

# 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 you a wide variety of cross-country ski outings. You can ski along a quiet forest trail or challenge yourself on one of the many cross-country or biathlon trails used by world-class competitors.

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.

## DAY LODGE

- In the Day Lodge you will find:
- Current trail conditions
  - Information about the Centre
  - Day and season pass tickets
  - Public washrooms
  - Lockers
  - Showers
  - Food and beverage service
  - Reservations for meeting rooms (apply in writing two weeks in advance)
  - Reservations for ski-waxing rooms (apply in writing two weeks in advance)


## SKI LESSONS AND RENTALS

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

## TRAIL INFORMATION

Trails that are designated as Recreation Trails on the map are routes for skiers of all levels of ability. Beginning skiers may have difficulty with some downhill sections on these trails. Please refer to the trail descriptions to select appropriate trails for your ability.

*Most of the trails are one-way.* Please travel in the correct direction and keep to the right hand side of the trails. Obey trail signs for both travel direction and trail closures.



This symbol indicates a one-way trail—**Do Not Enter.**

## TRAILHEAD FOR RECREATION LOOPS

All of the recommended recreation trails begin at the same trailhead. This trailhead is located in the stadium area near the southwest corner of the Day Lodge. The trailhead sign at this location will direct you to the various recreational trail loops.


### Degrees of Trail Difficulty Signs

 Easy


 Intermediate

 Difficult

Green circle indicates an Easy trail section ahead. Blue square indicates an Intermediate trail section ahead. Black square indicates a Difficult trail section ahead.




Square signs with numbers are located at each trail junction. By using these numbers and the map in this brochure, you will be able to determine your location within the trail system.




Colored arrows indicate specific trails. By following the same color of arrows from junction to junction, you can remain on the same trail. For example, the blue arrow shown here indicates that you would be skiing on the 2.5 km recreational loop trail.

There are natural hazards in Canmore Nordic Centre Provincial Park. You are responsible for your own safety. Find out from staff of any hazards that may be in the areas you are travelling.


## DESCRIPTIONS OF RECREATIONAL TRAILS




**Banff Trail**  
This trail is recommended for beginning skiers. This 6 km long two-way trail runs to the boundary of Banff National Park. Since this is a two-way trail, you may turn around at any point. Please, for your safety and the safety of others, always stay to your right as you ski.




**Banff Trail Loop**  
This 9 km long two-way trail joins the Banff Trail at junction #130. This is an easy trail with gently rolling hills, making it an option for beginning skiers.




**2.5 km Recreational Loop**  
This trail has lights that allow you to ski at night. The trail utilizes part of the biathlon racecourse, so you may see biathletes with unloaded rifles. The trail has a full range of degrees of difficulty.



**3.75 km Recreational Loop**  
This trail is recommended for advanced beginners. It loops through the biathlon competitive trail system.



**10 km Recreational Loop**  
The 10 km recreational loop leaves the stadium by going under the west bridge. There are numerous up and down sections along the trail. You will ski through a large meadow near the middle of the Nordic Centre and be treated to spectacular views of the Bow River valley and the town of Canmore.



**15 km Recreational Loop**  
This trail will take you to the west end of the Nordic Centre and back to the stadium area. It is a demanding outing due to its length and the full degrees of difficulty along the route.

## WINTER SAFETY TIPS

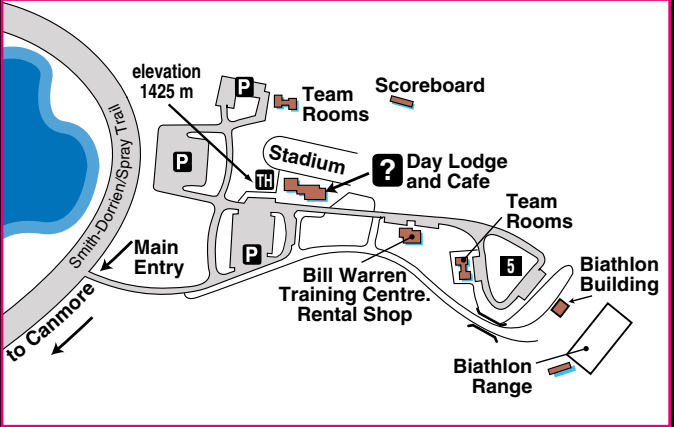
Don't be deceived by a beautiful day at the start of your trip and then find yourself unprepared for a rapid change in the weather. Extreme weather conditions can develop quickly in the mountains. Since trails are not routinely patrolled, you should take precautions and consider the following safety tips:

- Plan your outing. Select trails that are within your ability and skill levels.
- Check with the Day Lodge staff about weather and trail conditions.
- Whenever possible, ski with a partner.
- Be alert for signs of frostbite, hypothermia, and fatigue.
- Stay on the designated trails and obey the one-way travel signs.
- Obey the posted signs for grooming and snowmaking in progress.
- Always step off the trail when resting or adjusting equipment.
- Stay to the right and allow faster skiers to pass to your left.
- Pack out all your garbage.
- Please do not skate over track set trails.
- Do not travel beyond the designated trails because of avalanche danger.
- All terrain vehicles, horses, and pets are not allowed on the trails.
- During competitions and training sessions. Portions of the trail system may be closed to recreational skiers. Please respect these closures.
- Notify Nordic Centre staff of any trail hazards you may encounter.

