

SOUTH CANADIAN ROCKIES VISITOR GUIDE





WELCOME TO WHERE OFF-THE-BEATEN PATH IS STANDARD



CHOOSE YOUR OWN ADVENTURE

Welcome, adventurer, to a world of endless possibilities and heart-pumping excitement! Get ready to experience the ultimate thrill-seeker's paradise in the South Canadian Rockies.

Nestled in southwestern Alberta, this region boasts a pristine wilderness that's just waiting to be explored. Whether you're a first-time visitor or a seasoned explorer, you're in for a wild ride.

Here, you'll discover a four-season playground that goes beyond the ordinary. Towering mountains, recreational areas, parks, and natural wonders are all at your fingertips, allowing you to spend more time enjoying and less time driving.

Get your blood pumping with a variety of adrenaline-fueled activities, from Nordic and cross-country skiing to horseback riding, ice fishing, biking, recreational off-highway vehicle riding, and hiking. Dive into the captivating yet devastating history of places like Frank Slide, the Hillcrest mine, and the Burmis Tree. Or, immerse yourself in the legendary tales of rumrunners that took place a century ago.

After a day of adventure, retire to our cozy mountain communities, where you'll be greeted with hearty cuisine, authentic accommodations, and a vibrant local arts scene.

Explore the South Canadian Rockies at your own pace by visiting the three distinct regions: Crowsnest Pass Region, Castle Region, and Pincher Creek Region. All connected by historic Highway 3, each area offers unique history, culture, attractions, and activities.

And that's not all - the South Canadian Rockies also serves as a gateway to other mountain regions, including Alberta's Foothills region, the British Columbia interior of the Kootenays, and Waterton National Park.

So what are you waiting for? Plan your perfect Southern Canadian Rockies vacation today and get ready to embark on the adventure of a lifetime!

VISITOR INFORMATION

Time Zone

Mountain Daylight Time (GMT-6)

Weather and Climate

Alberta is a four-season destination. Our province is ranked number one by Environment Canada for having the most comfortable weather overall in Canada. Some of our attractions are open seasonally, please see listings below for both the summer and winter seasons.

Sunshine

Alberta has the highest number of sunny days in Canada with 312 annually.

Average Temperatures

Summer: daytime highs are normally 20 to 25°C (68 to 77°F) but can reach the mid to upper 30s (90s). Winter: in the coldest months of the year, January and February, daytime temperatures range from -5 to -15°C (23 to

5°F). They can drop as low as -30 to -40°C (-22 to -40°F) for short periods of time.

Precipitation

Annual precipitation in Alberta averages 30-60 cm (12-24 in). In the winter, the ski resorts of the Canadian Rockies can see up to 9 m (30 ft) of snowfall between November and April.

Alberta Weather Conditions Website

Alberta Road Conditions Website

Contact South Canadian Rockies Tourism
P.O. Box 818
Blairmore, AB T0K 0E0
info@southcanadianrockies.ca

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SOUTH CANADIAN ROCKIES REGIONAL MAP

Icon Legend

- Accommodation
- Camping
- Attractions
- Culture & Museums
- Outdoor Experience
- Art
- Golf
- Events
- Eat & Sip
- Shopping
- Hike
- Ski
- Paddle Board
- Skating
- Fat Biking
- Mountain Biking
- Regular Biking
- Snowmobile
- Quad
- Mountain Range
- Single Mountain Peak

ALL HIKING TRAILS >

HUBS

- 1 Pincher Creek**
- 2 Crowsnest Pass**
- 3 Blairmore**
- 4 Coleman**
- 5 Beaver Mines**
- 6 Fort Macleod**
- 7 Waterton**
- 8 Bellevue**

POINTS OF INTEREST

- 1 Pass Powderkeg**
- 2 Chinook Lake**
- 3 York Creek**
- 4 McGilvery Staging Areas**
- 5 Frank Slide**
- 6 Crowsnest Lake**
- 7 Emerald Lake**
- 8 Lee Lake**
- 9 Beauvais Lake**
- 10 Beaver Mines Lake**
- 11 Castle Mountain Resort**

PROVINCIAL PARK

- 1 Crowsnest Provincial Park**
- 2 Beauvais Lake Provincial Park**
- 3 Castle Provincial Park**



ITINERARY #1

EATING YOUR WAY THROUGH THE SOUTH CANADIAN ROCKIES

By Sue Slaght

Soaring mountains, quiet wilderness and quaint historic towns await visitors of this natural paradise. It may be the dazzling scenery or four-season adventures that take centre stage in this southwest corner of Alberta, however the make-you-feel-like-an-old-friend and made-in-house eateries and breweries will leave you eager to plan your next trip to this less-travelled Rocky Mountain playground.

