentals, Ski/Bike Shop: 403.678.2400 Ext. 208  
Fresh Trax Café: 403.678.2400 Ext. 209  
Corporate Events & Weddings  
CDM Consulting Group: 1.866.609.0245

CANMORE NORDIC CENTRE  
PROVINCIAL PARK

## CROSS-COUNTRY SKI TRAILS



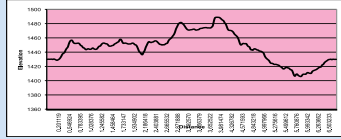
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**CANMORE  
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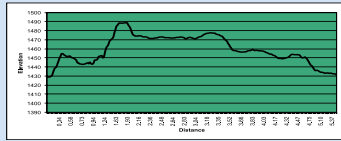


TRAIL INFORMATION

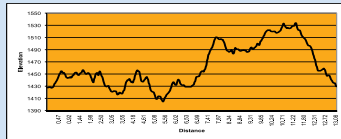
- **Banff Trail Loop (Illuminated Trail)** – 6.5 km Loop  
Short Cuts: Turn around at any point (it's all two-direction trail)



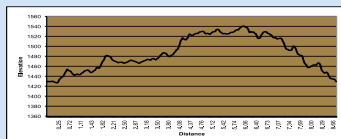
- **Banff Trail** – 11 km Return  
Short Cuts: Turn around at any point (it's all two-direction trail)



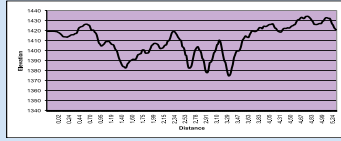
- **Bow / Meadowview Trail** – 13 km Loop  
Short Cuts: Junction 8, 9 or 34 – Head back on Banff Trail



- ◆ **Bruin Trail** – 9 km Loop  
Short Cuts: Take Meadow View Trail from Junction 35 to 23 ●  
Take Meadow View Trail from Junction 42 back to Day Lodge ●



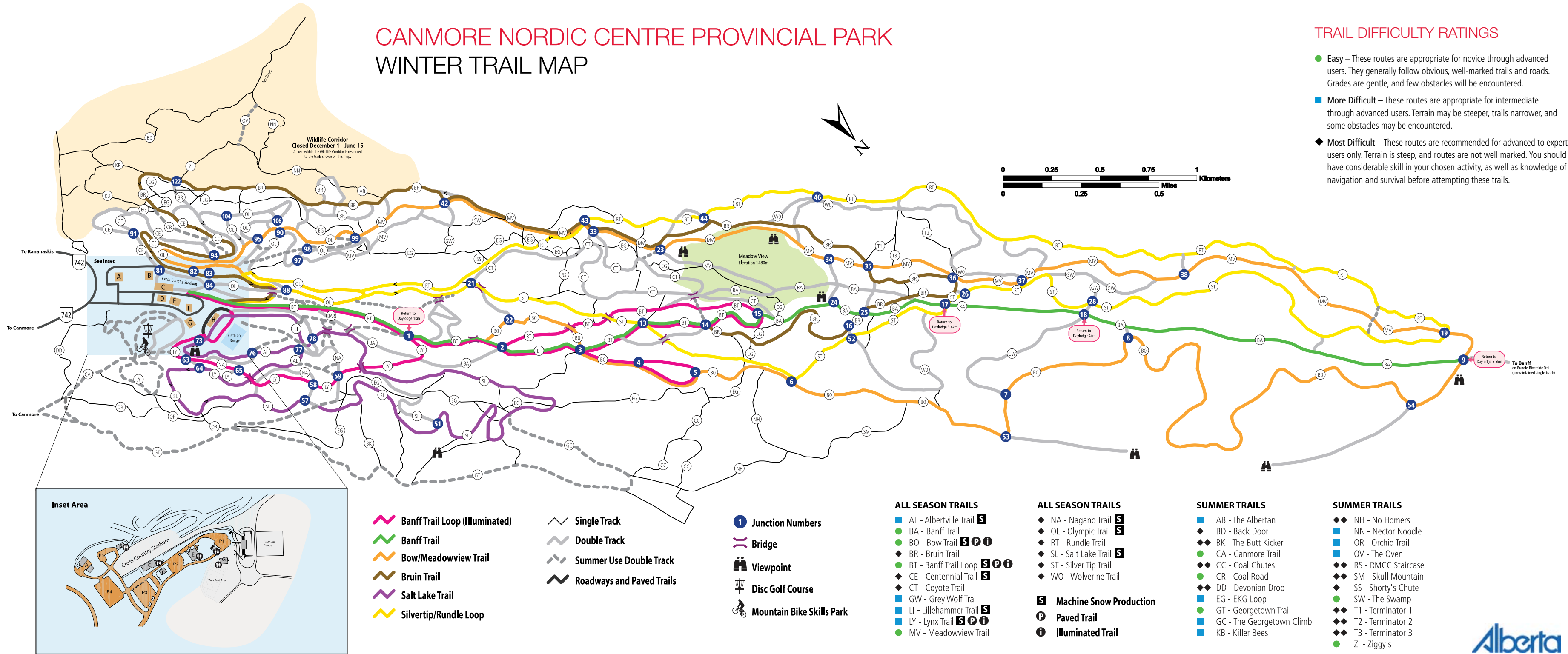
- ◆ **Salt Lake Trail** – 5.5 km Loop  
Short Cut: Junction 57 – Stay Left on Machine Snow (2.5 km Loop)  
Junction 51 – Stay Left (3.75 km Loop)



- ◆ **Silver Tip / Rundle Trail** – 12 km Loop  
Short Cuts: Junction 17 – Head back on Banff Trail ●  
Junction 19 – Head back on Meadowview Trail ●



CANMORE NORDIC CENTRE PROVINCIAL PARK  
WINTER TRAIL MAP



- Banff Trail Loop (Illuminated)
- Banff Trail
- Bow/Meadowview Trail
- Bruin Trail
- Salt Lake Trail
- Silvertip/Rundle Loop

- Single Track
- Double Track
- Summer Use Double Track
- Roadways and Paved Trails

- Junction Numbers
- Bridge
- Viewpoint
- Disc Golf Course
- Mountain Bike Skills Park

ALL SEASON TRAILS

- AL - Albertville Trail
- BA - Banff Trail
- BO - Bow Trail
- BR - Bruin Trail
- BT - Banff Trail Loop
- CE - Centennial Trail
- CT - Coyote Trail
- GW - Grey Wolf Trail
- LI - Lillehammer Trail
- LY - Lynx Trail
- MV - Meadowview Trail

ALL SEASON TRAILS

- NA - Nagano Trail
- OL - Olympic Trail
- RT - Rundle Trail
- SL - Salt Lake Trail
- ST - Silver Tip Trail
- WO - Wolverine Trail
- Machine Snow Production
- Paved Trail
- Illuminated Trail

SUMMER TRAILS

- AB - The Albertan
- BD - Back Door
- BK - The Butt Kicker
- CA - Canmore Trail
- CC - Coal Chutes
- CR - Coal Road
- DD - Devonian Drop
- EG - EKG Loop
- GT - Georgetown Trail
- GC - The Georgetown Climb
- KB - Killer Bees

SUMMER TRAILS

- NH - No Homers
- NN - Nector Noodle
- OR - Orchid Trail
- OV - The Oven
- RS - RMCC Staircase
- SM - Skull Mountain
- SS - Shorty's Chute
- SW - The Swamp
- T1 - Terminator 1
- T2 - Terminator 2
- T3 - Terminator 3
- ZI - Ziggy's