

Canmore Nordic Centre Provincial Park

Alberta Parks Summer Trail Map



Find out about disc golf and other activities.
albertaparks.ca/cnc-disc

Mountain bike responsibility code

Mountain biking involves the risk of injury. Common sense and caution can reduce the risk. For your safety and the safety of others, please adhere to the code.

1. Ride in control and within your ability level. You must be able to avoid other people or objects.
2. Wear a helmet.
3. Inspect your bike or have it checked by a qualified bike mechanic before you ride.
4. Be aware of changing conditions on trails and features in the skills park. Inspect features before use and throughout the day.
5. Stay on marked trails. Obey all signs and warnings. Do not cut switchbacks.
6. Yield to other riders when entering a trail or starting downhill.
7. Do not stop where you obstruct a trail, or are not visible from above.
8. Stay off the trails and out of the skills park if your ability is impaired by drugs, alcohol, or fatigue.
9. If you are involved in, or witness a collision, please identify yourself to a staff member.

Know the code – Be safety conscious.
It is your responsibility.



Trails supported in partnership
by Friends of Kananaskis
Country and CAMBA



Trail information and safety tips

Single and double track trails are used primarily by mountain bikers, runners and hikers. Please respect the rights of all trail users.

- Maps with “You Are Here” are located at each major junction. By using the junction numbers and the map, you will be able to determine your location within the trail system. Please note: there are summer junction and winter junction numbers.
- Select appropriate trails according to your ability based on the designated difficulty ratings and current trail conditions.
- All trails are two way. Keep to the right hand side of double track trails.
- Obey trail closure signs.
- Trails are for non-motorized recreation only. ATVs and horses are not permitted.
- Notify Canmore Nordic Centre Provincial Park staff of any trail hazards you may encounter.
- Check the trail report for closures before heading out.(CanmoreNordicCentre.ca)
- Roller ski loop: This paved trail is designed for roller ski training. Please note that roller skiers have difficulty stopping; therefore, they have right of way. Absolutely no pets are permitted on the roller ski trail.
- 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. Whenever possible, travel in groups. Always take extra clothing, first aid supplies, and plenty of water.

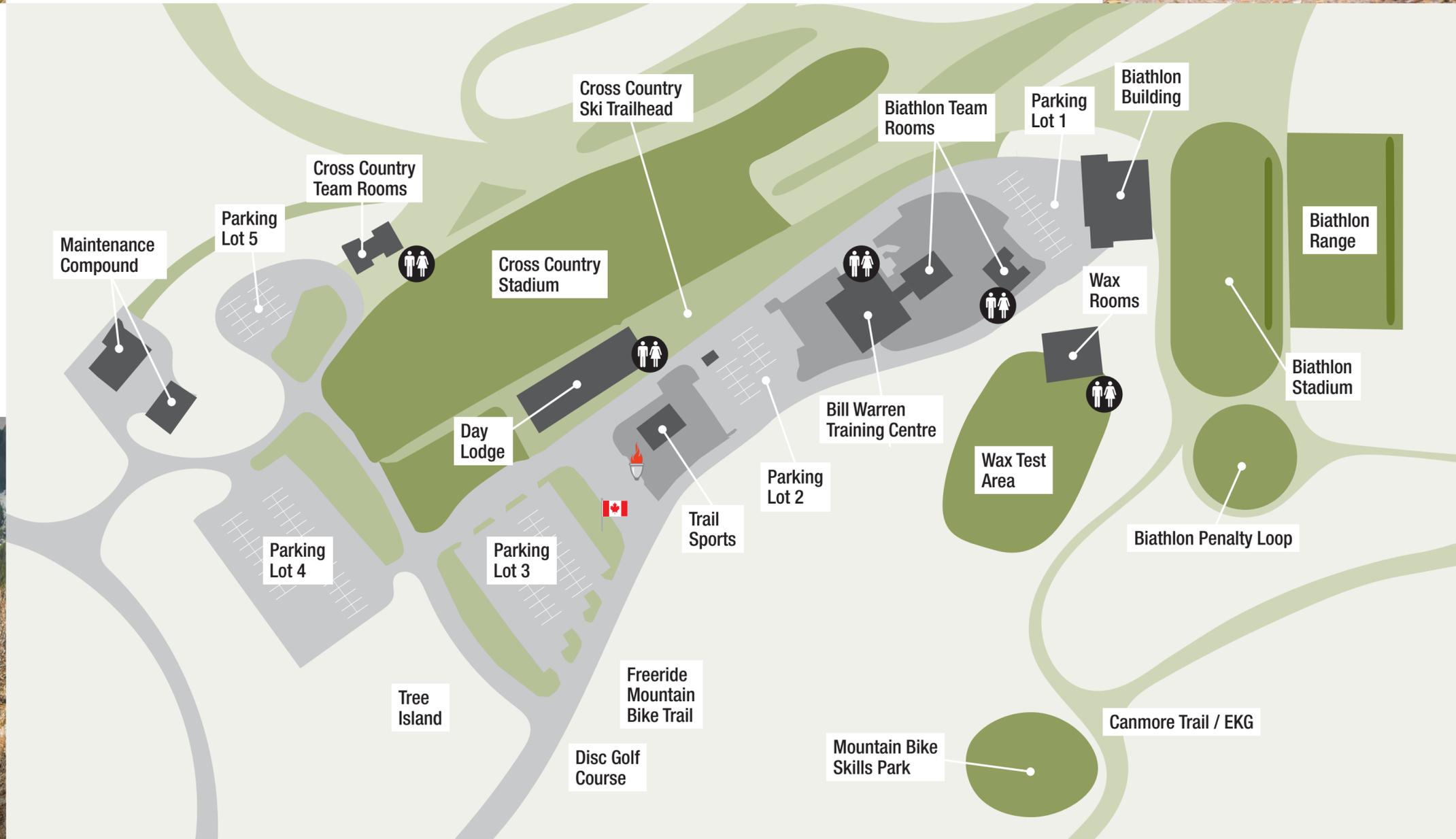
Welcome to Alberta's Canmore Nordic Centre Provincial Park