GETTING THE DAY OFF TO A GOOD START

Walking into Chris' Restaurant on a crisp March morning, the aroma of fresh coffee and the sound of laughter fill the air. The red-topped stools awaken delicious, and decades-old memories of homemade treats from my own small town upbringing. 'Friendly faces and good food' announces the outdoor sign, and the restaurant delivers exactly that. The French toast is perfectly cooked, as if my grandma had made it herself.

Organic foods, free trade coffee and ingredients from around the world make an eclectic mix at the Crowsnest Café and Fly Shop. Whether eating in or taking it to-go on your adventure, the breakfast bagels, wraps, paninis and sandwiches will fill you for the day. Gluten-free options are also available.

MIDDAY FILL UPS

"You have to stop for a cinnamon bun!" The Cinnamon Bear Café knows how to achieve gooey goodness, and comes highly recommended by regular travellers and locals alike. Made-to-order sandwiches, lattes and other fresh baking are available.

Proudly supporting local ranchers and farmers, Bear Grass Bistro is known as the place 'where friends come to meet.' Serving breakfast and lunch, this restaurant within Ranchlands Mall welcomes visitors Monday to Friday.

TIME FOR A BEVERAGE

The Rocky Mountain views from the deck of The Pass Beer Company alone would be enough to bring patrons back time and again. With the outdoor tables covered in snow, we enjoy the small batch craft beer in their bright taproom and kitchen. The wood fire pizza oven delivers the tastiest pizza we've tasted since our trip to Italy. A kids menu and dog friendly patio make this an ideal family stop.

Oldman River Brewing Company also offers a family friendly taproom and dog friendly patio. Located in the hamlet of Lundbreck, their menu offers classic-style pub food that will pair perfectly with your favourite pint. A perfect rest stop after taking in the wonder of the nearby Lundbreck Falls.

DINNER TIME

Dreaming of an open kitchen and cozy eatery, the owners of Encounters Wine Bar & Small Plate Kitchen certainly brought their idea to life. Menu choices such as Smoked Beef Carpaccio and Crab Cakes with Remoulade give a big city feel without the matching prices. Offering take out, we book a Charcuterie Board and Dark Chocolate Fondue in advance for our post-snowshoe adventure.

The Rum Runner saloon atmosphere carries the historic theme of the prohibition period. With a seniors and gluten-free menu, the eatery is family friendly. Their legendary burgers made from 100% Canadian beef come in one size only: huge and half-pound. Pets are welcome on the patio.

A: A large classic grazing box from Encounters Wine Bar & Small Plate Kitchen in Coleman, AB.

B, C: Stop by The Pass Beer Co. in Blairmore for some delicious pizza, snacks and craft beer.

D: A delicious salad from Bear Grass Bistro in Pincher Creek for lunch.

G: Amazing, home-style breakfast from Chris' Restaurant in Coleman.

SUMMER LISTINGS



ACCOMMODATION

Heritage Inn Hotel & Convention Centre
Pincher Creek, AB
[WEBSITE](#)

Corner Hill House
Coleman, AB
[WEBSITE](#)

Charmed Resorts
Blairmore, AB
[WEBSITE](#)

Country Encounters Hospitality
Coleman, AB
[WEBSITE](#)

Glamping Resorts Ltd.
Castle Provincial Park, AB
[WEBSITE](#)

Travelodge by Wyndham
Pincher Creek, AB
[WEBSITE](#)

Flint Rock Ranch
Cowley, AB
[WEBSITE](#)

CAMPING

Crowsnest Pass Campground
Bellevue, AB
[WEBSITE](#)

Chinook Provincial Recreation Area
Crowsnest Pass, AB
[WEBSITE](#)

Windy Point Campground
Oldman Dam Provincial Recreation Area, AB
[WEBSITE](#)

North Folk Campground
Oldman Dam Provincial Recreation Area, AB
[WEBSITE](#)

Lundbreck Falls Campground
Lundbreck Falls Provincial Recreation Area, AB
[WEBSITE](#)

Castle Falls Campground
Castle Provincial Park, AB
[WEBSITE](#)

CULINARY

Encounters Wine Bar & Small Plate Kitchen
Coleman, AB
[WEBSITE](#)

Oldman River Brewing
Lundbreck, AB
[WEBSITE](#)