Visit the Kananaskis Country web site!  
[www.gov.ab.ca/env/parks/prov\\_parks/kananaskis](http://www.gov.ab.ca/env/parks/prov_parks/kananaskis)

Canmore Nordic Centre Provincial Park is managed within Alberta's network of recreation 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 Rocky Mountain Ecosystem. The wildlife you see here wander throughout this large ecosystem. To help protect the animals and the health of the ecosystem, please minimize your impact on the environment.

### Facility Map



**INFORMATION REQUESTS**  
**Canmore Nordic Centre Provincial Park**  
**Suite 100**  
**1988 Olympic Way**  
**Canmore, AB. T1W 2T6**  
**Telephone: . . . . .(403) 678-2400**  
**Fax: . . . . .(403) 678-5696**  
**Email: . . .Canmore.NordicCentre@gov.ab.ca**

**Alberta Environment**  
**Suite 201 - 800 Railway Avenue**  
**Canmore, AB. T1W 1P1**  
**Telephone: . . . . .(403) 678-5508**

**IN CASE OF AN EMERGENCY**  
**If you require Fire, Ambulance, Police or Mountain Rescue assistance, immediately call 9-1-1. Tell the operator you have an emergency in Kananaskis Country.**

**This brochure sponsored by:**  

The Friends of Kananaskis Country Cooperating Association is a registered charitable organization which is made up of a volunteer board of directors and members in partnership with Alberta Environment, Kananaskis Country.  
The Mission of the Association is to promote protection of the environment, visitor enjoyment and heritage appreciation of Kananaskis Country by enhancing its goals and activities.

**Join Us!**  
Suite 201 - 800 Railway Avenue  
Canmore, Alberta, Canada T1W 1P1  
Phone: (403) 678-5508 Fax: (403) 678-5505  
Internet: [www.kananaskis.org](http://www.kananaskis.org)



# Canmore Nordic Centre Provincial Park Cross-Country Ski Trails

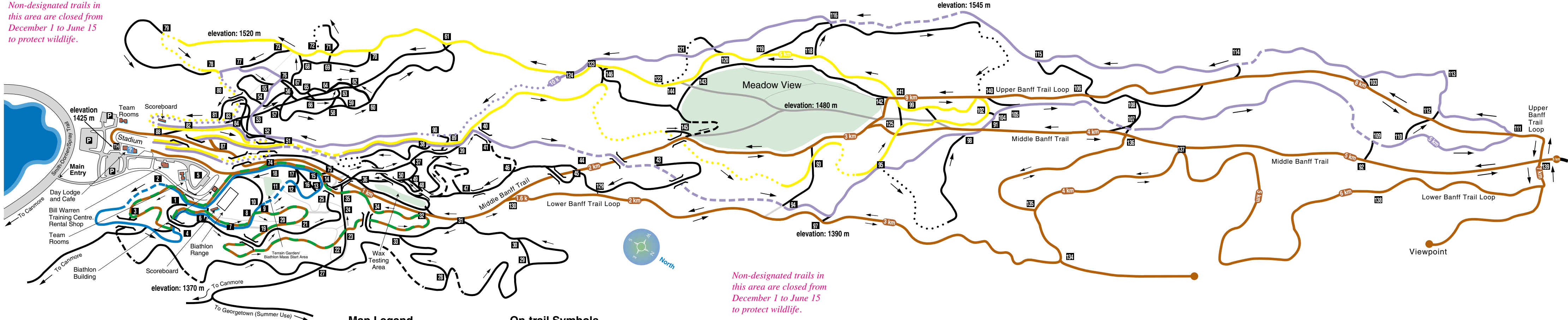


Site of the 1988 Olympic Winter Games Nordic Ski Events



# CANMORE NORDIC CENTRE PROVINCIAL PARK Trail System

Non-designated trails in this area are closed from December 1 to June 15 to protect wildlife.



Non-designated trails in this area are closed from December 1 to June 15 to protect wildlife.

## Map Legend

- Banff Trail and Banff Trail Loops
- Recreational 2.5 km Loop
- Recreational 3.75 km Loop
- Recreational 10 km Loop
- Recreational 15 km Loop
- Competitive Trail System
- Mandatory Travel Direction
- Trail Junction Number
- Bridge
- Trail Head
- Visitor Centre
- Road

## On-trail Symbols

- Easy
- Intermediate
- Difficult

## Downhill Sections on Map

- Intermediate
- Difficult



## Trail Profiles (Elevation in metres)

