

Welcome to Alberta's Canmore Nordic Centre Provincial Park

The Canmore Nordic Centre Provincial Park, site of the 1988 Olympic Winter Games nordic events, continues to host regional, national, and international events. The trail system offers you a wide variety of cross-country ski outings. You can ski along a quiet forest trail or challenge yourself on one of the many cross-country or biathlon trails used by world-class competitors.

Trails are groomed and trackset to accommodate both classic and skating techniques on the same trail. A 6.5 km track is illuminated for night skiing.

Please note that portions of the trail system and stadium area may be closed to public skiing during events. Please obey notices and trail closure signs.

Day Lodge

In the Day Lodge you will find:

- ▶ Current trail conditions
- ▶ Information about the Centre
- ▶ Day and season ski passes
- ▶ Public washrooms
- ▶ Lockers
- ▶ Showers
- ▶ Food and beverage service
- ▶ Reservations for meeting rooms
- ▶ Reservations for ski-waxing rooms

Ski Lessons and Rentals

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

Trail Information

Novice skiers may have difficulty with some downhill sections on these trails. Please select appropriate trails for your ability based on the degree of difficulty ratings shown on the map.

Many of the trails are one-way. Please travel in the correct direction and keep to the right hand side of the trails. Obey signs for both travel direction and trail closures.

 This symbol indicates a one-way trail.
Do Not Enter



Trail Information (continued)

A trailhead for recreational skiing is located north of the Day Lodge. The trailhead sign at this location will direct you to the entire trail system.

Maps with "You Are Here" are located at each junction. By using the numbers and the map, you will be able to determine your location within the trail system.

Refurbishment

The Canmore Nordic Centre has undergone significant changes.

In 2005, its cross-country and biathlon sport facilities and trails were redesigned to meet new international standards. This allows the Canmore Nordic Centre to continue to lure and host international competitions. Experienced visitors to the facility will note changes to the Day Lodge, increased length of a lit track at night, and a longer length of ski season made possible by a new state-of-the-art snowmaking system.



▲ Cross-Country Stadium Area—Artist's Perspective Sketch



Canmore Nordic Centre Provincial Park is managed within Alberta's network of recreation 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.

The wildlife you see here move throughout this large ecosystem.

To help protect the animals and the health of the ecosystem, please minimize your impact on the environment.

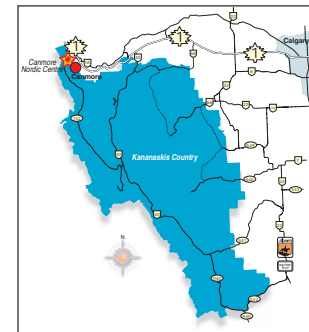


Winter Safety Tips

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 and consider the following safety tips:

- ▶ Plan your outing. Select trails that are within your ability and skill levels.
- ▶ Check with the Day Lodge staff about weather and trail conditions.
- ▶ Whenever possible, ski with a partner.
- ▶ Be alert for signs of frostbite, hypothermia, and fatigue.
- ▶ Stay on the designated trails and obey the one-way travel signs.
- ▶ Obey the posted signs for grooming and snowmaking in progress.
- ▶ Always step off the trail when resting or adjusting equipment.
- ▶ Stay to the right and allow faster skiers to pass to your left.
- ▶ Pack out all your garbage.
- ▶ Please do not skate over trackset trails.
- ▶ Do not travel beyond the designated trails because of avalanche danger.
- ▶ All-terrain vehicles, horses, and dogs are not allowed on the trails.
- ▶ During competitions and training sessions, portions of the trail system may be closed to recreational skiers. Please respect these closures.
- ▶ Notify Nordic Centre staff of any trail hazards you may encounter.

