

# Canmore Pathways & Trails

## BOW VALLEY EAST SIDE

Flip over for Bow Valley West Side



### 1 Rocky Mountain Legacy Trail

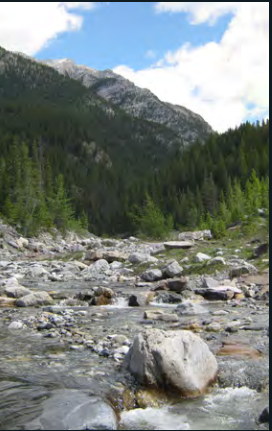
Multi-use recreational paved pathway between Canmore and Banff. The scenic trail has a minimal elevation change as it follows the Bow River and offers spectacular views of the valley. It's official trailhead is located at the Travel Alberta Visitor Information Centre. However users can travel between the two town centres on different pathways, cycling lanes or sidewalks, for a total of 23km (one way).



Paul Zizka

### 2 Cougar Creek

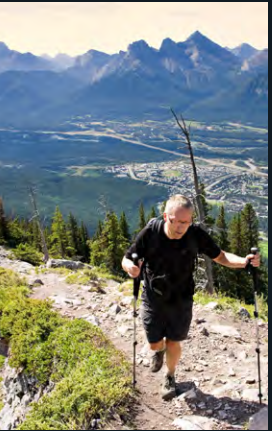
This rocky hiking trail crosses Cougar Creek several times on its way to a narrow canyon popular with local rock climbers.  
**Total distance:** 3.5km round trip from the Cougar Creek Trailhead to the canyon.



Two-Mann Tent Photography

### 3 Mount Lady Macdonald Trail

A steep hiking trail ascends the south ridge of this mountain named for the wife of Canada's first Prime Minister. Views from the helicopter pad are spectacular but the route beyond to the mountain's actual summit is very steep and exposed.  
**Total distance:** 8km round trip from the Cougar Creek Trailhead to the helicopter pad.



Two-Mann Tent Photography

### 4 Montane Traverse Trail

Equally popular with mountain bikers and hikers, this undulating trail offers fine views of the Bow Valley.  
**Total distance:** Loops of 2-10+ km can be created by combining the Montane Trail with other area trails and/or the Palliser Pathway.



Two-Mann Tent Photography

#### Wildlife:

- Bears and cougars frequent the Canmore area
- All wildlife is unpredictable and should never be approached
- It is advisable to travel in groups, make noise and carry bear spray
- To report a bear or cougar sighting, please call: 403-591-7755

#### Dogs:

- Dogs must be kept on-leash and under control at all times
- Use the waste bags provided to pick up after your dog