





Trails

These icons indicate the difficulty level of each trail:

- Easy
- Intermediate
- ◆ Advanced

● Quarry Lake

Quarry Lake is one of Canmore's most cherished parks. Both swimming and fishing are permitted in this spring-fed lake. There is an off-leash dog park and picnic area adjacent to the lake.

● Grassi Lakes

Note: The Grassi Lakes Trail is located in the Wildlife Corridor and travel is restricted to designated trails only. Length: 3.5km return
Elevation Gain: 125m/410ft

◆ Highline Trail

The Highline Trail is a challenging trail that traverses along the eastern slopes of Ehagy Nakoda Range. Its primarily forested with a few good views at drainage crossings. Length: 8.0km
Elevation Gain: 323m

■ Ha Ling

This trail provides access to scramble up Ha Ling Peak, a common landmark that overlooks the town of Canmore.

Length to saddle: 3.5km
Length to summit: 3.9km
Elevation Gain: 810m

● Goat Creek

Goat Creek is a multi-use trail that hugs the backside of Rundle Range from the Banff Springs Hotel to the Goat Creek Day Use area on the Smith-Dorrien/Spray Road (Hwy 742). Length: 19.3km one-way
Elevation Change: 150m

■ High Rockies Trail

There are exceptional views and numerous jump-out points at the various day use areas along the High Rockies Trail. Distances are indicated on the map. Goat Creek to Elk Pass is 80 km.

● ■ ◆ Mt. Shark Network

The Mount Shark trail network offers trails that were developed for skiers interested in racing and training that range in difficulty level from easy to advanced. Clubs can book lanes at the Ruedi Setz Memorial Biathlon Range through the Canmore Nordic Center aep.cncbiathlon@gov.ab.ca
Access to Banff National Park and Assiniboine Provincial Park.

● Chester Lake

Bikes are allowed only on the first 2km of the trail. **DAY USE ONLY.** Access through Chester Lake parking lot on the Smith-Dorrien/Spray Trail. Length: 4.6km one-way.
Elevation Gain: 300m/1000ft
Caution in winter – avalanche risk beyond the lake.

● Grotto Canyon

This trail initially follows a small power line, passing an industrial plant before winding up a narrow canyon with vertical rock walls and a waterfall. Length: 2.1km one-way

● Cougar Creek

Cougar Creek Trail is a rocky hiking trail that crosses Cougar Creek several times on its way to a narrow canyon popular with local rock climbers. Length: 3.5km return

◆ Lady Macdonald Trailhead

Views from the helicopter pad a portion of the way up Lady MacDonald are spectacular. Length to helicopter pad: 8km return
Elevation: 1200m

Camping

Spray Lakes West Campground

Spray Lakes West Campground is located 16km south of Canmore on the Smith-Dorrien/Spray Lakes Road (Highway 742). Fifty unserviced sites are available from mid-May to mid-September. Other amenities include fire pits, picnic tables, water pump, and a boat launch. Campground Reservations: reserve.albertaparks.ca
Phone: 1-877-537-2757

Wildlife & Safety

Seasonal Cautions and Closures

Please respect all posted notices or closures.

A wildlife corridor exists in the portion of Bow Valley Wildland Provincial Park located above the stadium area in the Canmore Nordic Centre Provincial Park.

This area is closed between December 1 - June 15 annually.

Wildlife Safety

- To protect your pets, wildlife, and other park visitors, please keep your pets on a leash no longer than 2 meters in length at all times. Always pick up after your pet.
- Always carry bear spray on trails and make lots of noise to avoid animal encounters. Bears can be more bold in the fall when they are preparing for winter hibernation and in the spring when they wake up. Berry season in mid-summer and fall is prime time for encounters with bears.
- Please do not feed any wildlife.
- Be aware. Notice signs of animal activity and be aware of seasonal animal behavior. For example, elk can be more aggressive during the fall rutting season.

- Please report all wildlife sightings to Kananaskis Emergency Services at 403-591-7755.

Fire Bans

There are no fire pits and open fire is not permitted in Canmore Nordic Centre Provincial Park. Gas and liquid fuelled cooking stoves are normally permitted during fire bans for cooking purposes only.

Fishing Regulations

Fishing is permitted in both Spray Lake, Quarry Lake, Chester Lake, and the Bow River. You must have a valid fishing license. Refer to the annual "Alberta Guide to Sportfishing Regulations" for season dates and catch limits. The guide is available in print and on the Alberta Environment web site: albertaregulations.ca/fishingregs

Water Safety

Generally speaking, mountain lakes are very cold, and caution should be exercised. Moving water safety needs to be considered when recreating near the Bow River. To obtain information on boating regulations, general boating safety, and moving water safety. Contact Transport Canada at 1-800-267-6687 or go to tc.gc.ca/en/services/marine.html

Contact

Kananaskis Information
Phone: 403-678-0760

Kananaskis Wildlife Sightings
Phone: 403-591-7755

Campsite Reservations
reserve.albertaparks.ca
Phone: 1-877-537-2757

Canmore Nordic Centre
CanmoreNordicCentre.ca
Phone: 403-678-2400

Note: Cell service not available beyond Goat Creek Day Use on Smith-Dorrien/Spray Lakes Trail (Hwy 742). Gas is available only at Canmore or Fortress Junction.