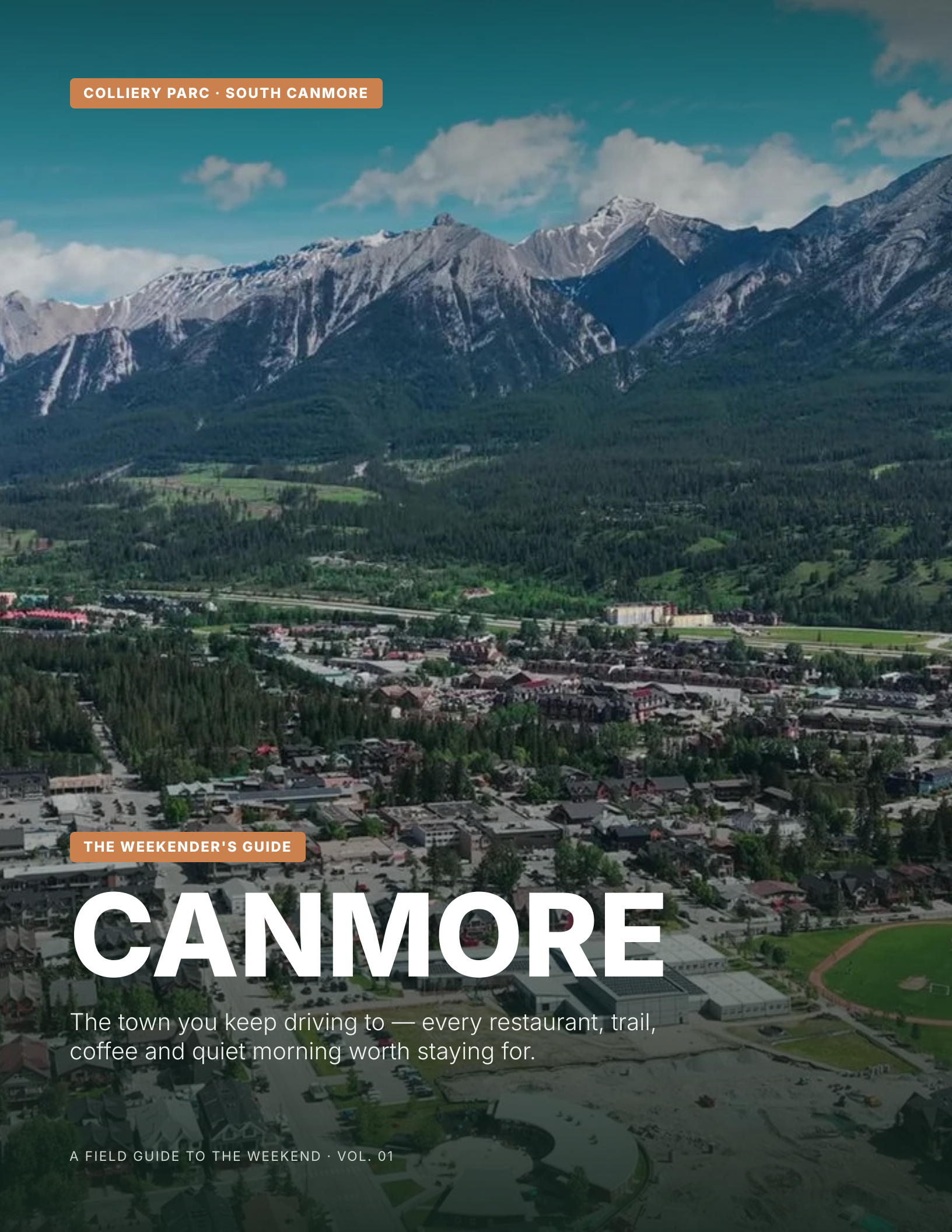




COLLIERY PARC · SOUTH CANMORE

THE WEEKENDER'S GUIDE

CANMORE

The town you keep driving to — every restaurant, trail, coffee and quiet morning worth staying for.

A FIELD GUIDE TO THE WEEKEND · VOL. 01

WELCOME

Every Friday you drive to Canmore.

You already know Canmore. You know the drive out — the moment the Three Sisters come into view, the shoulders drop. You know a coffee on Main Street and a walk along the Bow. What you don't know yet is the version where the place is yours.

This guide is the weekend, mapped: where to eat, where the good coffee is, the river path five minutes from your door, and the small rituals that make a mountain town feel like home. Then imagine it on a Monday.

How to use this guide. Two kinds of thing are in here. **In town** — the restaurants, the coffee, the shops, the bars and the Bow River path — is a flat walk from Colliery Parc. **Out of town** — the trailheads beyond the river, the ski hills, the spas and the golf — is a drive, and each entry says how far. Addresses cluster around downtown & South Canmore — a short, flat walk from Colliery Parc.



