



CANMORE NORDIC CENTRE PROVINCIAL PARK

The Canmore Nordic Centre Provincial Park offers some of the best mountain biking in the Canadian Rockies. Wide dirt roads allow leisurely rides to scenic lookouts, while cross country ski trails offer more challenge on rolling terrain. Advanced riders enjoy the single-track trails. The Nordic Centre is continuously upgrading a mountain bike skills park to test and improve riding ability. Trail Sports, located at the Nordic Centre, offers mountain bike rentals, sales, repairs, lessons, and guided tours. Their mountain bike guides have been teaching and guiding groups for more than 12 years and their knowledge of the area ensures riders of all abilities have an great time. Book ahead to avoid disappointment!

Home of Canada's National Cross Country and Biathlon Teams.



YOU ARE IN BEAR COUNTRY!

Make plenty of noise when approaching blind corners, dense shrubs, or when moving into the wind. Please be sure to check for any bear hazard posting before heading out, and report any sightings of bears or bear activity to the Information Counter in the Day Lodge. To report a sighting of a bear or cougar go directly to the Information Counter in the Day Lodge or call Kananaskis Dispatch at 403-591-7755.

DISC GOLF

Enjoy being outside in nature while playing 18 holes of disc golf. Need a lesson, a score card, or a flying disc – stop by Trail Sports!

ORIENTEERING

Grab a map and compass from Trail Sports and head out on a way-finding adventure around the Canmore Nordic Centre Provincial Park. Courses are changed regularly and feature beginner, intermediate, advanced, and mountain biking opportunities.

ROLLER SKIING

If you're training for winter, there's no better place than the Canmore Nordic Centre Provincial Park. The 6.5 km paved trail is perfect for athletes of all ability.

HIKING AND RUNNING

Enjoy the wide, natural surface trails for a leisurely walk or run during the summer months. The trails are grass covered and rolling, suitable for all abilities!

MOUNTAIN BIKING

Enjoy some of the best mountain biking in the Canadian Rockies. Wide dirt roads allow leisurely rides to scenic lookouts, while cross-country ski trails offer more challenge on rolling terrain. Advanced riders enjoy the single-track trails.

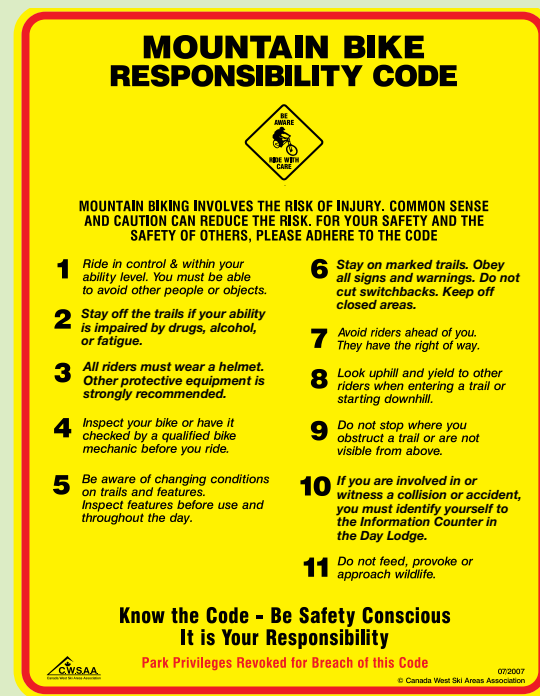
MOUNTAIN BIKE SKILLS PARK

The Nordic Centre is continuously upgrading the mountain bike skills park to test and improve riding ability. The Park features dirt jumps and technical trail features, including bridges and drops, that will improve mountain bike riding skills at all levels.

The bike park is an unsupervised area – those who ride in this area do so at their own risk.

BIKE LESSONS, RENTALS, AND GUIDED TOURS

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



SUMMER TRAIL USE

You are responsible for your own safety; understand the risks associated with your activity and plan ahead. Natural features, weather conditions, buildings, fences and other park users could pose a hazard, in some circumstances. Trail maps are located at each major junction.



A summer trailhead is located adjacent to the Biathlon Range, in the Mass Start area. The trailhead sign at this location will direct you to the entire trail system. Trail maps are located at each major junction.



Select trails based on your ability and the degree of difficulty shown on map.



All trails are 2-way. Keep to the right and obey posted closures for your safety.



Notify the Information Counter in the Day Lodge of any hazards encountered.