Limber Pine Smokehouse & Taberna
Coleman, AB
[WEBSITE](#)

Pincher Creek Meats
Pincher Creek, AB
[WEBSITE](#)

Miner's Mercantile & Bakery
Beaver Mines, AB
[WEBSITE](#)

The Pass Beer Company
Crowsnest Pass, AB
[WEBSITE](#)

Seasons Cafe & Eatery
Pincher Creek, AB
[WEBSITE](#)

CULTURE & HISTORY

Bellevue Underground Mine
Bellevue, AB
[WEBSITE](#)

Crowsnest Museum & Archives
Coleman, AB
[WEBSITE](#)

Crowsnest Pass Public Art Gallery
Blairmore, AB
[WEBSITE](#)

Frank Slide Interpretive Centre
Blairmore, AB
[WEBSITE](#)

Heritage Acres Farm Museum
Pincher Creek, AB
[WEBSITE](#)

Kootenai Brown Pioneer Village
Pincher Creek, AB
[WEBSITE](#)

HIKING & BIKING
Sweet Riders
Blairmore, AB
[WEBSITE](#)

United Riders of Crowsnest
Blairmore, AB
[WEBSITE](#)

Uplift Adventures

Coleman, AB
[WEBSITE](#)

TOURS

Uplift Adventures
Coleman, AB
[WEBSITE](#)

Centre Peak High Country Adventures
Pincher Creek, AB
[WEBSITE](#)

Tamarack Outdoors
Pincher Creek, AB
[WEBSITE](#)

Sweet Riders
Blairmore, AB
[WEBSITE](#)

SHOPPING

Tamarack Outdoor Outlet
Pincher Creek, AB
[WEBSITE](#)

Crocketts Trading Company
Crowsnest Pass, AB
[WEBSITE](#)

SPORTS & REC

Castle Mountain Resort
Pincher Creek, AB
[WEBSITE](#)

UROC Kids Corner & Skill Park
Blairmore, AB
[WEBSITE](#)

Pincher Creek Spray Park
Pincher Creek, AB
[WEBSITE](#)

Pincher Creek Golf Club
Pincher Creek, AB
[WEBSITE](#)

JoJo Adventure Rentals
Coleman, AB
[WEBSITE](#)

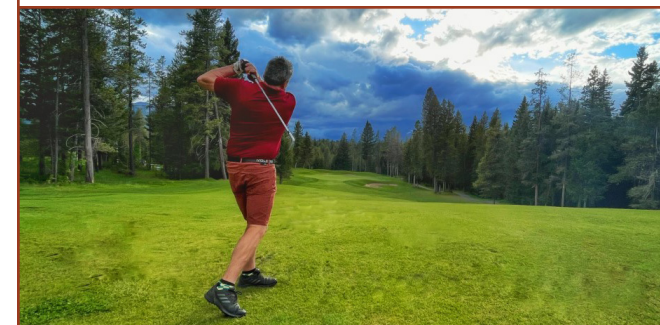
Crowsnest Pass Quad Squad
Coleman, AB
[WEBSITE](#)

Crowsnest Pass Golf Club
Blairmore, AB
[WEBSITE](#)

CROWSNEST PASS GOLF CLUB

Blairmore, AB
[WEBSITE](#)

Located right in the heart of the Crowsnest Pass, with spectacular mountain views on all sides. The Crowsnest Pass Golf Club is one of the most scenic courses in Western Canada. Bring your clubs and be sure not to forget your camera! Prepare yourself for an unparalleled golfing experience. Our course is a pleasure for golfers of any skill level to play. Test your accuracy with our fairways, water hazards and sand traps; we have everything you need to challenge you and improve your game. Our full-service golf course has a relaxed vibe, where guests can enjoy golf memberships, superb amenities, outstanding service and 18 holes of magnificent golf. Our new clubhouse and restaurant opened in the summer of 2020 and has one of the best views in the Crowsnest Pass.



ITINERARY

HIGHWAY 3 ALE TRAIL

Grab your designated driver, load up the car, and start sipping and discovering some amazing brews!

The Ale Trail follows Highway 3, running through southern Alberta from the Crowsnest Pass to Medicine Hat. Along the Ale Trail you'll find eight craft breweries serving up Alberta-made beer. Savour and sip IPAs, Blondes, Lagers, Stout, Pale Ale, Citrus, seasonal refreshing creations, and tasty food.