INSIDE

South Canmore, on foot	03
Where to eat	04
The Bow & the trails	05
Coffee & bakeries	06
Beyond the trails	07
Breakfast & brunch	08
Winter, four ski areas	09
Nordic skiing	10
Winter on foot	11
Après	12
Nightlife & live music	13
Spas & wellness	14
Two mountain golf courses	15
The year in Canmore	16
A weekend, hour by hour	17
A winter weekend, hour by hour	18
Main Street, shopping	19
The home that keeps you	20

1 hr

FROM CALGARY

1,309 m

ABOVE THE SEA

17k+

YEAR-ROUND LOCALS

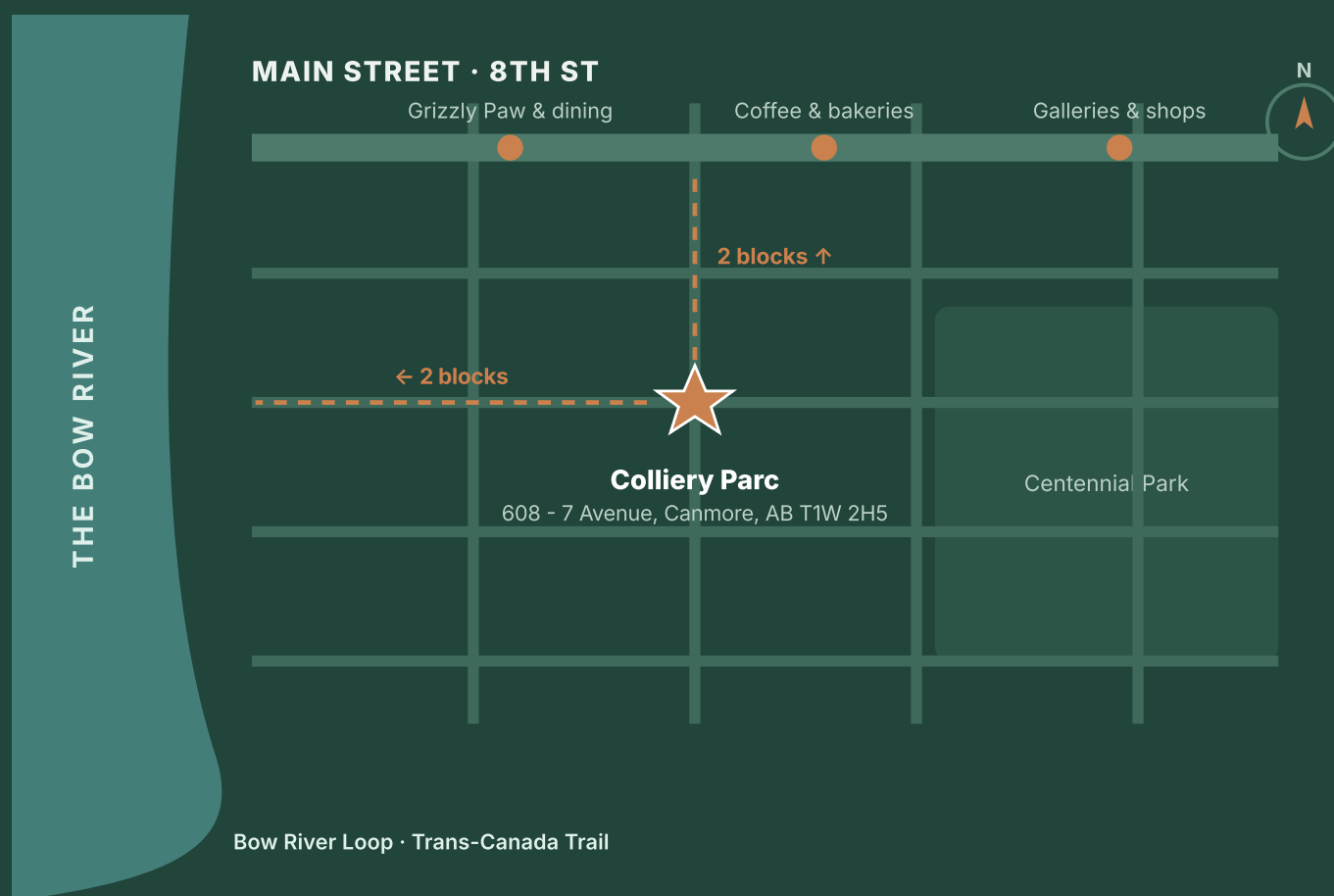
2 blocks

TO MAIN ST & THE BOW

SOUTH CANMORE, ON FOOT

Two blocks from all of it.

Downtown gathers along 8th Street — Main Street — a compact spine of restaurants, cafés and galleries under the Three Sisters. The Bow bends along the western edge; the trails begin where the streets end. From Colliery Parc it's two blocks to Main Street and two blocks to the river.



How to read the map. Everything shaded here is a flat walk from South Canmore — the food, the coffee, the shops, the bars and the river path. Everything beyond the river is a drive, and each entry says which.

Dinner, downtown.

Canmore punches far above a town its size — from white-tablecloth Alberta cooking to the best burger for a hundred kilometres, most of it within a few walkable blocks.

4296

Asian influences meet Alberta ingredients in the heart of downtown — innovative plates and one-of-a-kind cocktails in a warm, trendy room.

DINNER · DOWNTOWN

Sauvage

The best of Alberta produce, handled with real ingenuity. Reservations recommended.

FINE DINING

Rustica

Contemporary Canadian by way of Italy — Alberta ingredients, refined European technique. Up at Silvertip rather than downtown, so this is the one you drive to.

ITALIAN-CANADIAN · SILVERTIP, A DRIVE

Crazyweed Kitchen

A five-star fixture: Canadian ingredients with Middle-Eastern and Asian range — masala ribs, Moroccan lamb, Singapore prawn curry.