The Canmore Nordic Centre, site of the 1988 Olympic Winter Games Nordic events, continues to host regional, national and international events in the summer and winter months. The Park offers a variety of summer recreational activities including mountain biking, hiking, trail running, orienteering, disc golf and roller skiing.

The Canmore Nordic Centre Provincial Park is managed within Alberta's network of recreational 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 Rockies Ecosystem.

Parks Division, Kananaskis Country:
Suite 201, Provincial Building, 800 Railway Ave.,
Canmore, AB. T1W 1P1
Kananaskis-Country.ca

Alberta Parks:
1.800.427.3582
AlbertaParks.ca



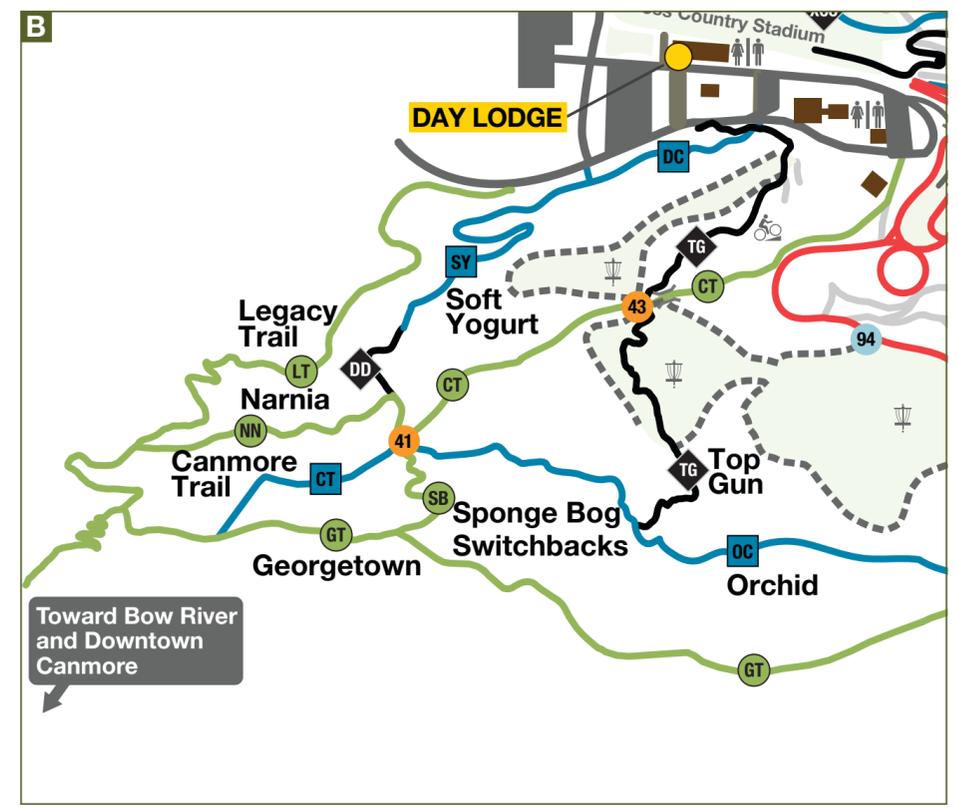
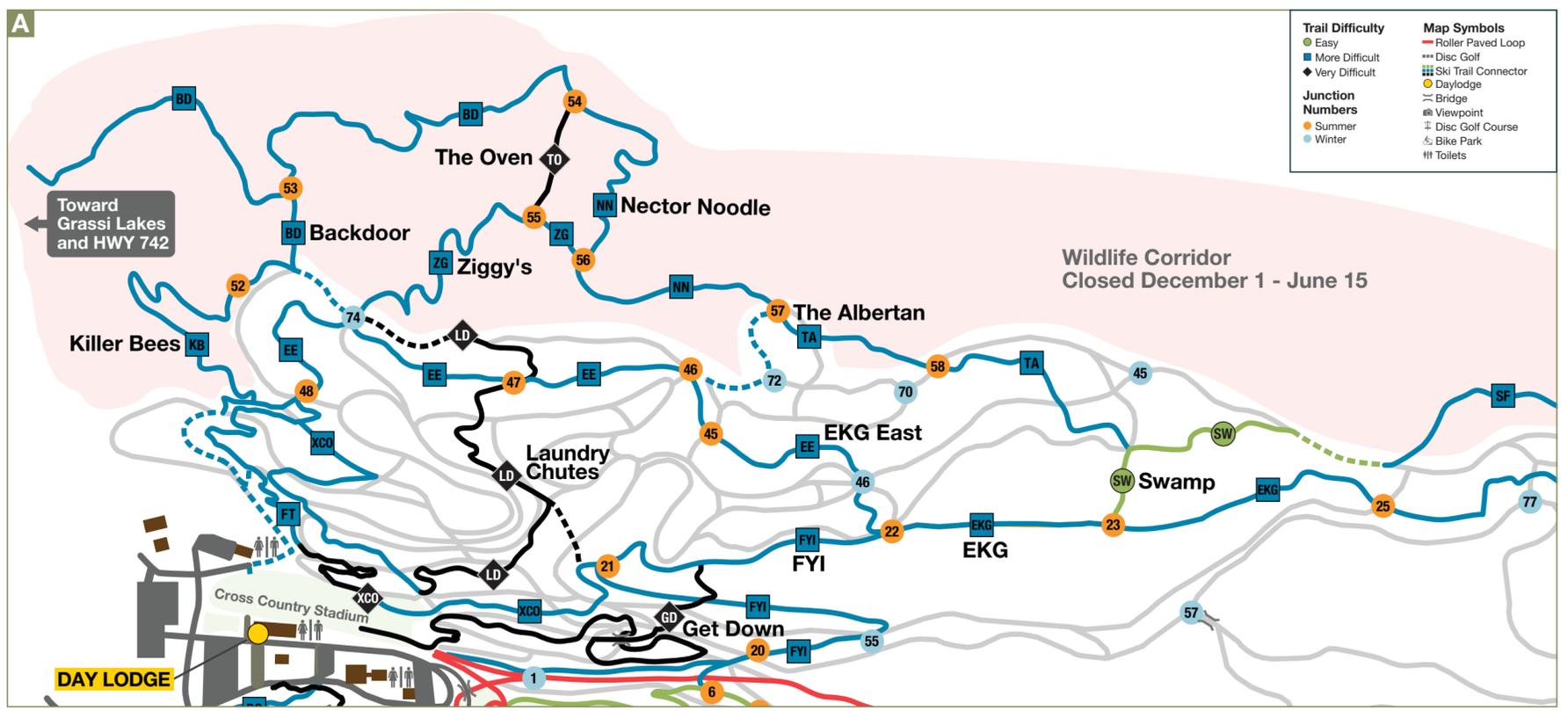
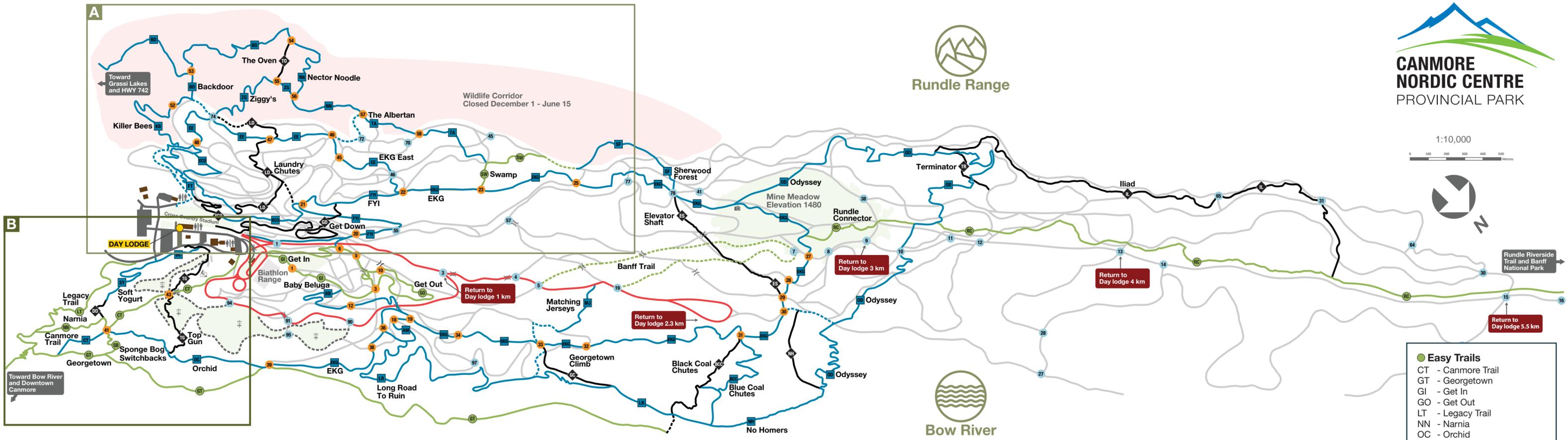
Rentals, Lessons & Pro Shop