As you explore the open roads in southern Alberta, you will have lots to see as you travel to each brewery! You'll be surrounded by epic mountain views, and a wealth of history in the South Canadian Rockies. From Crowsnest Pass, follow the gorgeous scenery to Fort MacLeod and Lethbridge. Continue onto Canada's sunniest city, Medicine Hat, where you'll love being surrounded by stunning prairie skies, coulees and bluffs.

The Pass Beer Company

10801 20 Avenue, Blairmore, AB
403.753.1100
PASSBEER.CA

Oldman River Brewing Ltd.

101 Breckenridge Avenue, Lundbreck, AB
403.751.0017
OLDMANRIVERBREWING.COM

Stronghold Brewing Company

230 24 Street, Fort Macleod, AB
403.635.9381
STRONGHOLDBREWING.CA

Spectrum Ale Works

3500 9 Avenue N, Lethbridge, AB
brewing@spectrumaleworks.com
SPECTRUMALEWORKS.COM

Theoretically Brewing Company

1263 2 Avenue S, Lethbridge, AB
403.715.5140
THEORYBREW.CA

Hell's Basement Brewery

#102, 552-18 Street SW, Medicine Hat, AB
403.487.0489
HELLSBASEMENT.COM

Medicine Hat Brewing Company

1366 Brier Park Drive NW, Medicine Hat, AB
403.525.1260
MEDICINEHATBREWINGCOMPANY.CA

Travois Ale Works

612 3 Street SE, Medicine Hat, AB
587.289.1000
TRAVOISBEER.COM



THE ROUTE:



STRONGHOLD
BREWING Co.

LETHBRIDGE

MEDICINE HAT

TRAVOIS
ALE WORKS



BLAIRMORE

LUNDBRECK

**FORT
MACLEOD**



[Theoretically]
Brewing Company





ITINERARY #2

PICTURE-PERFECT SCENES IN THE SOUTH CANADIAN ROCKIES

By Neil Zeller

Looking to perfect your photography skills? The Crowsnest Pass offers quiet and stunning landscape views where you can snap the perfect picture.

Traveling from Calgary, most drivers take Highway 2 south to Fort Macleod and then head west into the Crowsnest Pass but you can also drive the popular Cowboy Trail (Highway 22) and exit onto Highway 3 right at **Lundbreck Falls**. For the true adventure-seekers out there, there are a couple of gravel roads we'll point you down that are quieter and more picturesque than the main routes.

One route has you drive Highway 2 all the way to the exit for Highway 785, leading you towards the **Head-Smashed-In Buffalo Jump UNESCO World Heritage Site**. The paved road brings you to the interpretive centre, and from there it turns into a wide, well-maintained gravel road. It's a joyously curvy and hilly route that brings you to Pincher Creek via the **Oldman Dam Reservoir**.

Along this route, you'll be in awe of the big skies and even bigger countryside where herds of deer and elk are frequently found grazing in the ample pastures and sweeping valleys. This area is known as Porcupine Hills, and it stretches from the highlands west of Nanton to the Crowsnest Pass. The beauty of this route will encourage you to slow down and really enjoy the drive, and the wide road with ample field approaches makes it safe and easy to stop for pictures along the way.

From there you'll drive into picturesque **Pincher Creek** for lunch, where you can take your time deciding on an ideal route into the Crowsnest Pass. Highway 3 is the quickest but busiest way to get there, so an alternative option is to take Highway 507 west from Pincher Creek. On this route you'll find a wonderful side trip only 8 km south on Highway 775, leading you to **Beauvais Lake Provincial Park**. In the summer, the lake is active with an incredible array of wildlife and birds, and in the winter it offers stunningly scenic hikes.

Back on Highway 507, it's only a short distance to the **Miner's Mercantile & Bakery**. Here you can stock up on any necessities you may need, as it's a popular last stop for adventurers heading off into the Castle Mountain area to the south. After a lovely latte or ice cream cone, Highway 507 continues north back towards Highway 3 and the Crowsnest Pass. From here you could backtrack a few kilometers east to see the beautiful **Lundbreck Falls**, or check out

the famous **Burmis Tree** before heading into the Crowsnest Pass.

In surprisingly quick succession you'll find yourself in the towns of Hillcrest, Bellevue, Frank, Blairmore, and Coleman, creating the perfect opportunity to explore the town centres of the Crowsnest Pass. You can explore **Coleman's** quaint downtown by taking 77th Street to 17th Avenue, or hop over to **Blairmore's** 20th Avenue for the commercial and cultural centre of the Crowsnest Pass.