GLOBAL

Tavern 1883

Home of arguably the best burger in the Rockies — order the elk. Lively, local, and something on most nights.

PUB · BURGERS

Where the Buffalo Roam

Alberta personality, globally-inspired plates and premium craft cocktails — ask for the Old Fashioned.

SALOON · COCKTAILS

Bridgette Bar

Relaxed room, open kitchen, retro bar. Half-price pizzas and drinks daily, 2–5pm.

BAR · PIZZA

TABLE Food + Drink

A generous room with a bar open late — ciders, coolers and a deep wine list.

BISTRO · WINE

Blake Brewhouse & Distillery

Brewhouse and distillery under one roof — a long-table stop for a local pour.

BREWERY

Rocky Mountain Flatbread

Among the best pizza in town, one block off Main on 10th Street — organic-leaning and family-friendly.

PIZZA

Reserve ahead. On weekends the best rooms — Sauvage, Crazyweed, 4296 — book out. Call earlier in the week, or walk in before 6pm.



THE BOW & THE TRAILS

The river path starts here. The peaks are a short drive.

Bow River Loop

A flat, paved-and-gravel loop along the water — about 25 minutes, and the best first walk in the valley.

EASY · 25 MIN · WALK FROM SOUTH CANMORE

Grassi Lakes

A 4 km forest loop to two turquoise lakes, with a waterfall on the interpretive route. (Periodic closures for trail work — check ahead.)

EASY-MOD · 1-2 HR · DRIVE

Ha Ling Peak

One of the valley's most accessible summits — a steep out-and-back for huge views over Canmore and the Spray.

HARD · 7.9 KM · 810 M

Three Sisters & Quarry Lake

Riverside paths downstream to the Three Sisters, and a local swimming lake with a beach and off-leash meadow.

EASY · FAMILY · WALK OR SHORT DRIVE

Start low. Walk the river loop first, before you drive anywhere. It reads the valley for you — and it tells you what the weather is really doing up high.



COFFEE & BAKERIES

The morning ritual.

A weekend here is measured in coffees. The good news: Canmore roasts its own, and the walk to it is half the pleasure.

Eclipse Coffee Roasters

Some of the best coffee in the Rockies, roasted in-house — with several cafés around town.

ROASTER

Beamer's Coffee Bar

A longtime Canmore coffee-bar favourite — summer tables spill onto Main Street.

COFFEE BAR

Communitéa Café

A true community hub — a wide tea list, local art, and a genuinely warm room.

CAFÉ · TEA

The Bicycle Café

Bike shop and coffee bar in one — excellent espresso and friendly, knowledgeable staff.

CAFÉ · BIKES

Fergie's Bakery & Market

A local bakery and market under one roof — fresh bread, pastries and the famous cronut.

BAKERY · MARKET

The Summit Café

Panoramic mountain views with the pastries and breakfast plates to match.

CAFÉ · VIEWS

JK Bakery

A local lunch favourite — the sandwiches are the thing.

