

PLANNING YOUR TRIP

Canmore is the focal point of climbing activity in the Bow Valley and is located along the Trans-Canada Highway 110 km west of Calgary. This large city (population of around 1 million) has an international airport (YCC) and, if arriving by plane, car rentals may be obtained from a variety of companies at the airport or within the city. If you need to take the bus to Canmore from Calgary, Greyhound (www.greyhound.ca) offers service from a number of city locations. Direct airport shuttles to Canmore and Banff are available through Banff Airporter (www.banfairporter.com) and Sundog Tours (www.sundogtours.com).

To drive to Canmore from any location within Canada, it's as simple as navigating to the Trans-Canada Highway and heading either east or west depending on where you're travelling from. If you're travelling from the United States, there are a number of highway options depending on your location.

To take advantage of all the climbing possibilities in the Bow Valley, it's necessary to have access to a car. If that's not an option, Canmore and Banff each have two cragging areas within comfortable walking distance of the town centres. Finally, it's not too hard to find a partner while at the cliff. The locals are friendly, approachable and always on the lookout for fresh belayers.

Visitor Information

The Bow Valley in Alberta is a tourism hub, and there's no shortage of information or options to be found. The following three websites are great resources for planning a vacation:

- www.visitcalgary.com
- www.tourismcanmore.com
- www.banfflakeouise.com

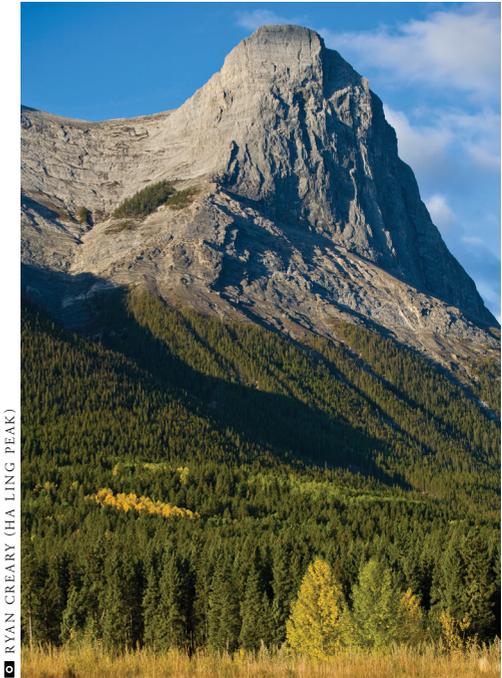


Once in Canmore, the best option for gathering information is the local tourism centre, open daily from 9:00 a.m. to 5:00 p.m. and located at 907A 7 Avenue.

When to Come

The climbing season in the Bow Valley usually begins sometime in April and lasts into early October, but for those traveling from afar, July through September is the warmest and most stable period, although a bit of snow, especially on the high peaks surrounding town, is not unheard of. Canmore's elevation ranges between 1,350 and 1,480 metres and the climate is *relatively* mild compared to most regions of Canada. January is the coldest month with an average high of -4.6 , but the extremely low humidity makes it feel considerably warmer. Summers are short with daytime temperatures ranging from 18° to 22°C , and winters are usually sunny and dry. The area averages 330 days of sunshine annually, with a short wet season occurring from mid-May to early June.

Seven-day forecasts may be obtained on the Environment Canada website, Weatheroffice.gc.ca. Note that certain areas—Prairie Creek and Lake Louise especially—can have very different conditions than those occurring in Canmore. Webcams, useful for checking current conditions, may be found at www.canmorealberta.com and www.explorerockies.com/banff-webcam.



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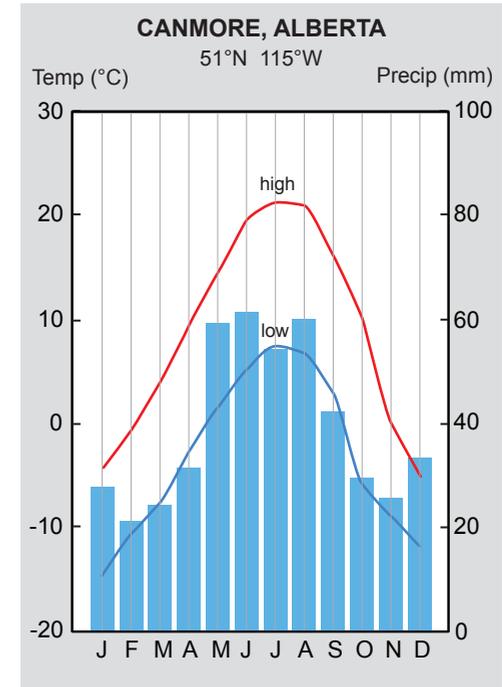


Figure 1 Average monthly precipitation and temperature (high and low) for the city of Canmore, Alberta, Canada.