

## **The Trans Canada Trail in Alberta: Completed Sections**

### **J. Town of Canmore Trail**

**Type of Trail:** Urban and wilderness trail.

**Location:** Canmore, Alberta (100 km. west of Calgary).

**Historical Perspective:** The Town of Canmore is undergoing a transformation from a rugged coal-mining town to a mountain tourist resort. Travelling the trail through the Town of Canmore gives glimpses into the coal mining past, the luxury homes of the present and the 1988 Olympic Games site for cross country skiing that helped fuel this change. Beginning from the east where the Bow Valley Connector Trans Canada Trail currently finishes in Dead Man's Flats, undesignated connections are possible through old exploration roads and trails that cross land belonging to the Three Sisters Mountain Village development. At this time no formal trails are established and caution should be used in this area. Designated trail begins in the Stewart Creek area of the Three Sisters Mountain Village residential development at Three Sisters Boulevard. Paved trail generally follows the old rail bed used by mining carts as coal was extracted from the mines. Further along the trail drops down to the banks of the Bow River and passes by the miner's lamphouse, the only remaining building from the coal mine, before the trail changes to a hard-surfaced gravel trail. Approaching downtown, the trail passes the spectacular trail pavilion marking the hard work and contribution of those that have helped create the Trans Canada Trail. The trail then passes under the road and pedestrian bridges that cross the Bow River (the starting point for many trail users) and continues along a dyke that protects part of the Town from the possibility of flooding. At the power generating plant a steep set of stairs begins the climb to the Canmore Nordic Centre, site of the 1988 Winter Olympic biathlon and cross country ski events. The trail is not designated here, but a maze of well-defined trails lead up to the stadium areas and day lodge.

**Terrain:** The trail passes through rural, suburban, urban and wilderness. Hazards include wildlife, winds and sun exposure. Caution should be exercised – this is bear country.

**Access:** Town of Canmore. Developed and maintained trails lead to the summit of several nearby peaks. Inquire locally for trail information on mountain trails.

**Signage:** Signage is in place on the designated section of trail from the Bow River east and south to the extent of the completed trail in the Three Sisters Mountain Village development.

**Facilities:** The town of Canmore offers most facilities including restaurants, hotels, bed and breakfasts, gas stations and stores. Also available are camping areas, telephone, washrooms, water and parking.

**Points of Interest:** The town of Canmore, featuring many quaint shops, Canmore Nordic Centre.

**Trail Operator:** Town of Canmore, 902 - 7<sup>th</sup> Avenue, Canmore, AB T1W 3K1.  
Telephone: 403-678-1500

**Length:** 7.3 kilometres (4.5 miles)

**Surface:** Three kilometers near the downtown area have a firm, granular surface that is wheelchair accessible with some assistance, and 4.5 kilometres of the trail are paved asphalt path.

**Permitted Uses:** Hiking, walking, cycling, cross-country skiing. Wheelchair access near the downtown area. The trail operates year-round.

**This is an unsupervised recreational trail and is used at the personal responsibility and risk of the person using the trail. Please use respect, and obey all regulations.**