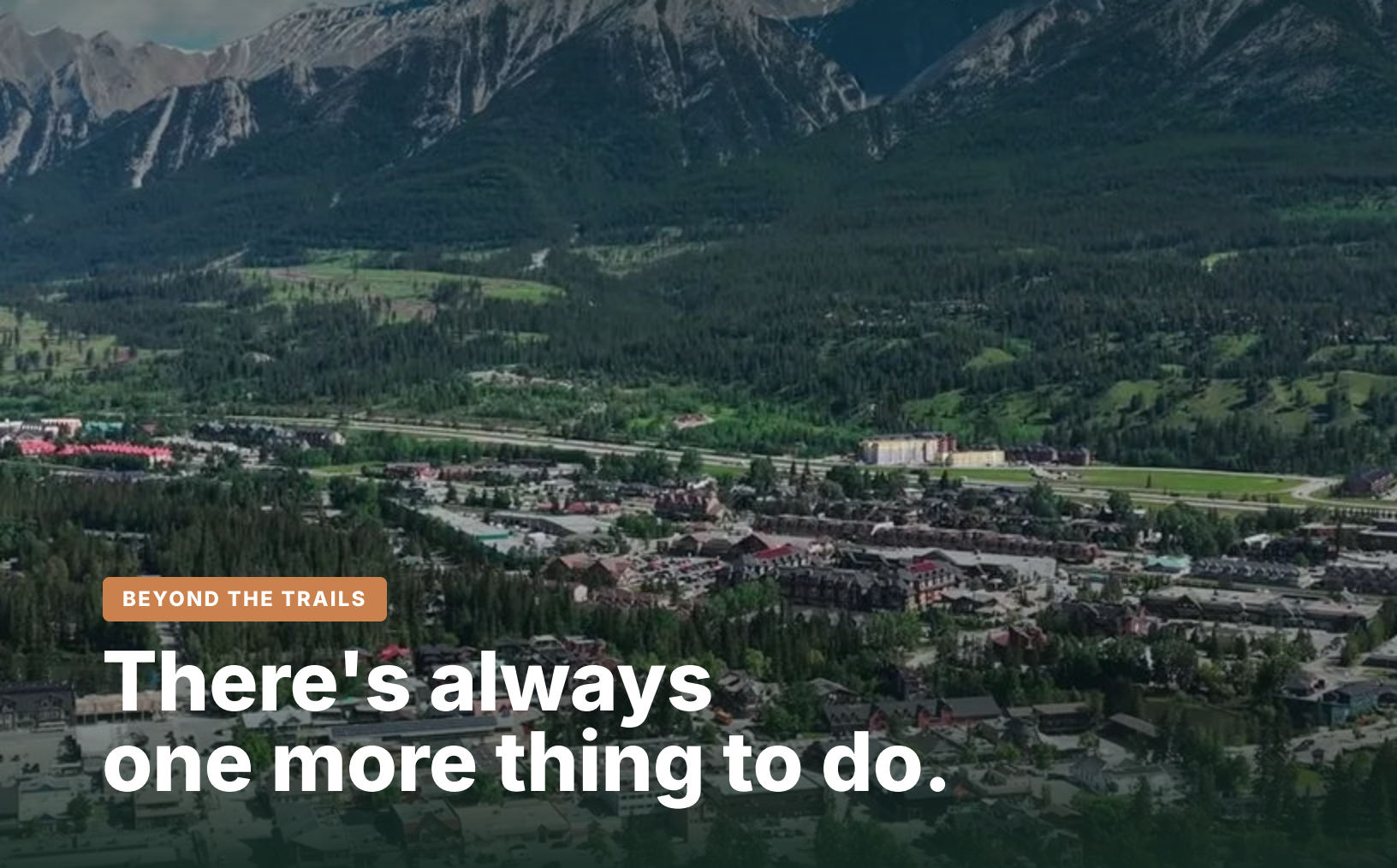
BAKERY · LUNCH

Rocky Mountain Bagel Co.

The best affordable breakfast in town: a wall of breakfast bagels and good, quick coffee.

BAGELS

Local's move. Grab a coffee and a croissant, walk the two blocks to the Bow, and watch the river while it's still quiet.



BEYOND THE TRAILS

There's always one more thing to do.

Paddle the Bow

Canoe, kayak or SUP the Bow River and Quarry Lake — rentals and guided tours from Bow Valley SUP. Evenings are glassy and quiet.

WATER · RENTALS & TOURS

Grotto Canyon

An easy 4.2 km return through a slot canyon to a waterfall — watch for 1,000-year-old pictographs on the limestone.

HIKE · 200 M

Rat's Nest Cave

Canmore's flagship caving trip and a Canadian Signature Experience — an 18 m rappel and about 4 hours in the cave (~6 hrs total).

CAVING · GUIDED

Via Ferrata

Scale a cliff face safely on a system of rungs and cables — no climbing experience required, just nerve.

CLIMB · GUIDED

Nordic Centre, in summer

100+ km of mountain-bike trails, plus trail running, orienteering and an 18-hole disc-golf course. Rentals on-site at Trail Sports.

BIKE · 5 MIN

Wildlife & the valley

Elk, deer and the occasional bear share the corridor — dawn and dusk from the river paths are the quiet magic.

WILDLIFE · FREE

Plan one big thing. Book a cave tour or a via ferrata for Saturday, and leave Sunday for the river and a slow coffee.

BREAKFAST & BRUNCH

Stay for the second coffee.

The weekender's real reward isn't dinner — it's a breakfast you don't have to rush, because you're not beating the traffic back to the city.

Bankhead

A newer favourite for breakfast and brunch — the Benedicts, with house-whipped hollandaise, are the move (try the beef-brisket).

BRUNCH

The Grande Kitchen + Bar

Voted best breakfast menu in the Bow Valley — bright and modern in the Grande Rockies Resort. Banana-bread French toast; a proper Monte Cristo.

BREAKFAST

Chez François

Breakfast all day, sixty-plus items — waffles, crêpes, breakfast poutine, and a signature Benedict with fresh hollandaise.

ALL-DAY

Cacao 70

All-day brunch with a chocolate streak — waffles, crêpes and omelettes alongside a serious hot chocolate.

SWEET

The Summit Café

Locals' pick for a hearty plate and a patio with peak views — Tex-Mex leanings, huevos rancheros.