The Way to The Canmore Nordic Centre



For More Information

Canmore Nordic Centre Provincial Park
Suite #100, 1988 Olympic Way
Canmore, Alberta T1W 2T6
Telephone: (403) 678-2400 Fax: (403) 678-5696
Email: Canmore.NordicCentre@gov.ab.ca
<http://www.cd.gov.ab.ca/parks/kananaskis>

**Alberta Community Development
Parks & Protected Areas**
Suite #201, Provincial Building
800 Railway Avenue
Canmore, Alberta T1W 1P1

Emergencies

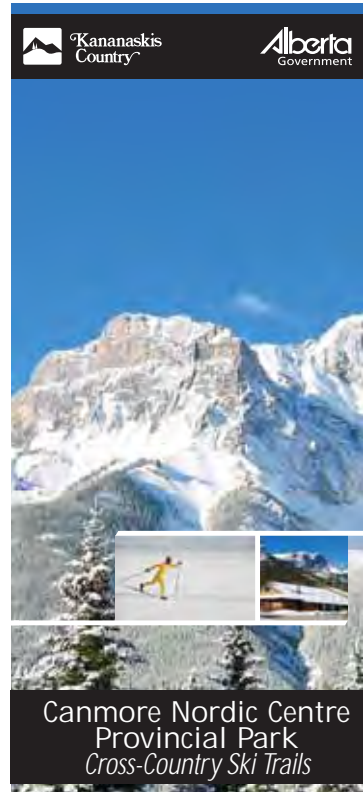
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Ask for Kananaskis Dispatch
or contact Nordic Centre staff in the Day Lodge

Cover Photo: Mount Rundle in Winter

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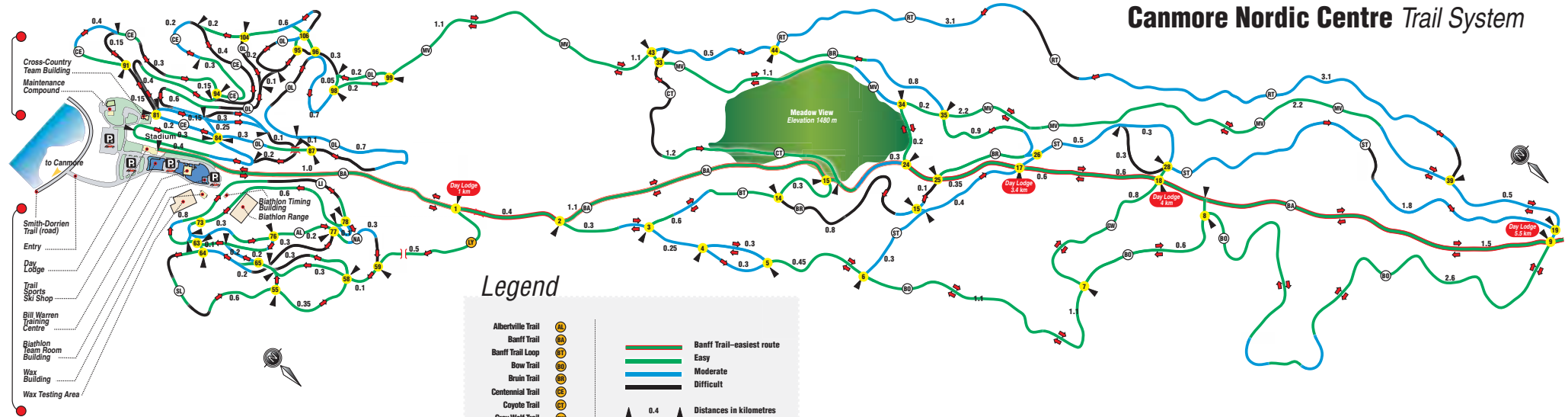


Kananaskis
Country

Alberta
Government

Canmore Nordic Centre
Provincial Park
Cross-Country Ski Trails

Canmore Nordic Centre Trail System



- Cross-Country Team Building
- Maintenance Compound
- Stadium
- Bathing Range
- Bathing Timing Building
- Smith-Dorrien Trail (road)
- Entry
- Day Lodge
- Trail Sports Ski Shop
- Bill Warren Training Centre
- Bathing Rain Room Building
- Wax Building
- Wax Testing Area

Legend

Albertville Trail	AL	Banff Trail—easiest route	—
Banff Trail	BT	Easy	—
Banff Trail Loop	BL	Moderate	—
Bow Trail	BO	Difficult	—
Bruin Trail	BR		
Centennial Trail	CE	▲ 0.4 ▲ Distances in kilometres	
Coyote Trail	CO	4 Junction number	
Grey Wolf Trail	GW	P Parking lot	
Lillehammer Trail	LI	— Road	
Lynx Trail	LY		
Meadowview trail	MT		
Nagano Trail	NA		
Olympic Trail	OL		
Rundle Trail	RU		
Salt Lake Trail	SL		
SilverTip Trail	ST		

