

Canmore Nordic Centre Provincial Park



Developed in 1986 to host the 1988 Olympic Winter Games, the Canmore Nordic Centre Provincial Park is one of the few remaining operational Olympic Nordic Skiing venues in the world. Visitors from Alberta, across Canada, and around the world come to the Canmore Nordic Centre to enjoy extensive recreational ski trails, participate in and be spectators at world class events.

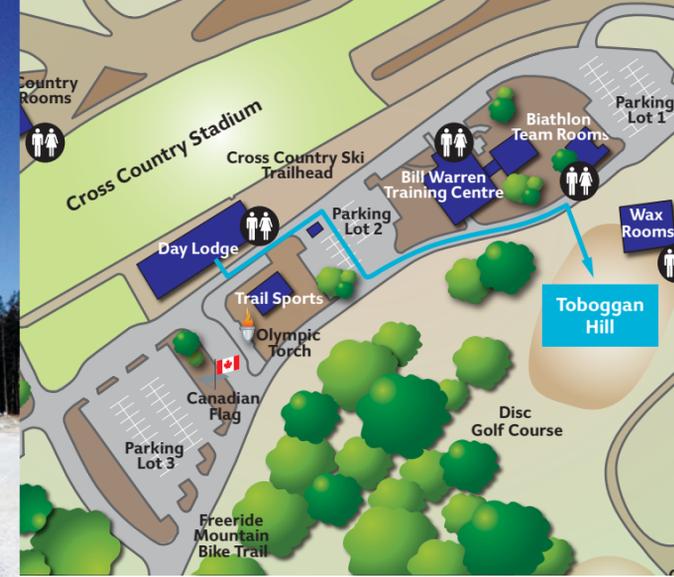
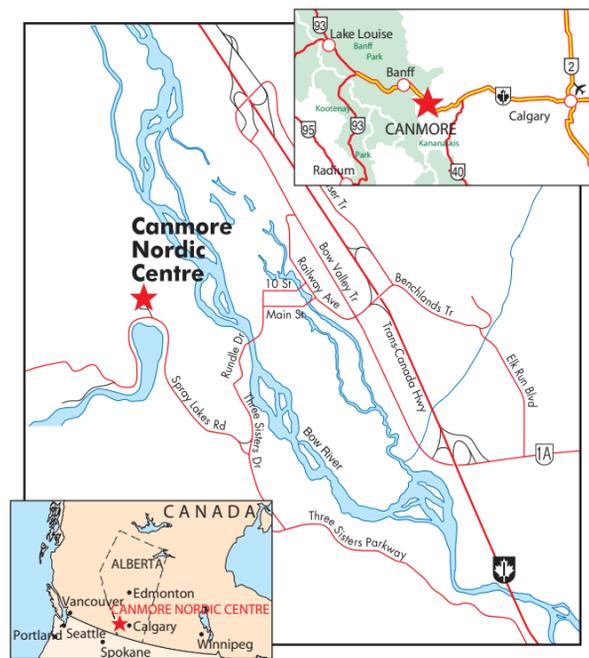
More than 65 kilometres of groomed machine-made and natural snow trails grace the base of Mount Rundle in Canmore, Alberta. Most trails are suitable for both classic and skate techniques. A beautiful meadow, located in the middle of the trail system, is easily accessible for skiers of all levels and offers spectacular views of the Rocky Mountains.

Our facility offers a 6.5 kilometre illuminated loop on machine made snow for recreational skiers. More than 20 kilometres of trail are supported by machine made snow capabilities, including four large stadium areas. Machine made snow allows an earlier start to the ski season and more consistent conditions year round.

The Canmore Nordic Centre also offers early season skiing in October due to a unique snow storage initiative in which snow is stored from the previous season.



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



Toboggan Hill

The above map indicates directions to our toboggan hill, a gentle slope providing fun for the whole family. Please bring your own toboggan as there are no rentals available.

OTHER WINTER ACTIVITIES

Fat Biking

We have devoted some of our popular single track trails to fat biking. Fat biking is only permitted on certain single track trails. Fat biking is not permitted on groomed cross country ski trails, except a small portion of Centennial to reach the fat biking trail. Only fat bikes with tires measuring 3.7 inches wide or wider are allowed. Please visit the front desk to pick up a map and guidelines to fat biking at the Canmore Nordic Centre. There are no fees for fat biking.