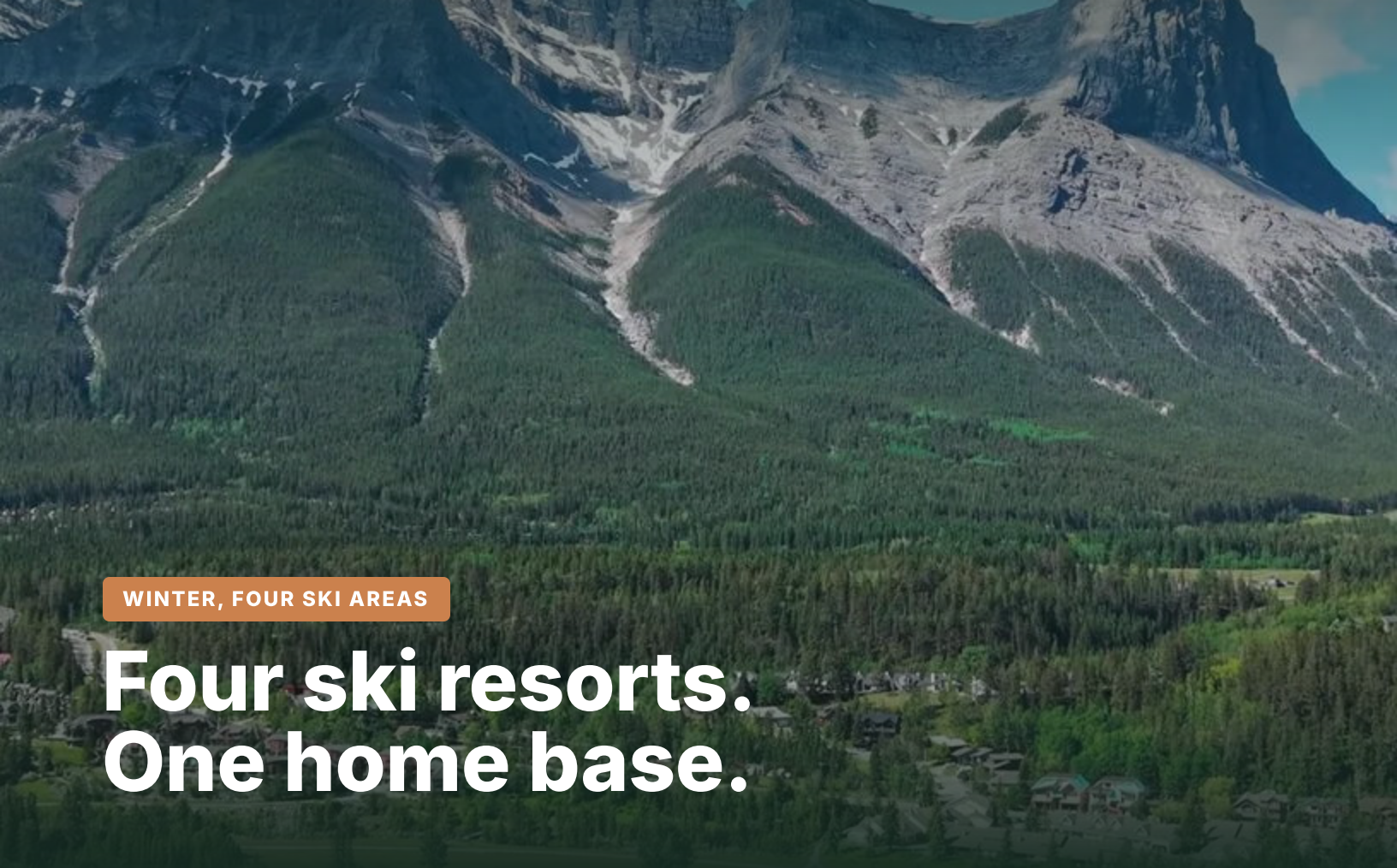
VIEWS

The Wood

The best terrace in town for a late, slow brunch on a bluebird day.

PATIO

Weekender's note. Book nothing before 10am. Let the day open slowly — that's the difference between visiting and belonging.



WINTER, FOUR SKI AREAS

Four ski resorts. One home base.

Canmore Nordic Centre

65+ km of world-class cross-country and biathlon trails, built for the 1988 Olympics — a five-minute drive from town.

XC · 5 MIN

Nakiska

The closest alpine hill, in Kananaskis — family-friendly, all abilities, about 35 minutes away.

ALPINE · 35 MIN

Mt. Norquay

Steep terrain close to Banff, and the only alpine hill here with night skiing.

ALPINE · ~20 KM

Sunshine Village

All-natural snow, a long season and high-alpine terrain on the divide.

ALPINE · ~26 KM

Lake Louise

One of Canada's largest resorts — long runs and huge variety.

ALPINE · ~69 KM

SkiBig3

One ticket covers Sunshine, Lake Louise and Norquay — ski all three.

LIFT PASS

Off the slopes. Lace up at one of the Town's outdoor rinks, walk a frozen canyon, or thaw at a Nordic spa. Winter here is a lifestyle, not a day trip.

NORDIC SKIING

Ski from the edge of town.

The 1988 Olympics left Canmore a cross-country venue and the town never gave it back. It sits 3 km up Spray Lakes Road, it is where the national team trains, and thanks to stored snow it often opens before anywhere else in the country.

Canmore Nordic Centre

More than 65 km of groomed cross-country and biathlon trails, built for the 1988 Olympic Games and still the valley's Nordic engine — 3 km up Spray Lakes Road. Day pass \$20; the green loops by the stadium are the gentle way in.

XC · DAY PASS

Trail Sports

Rentals, lessons and waxing in the day lodge at the Nordic Centre — classic or skate, and a first lesson that saves you a season of guessing.

RENTALS · LESSONS

Skiing after dark

6.5 km of the trail system is floodlit, and the warming hut runs to 9pm through the ski season. In a town where the light goes at four, a lit trail is what makes a weeknight ski possible at all.

NIGHT SKIING · 6.5 KM

Fat biking, free

Ten designated singletrack trails, and Alberta Parks charges no winter trail fee to ride them — you need only the Kananaskis Conservation Pass to park. Snowshoes stay off the ski tracks; there is a dedicated 3 km loop.

FAT BIKE · NO TRAIL FEE

Frozen Thunder. The Centre stockpiles machine-made snow under sawdust all summer and lays it back down in October, so the season here starts weeks before the rest of the Rockies. Nordic skiing rewards living close to it: an hour before dinner is a real ski, not a day trip.

The valley doesn't close.

The strongest argument for winter here is how little it asks of you. Half of it is a walk — the same flat river path, the same short blocks, a quieter town — and the trailhead is still the end of your street.