Most trails are multi-use; be prepared to share the trail with others.



Do not bike on natural surfaced trails when they are wet.



All-terrain vehicles and horses are not permitted on trails.

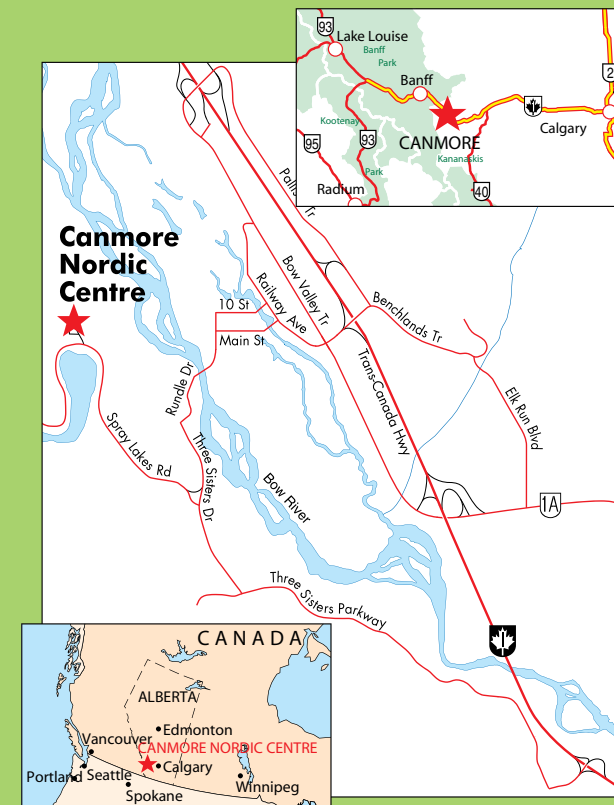
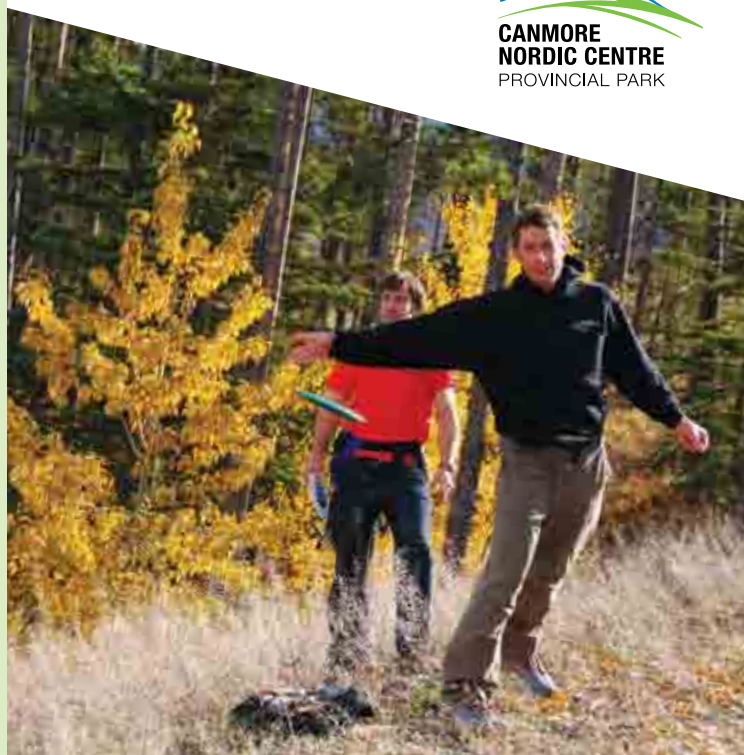


The paved loop is designed for rollerski training. Please yield to roller-ski traffic and limit foot and bicycle traffic.

THE DAY LODGE

The Day Lodge is open from 9:00 a.m. to 5:30 p.m. unless otherwise specified. In the Day Lodge you will find:

- Information Counter
- 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



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

www.CanmoreNordicCentre.ca

Parks Division, Kananaskis Country

Suite #201, Provincial Building

800 Railway Avenue, Canmore, Alberta, T1W 1P1

www.Kananaskis-Country.ca

To contact Alberta Parks call: 1-800-427-3582 or, www.AlbertaParks.ca

In the event you need

Emergency Services: Call 911

Ask for Kananaskis Dispatch or go directly to the Information Counter in the Day Lodge.