You're sure to find the perfect pub, restaurant, hotel, resort, brewery, or coffee shop along this 20 km stretch of highway. You'll find amazing culinary experiences at restaurants like the **Rum Runner**, hidden and charming cafes like **Chris' Restaurant**, and the 'Best Wings in the Crowsnest' at **Pass Beer Co.** Retire for the night at the modern and comfortable **Kanata Inn** in Blairmore, and you'll be perfectly positioned for the next day of sightseeing.

As you head back east, make a right at Hillcrest for a beautiful slow drive on **East Hillcrest Drive**. Spend an extra day exploring

the scenic local routes adjacent to Highway 3, and you'll find yourself feeling like you're inside a model train set. The area is packed with an incredible mining and railway history that can be explored by simply slowing down and taking these side roads. And be sure to stop and to take in the tragic yet spectacular views and stories at the **Frank Slide Interpretive Centre**, which overlooks Canada's deadliest rockslide.

Going off the beaten path is the best way to find picture-perfect scenes in the Crowsnest Pass. Follow this itinerary to find some of the quietest and most beautiful views in the South Canadian Rockies!

A: Picture perfect landscapes along the popular Cowboy Trail.

B: The famous Burmis tree outside Crowsnest Pass.

C: Refreshing stop at Beauvais Lake Provincial Park.



WINTER LISTINGS



ACCOMMODATION

Heritage Inn Hotel & Convention Centre
Pincher Creek, AB
[WEBSITE](#)

Travelodge by Wyndham
Pincher Creek, AB
[WEBSITE](#)

Corner Hill House
Coleman, AB
[WEBSITE](#)

Castle Mountain Ski Lodge
Pincher Creek, AB
[WEBSITE](#)

Charmed Resorts
Blairmore, AB
[WEBSITE](#)

CULINARY
Encounters Wine Bar & Small Plate Kitchen
Coleman, AB
[WEBSITE](#)

Oldman River Brewing
Lundbreck, AB
[WEBSITE](#)

Limber Pine Smokehouse & Taberna
Coleman, AB
[WEBSITE](#)

Pincher Creek Meats
Pincher Creek, AB
[WEBSITE](#)

Miner's Mercantile & Bakery
Beaver Mines, AB
[WEBSITE](#)

The Pass Beer Company
Crowsnest Pass, AB
[WEBSITE](#)

Seasons Cafe & Eatery
Pincher Creek, AB
[WEBSITE](#)

T-Bar Pub & Grub
Pincher Creek, AB
[WEBSITE](#)

CULTURE & HISTORY

The Lebel Mansion
Pincher Creek, AB
[WEBSITE](#)

Leitch Collieries Provincial Historic Site
Crowsnest Pass, AB
[WEBSITE](#)

Frank Slide Interpretive Centre
Blairmore, AB
[WEBSITE](#)

Crowsnest Pass Public Art Gallery
Blairmore, AB
[WEBSITE](#)

Kootenai Brown Pioneer Village
Pincher Creek, AB
[WEBSITE](#)

HIKING & BIKING
Sweet Riders
Blairmore, AB
[WEBSITE](#)

Uplift Adventures
Coleman, AB
[WEBSITE](#)

TOURS
Uplift Adventures
Coleman, AB
[WEBSITE](#)

Tamarack Outdoors
Pincher Creek, AB
[WEBSITE](#)

SHOPPING
Tamarack Outdoor Outlet
Pincher Creek, AB
[WEBSITE](#)

Crocket Trading Company
Crowsnest Pass, AB
[WEBSITE](#)

SPORTS & REC
Pass Powderkeg Ski Area
Blairmore, AB
[WEBSITE](#)

Crow Snow Riders
Blairmore, AB
[WEBSITE](#)

Castle Mountain Resort
Pincher Creek, AB
[WEBSITE](#)

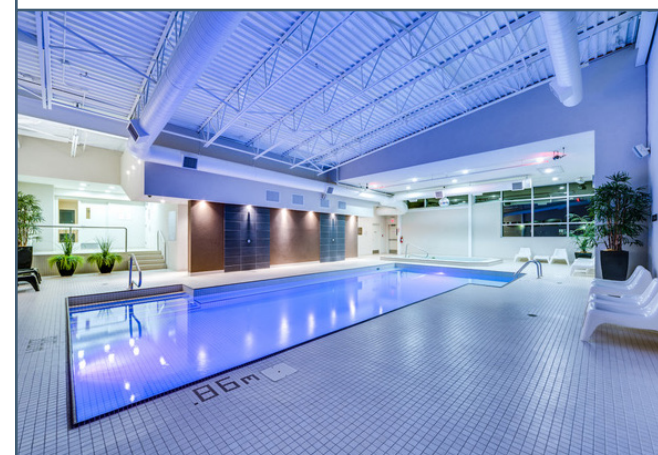
CASTLE MOUNTAIN RESORT Pincher Creek, AB
[WEBSITE](#)