Snowshoeing

Our dedicated snowshoe loop is approximately 2.5 kilometres in length and includes an in-and-out trail to Lookout Cliffs. Follow the orange snowshoe signs in a recommended clockwise direction to stay on the snowshoe trail. Please note that snowshoeing is not permitted on groomed cross country ski trails.

Winter Disc Golf

There are 8 disc golf holes open in the winter. These holes are marked in blue on our disc golf map and avoid skier traffic. A map with a scorecard can be picked up from the front desk.

Ice Skating

The skating rink is located at the south end of the cross country stadium.

Ski Trails



Winter Trail Use

When using the trails at CNCPP, please check for signage to help guide you in the appropriate manner. If you are unsure of trail usage, please stop by the Daylodge and ask at the front counter.



A winter trailhead for recreational skiing is located north of the Daylodge. The trailhead sign at this location will direct you to the entire trail system. Trail signs 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 on double track trails, and be aware of 2 way traffic on single track trails. Obey posted closures for your safety. Please see the Cross Country Responsibility Code.



Notify the Nordic Centre staff of any trail hazards you encounter.



Dogs are not permitted on groomed trails in the winter.

CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- Always check posted trail conditions.
- Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.
- Always ski to right when meeting on-coming skiers and when skiing on double track.
- Yield the track to faster skiers.
- Ski in control. On two-way trails descending skiers have the right-of-way.
- Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.
- Do not litter. Take out what you pack in. Respect all property.
- Report all incidents to the Information Counter in the Daylodge.

Know the Code - Be Safety Conscious
It is Your Responsibility



07/04

Preventing Conflict With Wildlife

- Watch for signs that wildlife are in the area (tracks, scat, scrapes or covered kills)
- Carry bear spray – this can be used for protection in the event of an encounter
- Carry a cell phone to call for help in the event of trouble
- Stay close together and keep children between the adults
- Never feed wildlife and don't leave garbage on the trails
- Don't wear headphones
- Dogs MUST be on a leash at all times in permitted areas only

Report bear, cougar, and aggressive wildlife sightings by calling:

WILDLIFE SIGHTINGS: 403.591.7755

Or report sightings at the information counter in the Daylodge. Daylodge 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 Daylodge.

The Daylodge

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

- Information Counter: 9:00 a.m. - 5:00 p.m. daily
- 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 (Showers close at 5:00 p.m.)
- Food and Beverage Service

Winter Trail Fees

Please visit the Information Counter in the Daylodge to purchase day or season tickets. Rates can be found at CanmoreNordicCentre.ca. Free night skiing is available from 5:00 p.m. to 9:00 p.m. daily on our illuminated loop.

Ski Lessons and Rentals

A full service ski shop is located on site and offers group and private lessons, rentals, equipment, repairs, and waxing.

www.trailsports.ab.ca



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

Trail Sports - Lessons, Rentals, Ski/Bike Shop:
Phone: 403.678.6764
www.trailsports.ab.ca

Parks Division, Kananaskis Country
Suite #201, Provincial Building
800 Railway Avenue, Canmore, Alberta, T1W 1P1
www.Kananaskis-Country.ca

