Canmore Nordic Centre Provincial Park

March 2020

Tear Sheet

Palliser Pass & Bryant Access to Creek Day Use area on the Springs Hotel to the Goat Range from the Banff Length to saddle: 3.5km
that overlooks the town of Peak, a common landmark to scamble up Ha Ling Elevation Gain: 323m

crossings. Length: 8.0km of Ehagy Nakoda Range. The Highline Trail is a Elevation Gain: 125m/410ft Length: 3.5km return
rock climbers. The Highline Trail is a challenging trail that traverses along the eastern slopes of Ha Ling Peak (2407 m). 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.cnbibiathlon@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: 4.8km 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

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.

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 Phone: 1-877-537-2757
Canmore Nordic Centre 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.