Wildlife Sightings: 403-591-7755

Report a wildlife sighting by calling or go directly to the Information Counter in the Day Lodge.

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

Updated February 2010

CANMORE NORDIC CENTRE
PROVINCIAL PARK

SUMMER TRAILS & ACTIVITIES

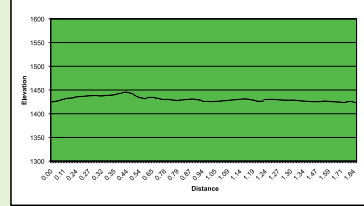


**Government
of Alberta**

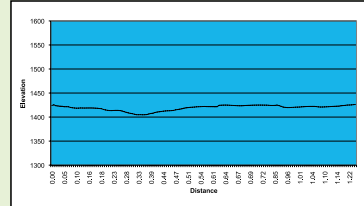
TRAIL INFORMATION



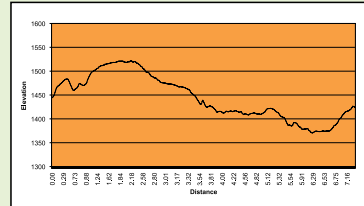
2km Trail



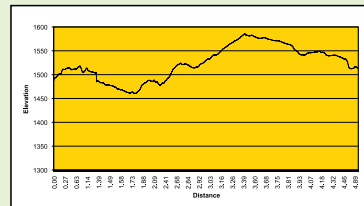
1.5 km Trail



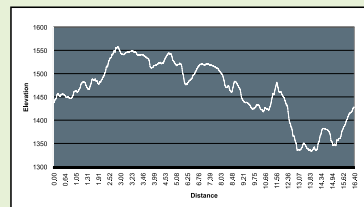
7 km Trail



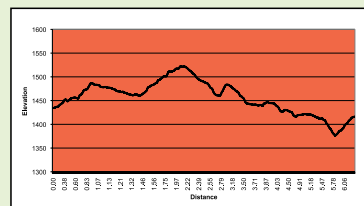
5 km Trail



16.5 km Trail*

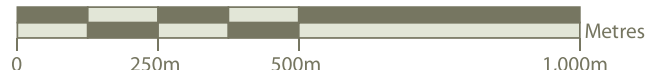
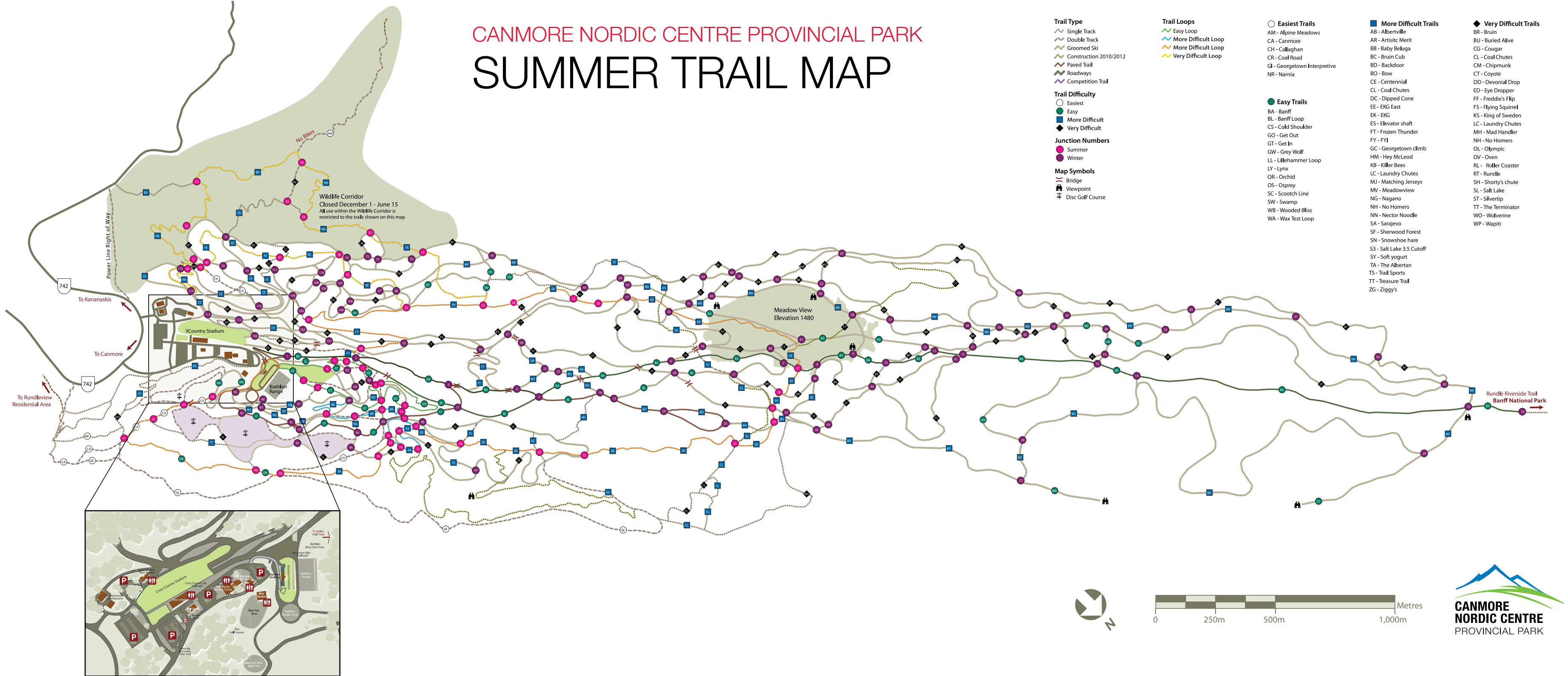