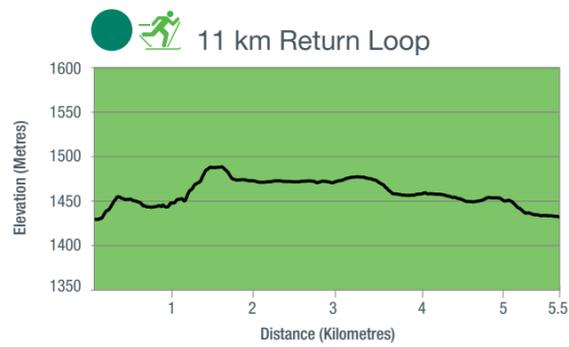
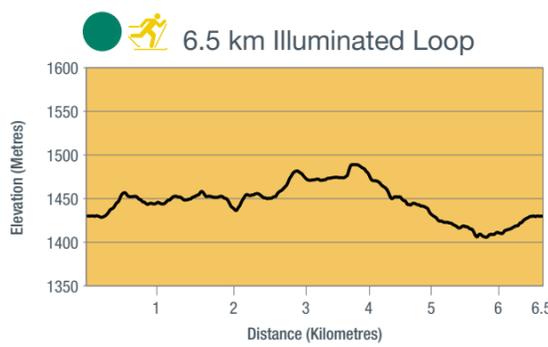
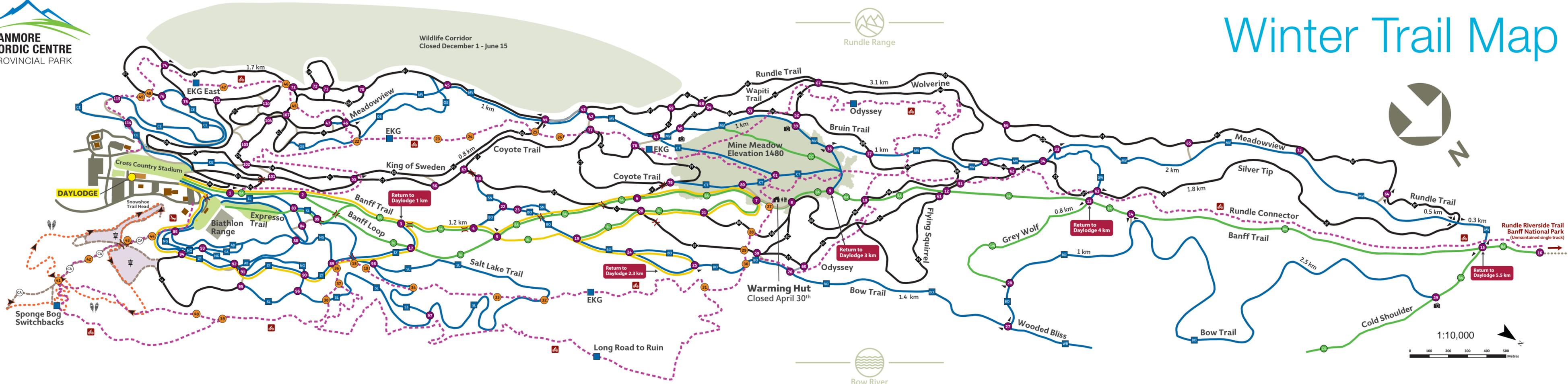
To contact Alberta Parks call:
1.800.427.3582 or www.AlbertaParks.ca

www.CanmoreNordicCentre.ca

Updated August 2018

Map





- **Easy Trails**
 - BA - Banff
 - BL - Banff Loop
 - CC - Coal Cut
 - CS - Cold Shoulder
 - GW - Grey Wolf
 - **Ungroomed Trails**
 - CA - Canmore
- **More Difficult Trails**
 - AB - Albertville
 - BO - Bow
 - CE - Centennial
 - CT - Coyote
 - GW - Grey Wolf
 - LL - Lillehammer Loop
 - LY - Lynx
 - MV - Meadowview
 - NG - Nagano
 - OS - Osprey
 - SA - Sarajevo
 - SL - Salt Lake
 - S3 - Salt Lake 3.5 Cutoff
 - SN - Snowshoe Hare
 - WB - Wooded Bliss
- ◆ **Very Difficult Trails**
 - BR - Bruin
 - BC - Bruin Cub
 - CM - Chipmunk
 - CG - Cougar
 - CT - Coyote
 - FF - Freddie's Flip
 - FS - Flying Squirrel
 - KS - King of Sweden
 - OL - Olympic
 - RL - Roller Coaster
 - RT - Rundle
 - SL - Salt Lake
 - ST - Silvertip
 - WP - Wapiti Trail
 - WO - Wolverine
- **Junction Numbers**
 - Winter
 - Summer
- Map Symbols**
 - Lit Loop
 - Fat Bike Trail
 - Fat Bike
 - Daylodge
 - Snowshoe Trail
 - Snowshoe
 - Toboggan Hill
 - Bridge
 - Viewpoint
 - Disc Golf Course
 - Warming Hut
 - Toilets
 - Kilometre Markings