Skating, on Town ice

Canmore clears and floods seven outdoor surfaces through the season. The Pond, on 7 Avenue at Mallard Alley, is lit until 10pm. Quarry Lake and the Rundle Forebay are never safe to skate — the Town is explicit about it.

SKATE · FREE

West Bow River Pathway

The one the Town maintains year round — paved, flat and fully accessible from the boat launch to Three Sisters. In winter this is the river walk that is always there, five minutes from South Canmore.

MAINTAINED YEAR ROUND

Grotto Canyon

The slot canyon that is arguably better cold: the creek freezes into a walkable floor and the walls close in over your head. About 2 km each way, and Alberta Parks flags it for winter hiking. Spikes, not boots alone.

ICE WALK · WINTER ROUTE

Grassi Lakes

Worth knowing before you drive out: the Interpretive route is **closed every winter** — water runs over the trail and it glazes. The Upper route stays open, and the lakes freeze a colour you will not believe.

UPPER ROUTE IN WINTER

What winter actually asks of you. Alberta Parks puts it plainly — layers, and crampons or microspikes. Everything else is the walk you would have taken in July, with the valley to yourself.

APRÈS

The hour after the last run.

Nobody who lives here drives back to the city at four o'clock in the dark. That hour — boots off, something hot, the day still on you — is the one weekenders always run out of time for, and the one this town is quietly best at.

Everwild Canmore — Nordic Spa

Hot pool, cold plunge, rest, repeat — adults only, 9am to 10pm. After a ski day the thermal circuit is the difference between wrecked and restored. It closes below -25°C , which is the one night you would want it most.

NORDIC SPA · RESERVE

The Grizzly Paw Brewing

House-made beer and an easy mountain-town room on Main Street. The classic first stop, and a short walk home from it.

BREW PUB

Après Canmore

Named for the hour and built for it — the sister room to The Wood, on Main Street, for the stretch between the last run and dinner.

APRÈS · MAIN ST

Tavern 1883

Arguably the best burger in the Rockies — order the elk — with something on most nights once the room fills up.

PUB · BURGERS

Rocky Mountain Flatbread

One block off Main on 10th — organic-leaning, family-friendly, and the right call when the whole car is hungry and nobody wants to dress up.

PIZZA

1890 Smokehouse

Barbecue, a bar and live music under the roof of the historic Canmore Hotel. Slow food after a long day outside.

BAR · BBQ

Go early, finish early. The light is gone by mid-afternoon in midwinter. Start at first light and the valley is yours — and the warm room is still ahead of you.

After dark.

Canmore isn't a party town — it's better than that. It's jam nights, a brewpub pour, a band you didn't expect, and a walk home under an absurd number of stars.

The Drake

An iconic Canmore pub with live music and a dance floor — open late, with karaoke Mondays, Thursday trivia, and bands Friday & Saturday.

PUB · LIVE MUSIC

The Rose & Crown

An expansive, welcoming pub that's been part of Canmore for decades — Wednesday is jam night, when locals bring their instruments.

PUB · JAM NIGHT

The Grizzly Paw Brewing

House-made beers and an easy mountain-town vibe — the Main Street brewpub is the classic casual evening.

BREW PUB

Where the Buffalo Roam

Craft cocktails and Alberta character — a stylish spot for a nightcap after dinner.

SALOON

The Dancing Sasquatch

Local and touring musicians and DJs — the late one, Friday to Sunday, 9pm–2am.

DANCE · DJ

1890 Smokehouse

Inside the historic Canmore Hotel — barbecue, bar and live music under one storied roof.

BAR · BBQ

Tavern 1883

Comedy, live music, something on most nights — the reliable start to an evening out.

EVENTS

Check the night. Wednesday is jam night at the Rose & Crown, bands are Friday and Saturday at The Drake, and the Sasquatch runs late Friday to Sunday. Plan the evening around one of them.



SPAS & WELLNESS

Hot pool, cold plunge, repeat.

Everwild Canmore — Nordic Spa

A design-forward Nordic spa just outside town: nearly 40,000 sq ft of thermotherapy — five pools from a cold plunge to a hot pool, cedar barrel saunas, steam, heat and salt lodges, and the Elements Lounge for a between-soak tea.

NORDIC SPA · RESERVE

Kananaskis Nordic Spa

One of Alberta's iconic spa experiences — pools, saunas, steam rooms and hydrotherapy circuits tucked into the forest. About 40 minutes toward Kananaskis.

NORDIC SPA · ~40 MIN

The hydrotherapy circuit

The Nordic ritual: heat (sauna or steam), then cold (plunge or shower), then rest. Repeat three or four rounds — the best possible end to a day outside.