Report bear, cougar, and aggressive wildlife sightings by calling:
WILDLIFE SIGHTINGS: 403.591.7755
Or report sightings at the information counter in the Day lodge. Day lodge administration hours 9:00 a.m. – 5:00 p.m. daily.

In the event you need:
EMERGENCY SERVICES: CALL 911
Ask for KANANASKIS EMERGENCY SERVICES or go directly to the information counter in the Day lodge.

1:10,000



- Easy Trails**
 - CT - Canmore Trail
 - GT - Georgetown
 - GI - Get In
 - GO - Get Out
 - LT - Legacy Trail
 - NN - Narnia
 - OC - Orchid
 - RC - Rundle Connector
 - SB - Sponge Bog Switchbacks
 - SW - Swamp
- More Difficult Trails**
 - AM - Artistic Merit
 - BB - Baby Beluga
 - BCC - Blue Coal Chutes
 - BD - Backdoor
 - DC - Dipped Cone
 - EKG - EKG
 - EE - EKG East
 - FT - Flow Trail
 - FYI - FYI
 - HM - Hey McLeod
 - KB - Killer Bees
 - LR - Long Road to Ruin
 - MJ - Matching Jerseys
 - NN - Nector Noodle
 - OD - Odyssey
 - SF - Sherwood Forest
 - SY - Soft Yogurt
 - TA - The Albertan
 - ZG - Ziggys
- ◆ Very Difficult Trails**
 - BCC - Black Coal Chutes
 - DD - Devonian Drop
 - ES - Elevator Shaft
 - GC - Georgetown Climb
 - GD - Get Down
 - IL - Iliad
 - LD - Laundry Chutes
 - NH - No Homers
 - TG - Top Gun
 - TR - Terminator
 - TO - The Oven
 - XCO - XC Cup Trail