Castle Mountain Resort isn't run by accountants working for some mega-corporation. It's owned and operated by skiers who are driven by adrenaline, not profit. We believe in dry powder snow. We believe in challenging terrain. And we believe that the right combination of these elements will provide experiences of a lifetime for those who, like us, live to ski. Closer to Heaven, Down to Earth... That's Castle.



HERITAGE INN HOTEL & CONVENTION CENTRE Pincher Creek, AB
[WEBSITE](#)

Conveniently located only 30 minutes from Waterton Lakes National Park, the Heritage Inn Hotel & Convention Centre in Pincher Creek features contemporary décor combined with excellent full-service amenities. Whether traveling for business, leisure, or for a special event, they have everything you need for a relaxing and comfortable stay. While staying at their hotel, you can enjoy amenities including complimentary WiFi access, 24-hour front desk assistance, indoor pool, hot tub, fitness room, on-site restaurant and lounge, meeting and wedding facilities, catering services, room service, bagged lunch service, coin-operated laundry, elevator accessibility and dog-friendly rooms.





ITINERARY #3

SOUTHERN CANADIAN ROCKIES: A 3-DAY ITINERARY

By Jasmin Shannon

DAY 1

Depart an extra hour or two before you think you'll have to leave. The views along the way are breathtaking and you'll want to use them for family photo ops. You may recognize the famous **Burmis Tree** as you enter the Crowsnest Pass. It's a lone pine tree that has stood for over 300 years and has become a symbol of the region's rugged beauty.

You'll also pass right by **Frank Slide Interpretive Centre** – a fascinating geological site where a massive rock slide occurred in 1903, burying part of the town

of Frank. Take a self-guided tour of the site to learn about the disaster and see the remains of the town. There is a large movie theatre, countless kids' activities as well as a gift shop.

Upon arriving into Blairmore, check into **Charmed Resorts**, a fairy tale retreat nestled in the heart of the mountains. Take some time to settle in and explore the resort's amenities like outdoor hot tubs, whimsical designs (you won't be able to stop taking photos), and walking paths.

In the evening, dine at **The Pass Beer Company**, a 3-minute drive from Charmed Resorts. This gem is part of the **Highway 3 Ale Trail**. On the menu, you'll find plenty of options for kids like fries, chicken strips, and pizza. The caprese salad and butter chicken pizza come highly recommended and of course, the beer menu is extensive and carries a lot of local beer companies.

DAY 2

Start the day with a delicious breakfast at **Cinnamon Bear Café**, which serves up freshly baked pastries and daily features like chili.

After breakfast, bundle up and head out on a snowshoeing adventure through the stunning landscape of the Southern Canadian Rockies. Rent snowshoes locally from operators like **Uplift Adventures**. Follow trails through forests and across frozen creeks, taking in the breathtaking views of the snow-covered peaks.

In the afternoon, grab a quick bite to eat at a local café in Blairmore, then spend the rest of the day visiting local shops and art galleries.

In the evening, enjoy another delicious dinner at the **Limber Pine Smokehouse**, famous for their meat platters, excellent service, and comfortable family environment.

Return to Charmed Resorts to enjoy a relaxing soak in the outdoor hot tub or curl up with a good book before heading to bed.

DAY 3

Wake up early to enjoy one last soak in your private wood-fired hot tub at Charmed Resorts before checking out by 10am. Enjoy a brunch at **The Cherry On Top**, featuring sweet and savoury crepes, scrambled eggs, and lattes.

Before heading home, make a stop at Lundbreck Falls, a stunning waterfall located just a short drive from downtown. Take a hike along the trails that wind through the surrounding forest, taking in the beautiful scenery and perhaps even spot some wildlife!

Enjoy the scenic view back home while reflecting on the amazing experiences of the past three days and all the adventures yet to come in this beautiful corner of the world.

A: Cinnamon Bear Café

B: Frank Slide Interpretive Centre

C: Lundbreck Falls

D: Cinnamon Bear Café

E: Charmed Resorts

F: Snowshoe adventures through the South Canadian Rockies

G: Family enjoying their fresh pastries from Cinnamon Bear Café.





  @southcanadianrockies

southcanadianrockies.com