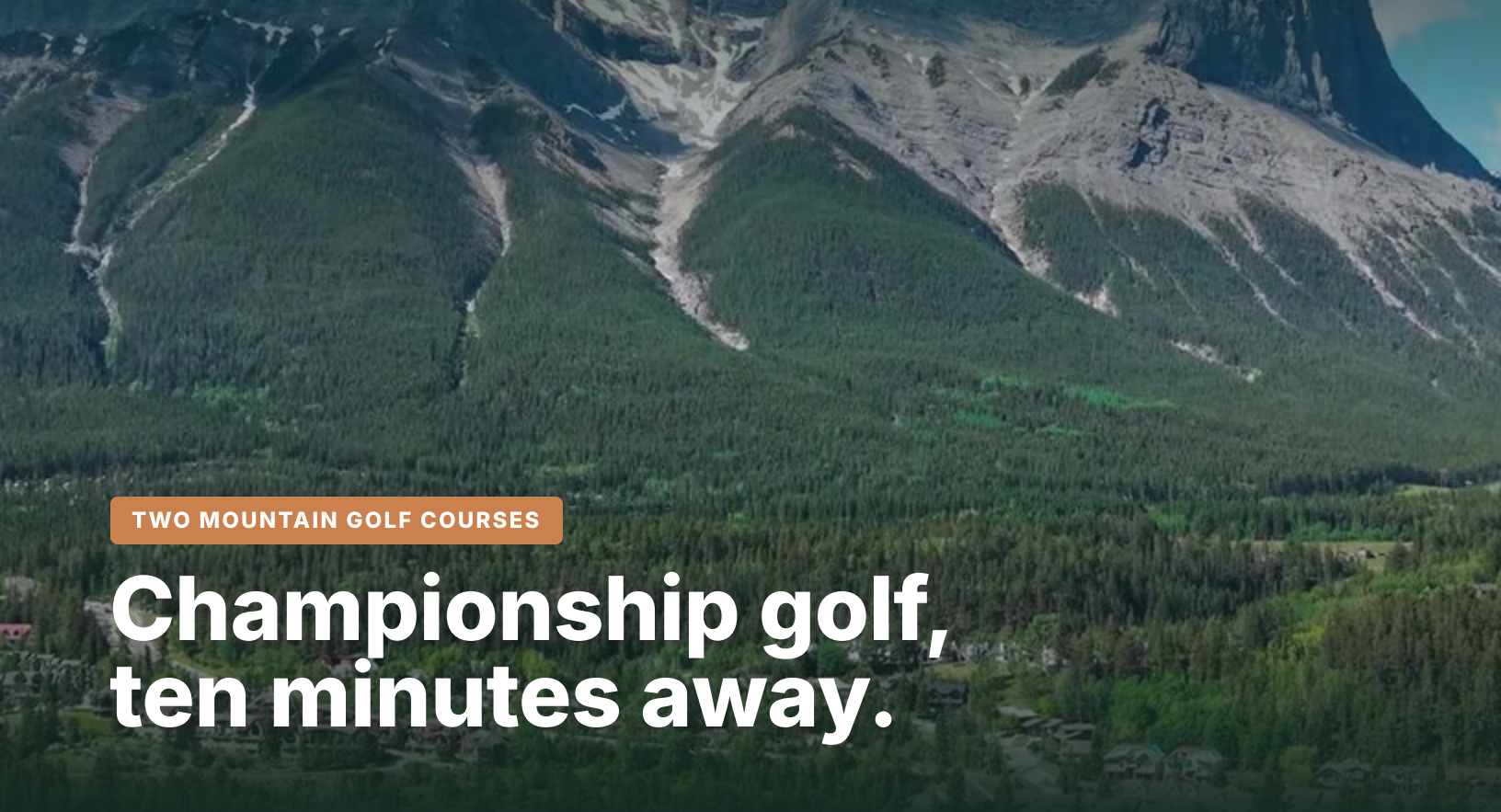
HOW-TO

The everyday reset

Even without a booking, a South Canmore weekend resets you: a river walk, a slow bath, mountain air through an open door. Wellness here is ambient.

EVERYDAY

End here. After a big hike or a ski day, a Nordic circuit is the difference between tired and restored. Book the late session and drift home.



TWO MOUNTAIN GOLF COURSES

Championship golf, ten minutes away.

Two of the country's most scenic courses sit minutes from South Canmore — an early tee time, and you're back on Main Street for lunch.

Silvertip

A dramatic 7,200-yard, par-72 championship course climbing the flank of Mount Lady MacDonald — a Les Furber design with 200-plus metres of elevation change and jaw-dropping valley views from the 9th tee.

PAR 72 · LES FURBER DESIGN · MAY–OCTOBER

Stewart Creek

Consistently rated among Canada's best mountain golf — a Gary Browning design threading 18 holes past mountain views, wildlife and historic mine shafts. Fair, memorable, genuinely challenging.

PAR 71 · GARY BROWNING DESIGN · 4100 STEWART CREEK DR

Book the dawn slot. The light on the peaks before 8am is worth the early alarm — and the fairways are yours.

A reason to be here, every season.

The calendar is a good argument on its own. Pick a festival, build a weekend around it, and you'll see why people stop treating Canmore as a day trip.

Spring

Canmore Uncorked

A ten-day food-and-drink festival showcasing the town's kitchens and bars.

[SEE CALENDAR](#)

Summer

Canada Day

Live music, a pancake breakfast and the town out on Main Street.

[JULY 1](#)

Folk Music Festival

The beloved three-day festival in Centennial Park — folk, roots and world music.

[AUGUST](#)

Live at artsPlace

Concerts, films and performances all season at the community arts centre.

[ALL YEAR](#)

Fall

Highland Games

Western Canada's premier Highland Games — caber toss, pipes and haggis.

[LABOUR DAY](#)

Melissa's Road Race

One of Canada's most historic road races — thousands run the valley.

[SEPTEMBER](#)

Festival of Art & Creativity

artsPlace's celebration — free live music, workshops, films and outdoor markets.