6 km Trail*



* Request separate maps at Information Counter in the Day Lodge.

CANMORE NORDIC CENTRE PROVINCIAL PARK
SUMMER TRAIL MAP



- Trail Type**
- Single Track
 - Double Track
 - Groomed Ski
 - Construction 2010/2012
 - Paved Trail
 - Roadways
 - Competition Trail
- Trail Difficulty**
- Easiest
 - Easy
 - More Difficult
 - Very Difficult
- Junction Numbers**
- Summer
 - Winter
- Map Symbols**
- Bridge
 - Viewpoint
 - Disc Golf Course
- Trail Loops**
- Easy Loop
 - More Difficult Loop
 - More Difficult Loop
 - Very Difficult Loop
- Easiest Trails**
- AM - Alpine Meadows
 - CA - Canmore
 - CH - Callaghan
 - CR - Coal Road
 - GI - Georgetown Interpretive
 - NR - Narnia
- Easy Trails**
- BA - Banff
 - BL - Banff Loop
 - CS - Cold Shoulder
 - GO - Get Out
 - GT - Get In
 - GW - Grey Wolf
 - LL - Lillehammer Loop
 - LY - Lynx
 - OR - Orchid
 - OS - Osprey
 - SC - Scotch Line
 - SW - Swamp
 - WB - Wooded Bliss
 - WA - Wax Test Loop
- More Difficult Trails**
- AB - Albertville
 - AR - Artistic Merit
 - BB - Baby Beluga
 - BC - Bruin Cub
 - BD - Backdoor
 - BO - Bow
 - CE - Centennial
 - CL - Coal Chutes
 - DC - Dipped Cone
 - EE - EKG East
 - EK - EKG
 - ES - Elevator shaft
 - FT - Frozen Thunder
 - FY - FYI
 - GC - Georgetown climb
 - HM - Hey McLeod
 - KB - Killer Bees
 - LC - Laundry Chutes
 - MJ - Matching Jerseys
 - MV - Meadowview
 - NG - Nagano
 - NH - No Homers
 - NN - Nector Noodle
 - SA - Sarajevo
 - SF - Sherwood Forest
 - SN - Snowshoe hare
 - S3 - Salt Lake 3.5 Cutoff
 - SY - Soft yogurt
 - TA - The Albertan
 - TS - Trail Sports
 - TT - Treasure Trail
 - ZG - Ziggy's
- Very Difficult Trails**
- BR - Bruin
 - BU - Buried Alive
 - CG - Cougar
 - CL - Coal Chutes
 - CM - Chipmunk
 - CT - Coyote
 - DD - Devonian Drop
 - ED - Eye Dropper
 - FF - Freddie's Flip
 - FS - Flying Squirrel
 - KS - King of Sweden
 - LC - Laundry Chutes
 - MH - Mad Handler
 - NH - No Homers
 - OL - Olympic
 - OV - Oven
 - RL - Roller Coaster
 - RT - Rundle
 - SH - Shorty's chute
 - SL - Salt Lake
 - ST - Silvertip
 - TT - The Terminator
 - WO - Wolverine
 - WP - Wapiti