[SEPTEMBER](#)

Winter

Christmas Market

Thirty years of local artisans — 75+ makers and handmade goods.

[NOVEMBER](#)

The Warm Up

The folk festival's winter weekend — twenty-plus artists across seven downtown venues, one wristband.

[FEBRUARY](#)

Plan around one. A festival weekend is the easiest way to see the town at full volume — book beds and tables early, because everyone else has the same idea.

The weekend, hour by hour.

Three days, nothing to pack. A weekend that makes the case all on its own.

Friday

5:30 pm

Arrive as the Three Sisters catch the last light. Drop the bags; leave the car.

7:00 pm

Dinner at 4296 or Crazyweed — a proper welcome-to-the-weekend table.

9:30 pm

A band at The Drake, or a nightcap at Where the Buffalo Roam.

Saturday

8:00 am

Coffee and a fresh cronut at Fergie's. No rush.

9:30 am

The Bow River Loop, then Grassi Lakes or Ha Ling if the legs are willing.

1:00 pm

Lunch on The Wood's terrace, or a JK Bakery sandwich by the river.

3:00 pm

Main Street — galleries, boutiques, an unhurried afternoon.

5:00 pm

The hydrotherapy circuit at Everwild: hot, cold, rest, repeat.

7:30 pm

Dinner at Sauvage or Rustica. Linger.

Sunday

9:00 am

Brunch at Bankhead — the brisket Benedict, and a second coffee.

11:00 am

A swim at Quarry Lake, a tee time at Stewart Creek, or simply the deck and the view.

2:00 pm

And here's the whole point — you don't pack the car. You put the kettle on.

Leave Sunday loose. The best hours here are the unplanned ones — a second coffee, the river path, and no particular reason to hurry.

The same weekend, in the snow.

Shorter days, longer dinners, and the drive out is the one part that gets worse. Here is the version where it doesn't happen.

Friday

4:30 pm

Arrive in the blue hour — the peaks go pink, then violet. Drop the bags; leave the car where it is.

7:00 pm

Dinner at Crazyweed or 4296. The long kind, because there is nowhere to be.

9:30 pm

A pint at The Grizzly Paw, then two blocks home under an absurd number of stars.

Saturday

7:30 am

Coffee and a cronut at Fergie's while it is still dark.

8:30 am

Drive to Nakiska, Norquay, Sunshine or Lake Louise — or five minutes to the Nordic Centre and ski until lunch.

3:30 pm

Last run. Boots off in the car park while everyone else starts the drive to Calgary.

5:00 pm

The thermal circuit at Everwild: hot, cold, rest, repeat.

8:00 pm

Dinner at Sauvage or Bridgette Bar. Linger — you are not driving anywhere.

Sunday

9:00 am

Brunch at Bankhead. The brisket Benedict, and a second coffee.

11:00 am

Skates at The Pond on 7 Avenue, or the frozen floor of Grotto Canyon, or the river path in twenty minutes of sun.

2:00 pm

And here is the whole point again — you do not scrape the windshield. You put another log on.

Winter is the season that rewards proximity most. The day is short, the light goes early, and every hour you are not on the highway is an hour you actually get.



MAIN STREET

Locally owned, and best on foot.

Downtown's shopping is defiantly independent — boutiques, galleries and specialty shops under the Three Sisters, most one-of-a-kind. Main Street's pedestrian zone runs May to October, when the street closes to cars altogether. The rest of the year it is simply a short, walkable downtown — same shops, same hours, fewer people. Canmore's ROAM transit is free within town limits either way.

Avens Gallery

A premier Canmore gallery since 1986, right on Main Street — original mountain art and fine craft.

GALLERY · EST. 1986

Blue Moon

A curated collection of on-trend, high-quality women's apparel on Main Street.

FASHION

Boulder Menswear

Locally owned menswear in the heart of downtown — mountain-town wardrobe, done well.

FASHION

The Tin Box

A lifestyle store of home furnishings, accessories and gifts in the heart of the Rockies.

HOME · GIFTS

Project A

Open since 2017, built on supporting local and emerging artists — a genuine find.

ART · LOCAL

Canmore Tea Company

Two hundred teas by aroma, with the pots, mugs and cards to match.

SPECIALTY

Go slow. The joy of a walkable Main Street is the drift — a gallery, a tea, a patio, no particular hurry, no meter running.



OWN YOUR CANMORE WEEKEND

Colliery Parc, South Canmore.

Most of this guide is a walk from Colliery Parc. The rest is a short drive — and the guide says which is which. A modern, in-town home about two blocks from downtown Canmore and two blocks from the Bow — so the weekend stops being a place you drive to, and becomes the place that's already yours.

BUILT FOR THE CLIMATE

Net-Zero-Ready construction, triple-pane windows, solar and real sound separation.

RUN THE CANMORE MATH

Put what you already spend on Canmore weekends beside the cost of having a place of your own. Use your numbers, not ours.

TWO BLOCKS TO THE WEEKEND

Main Street and the Bow are about two blocks away. See what changes when the weekend starts at your own front door.

VISIT THE SHOWHOME

608 - 7 Avenue, Canmore, AB T1W 2H5
403-869-8288 · info@collieryparc.ca
collieryparc.ca/weekender · **showhome open 12–5 daily**
COLLIERY PARC · THE CANMORE WEEKENDER · VOL. 01

Book a visit