

# SOUTH CANADIAN ROCKIES VISITOR GUIDE







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# 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 summer 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 hiking and mountain biking to horseback riding, fishing, recreational off-highway vehicle riding, and rock climbing. 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 South Canadian Rockies summer 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

### Wildlife Safety

It's important to be aware of wildlife in the area as you are in bear country. Know before you go! For wildlife safety tips, check out this site: [Website](#)

### Fire Ban Status Website

**Contact South Canadian Rockies Tourism**  
P.O. Box 818  
Blairmore, AB T0K 0E0  
[info@southcanadianrockies.ca](mailto:info@southcanadianrockies.ca)

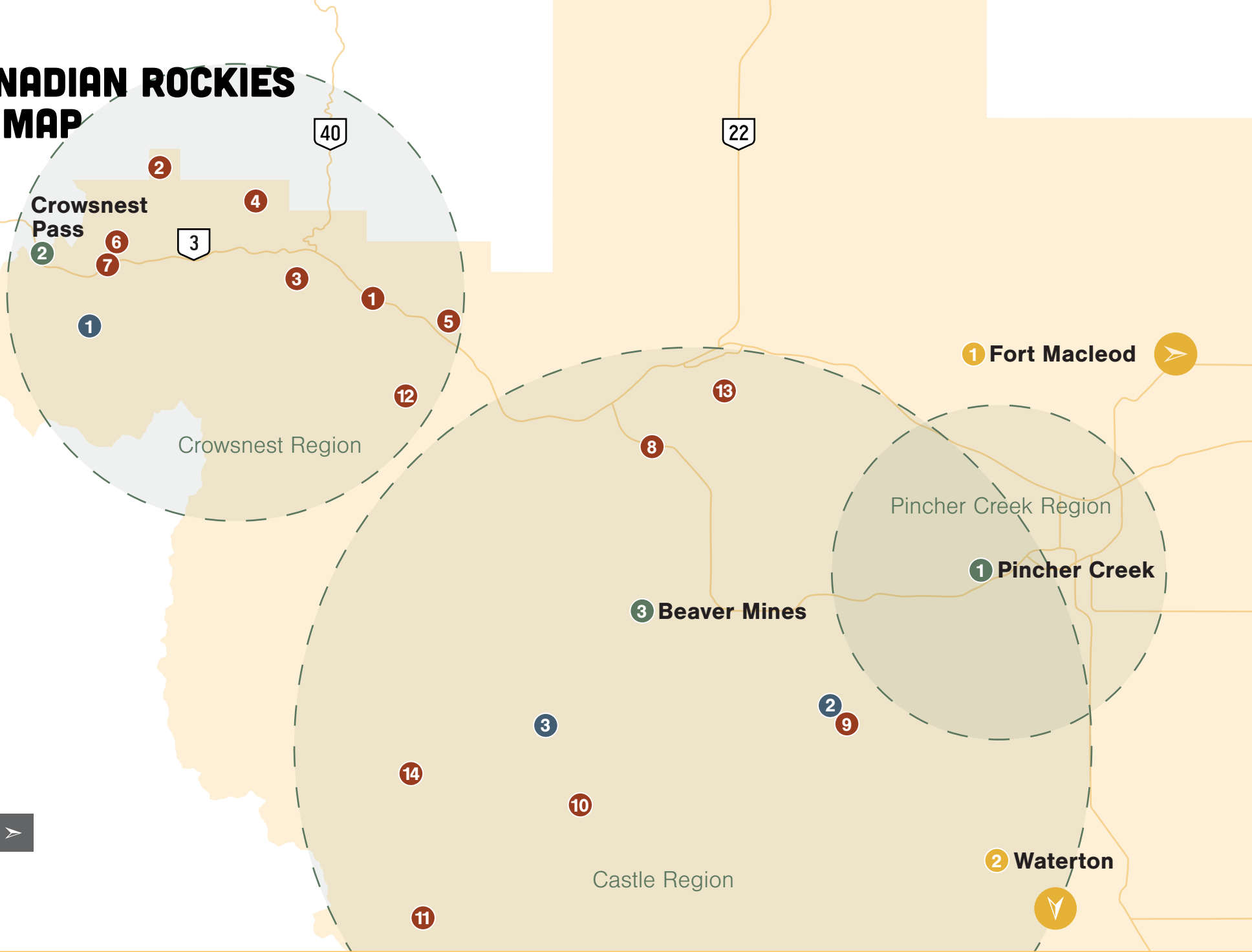


# SOUTH CANADIAN ROCKIES REGIONAL MAP

## 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
- Fishing

ALL HIKING TRAILS ➤



## HUBS

- 1 Pincher Creek**  
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 2 Crowsnest Pass**  
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 3 Beaver Mines**  
Icons: Accommodation, Camping, Eat & Sip

## POINTS OF INTEREST

- 1 Pass Powderkeg**  
Icons: Attractions, Mountain Biking, Regular Biking, Eat & Sip, Shopping
- 2 Chinook Lake**  
Icons: Attractions, Mountain Biking, Regular Biking, Ski, Hike
- 3 York Staging Creek**  
Icons: Attractions, Mountain Biking, Snowmobile, Quad
- 4 McGillivray Areas**  
Icons: Attractions, Mountain Biking, Snowmobile, Quad
- 5 Frank Slide**  
Icons: Culture & Museums, Attractions, Hike, Mountain Biking
- 6 Crowsnest Lake**  
Icons: Ski, Snowmobile
- 7 Emerald Lake**  
Icons: Ski, Snowmobile
- 8 Lee Lake**  
Icons: Ski, Snowmobile
- 9 Beauvais Lake**  
Icons: Ski, Snowmobile, Attractions, Mountain Biking, Regular Biking

- 10 Beaver Mines Lake**  
Icons: Ski, Snowmobile, Camping, Attractions, Fishing
- 11 Castle Mountain Resort**  
Icons: Attractions, Mountain Biking, Regular Biking, Eat & Sip, Shopping
- 12 Satoris Staging Area**  
Icons: Attractions, Mountain Biking, Snowmobile, Quad
- 13 Lundbreck Falls**  
Icons: Attractions, Ski
- 14 Syncline Trails**  
Icons: Ski, Snowmobile

## CLOSE BY

- 1 Fort Macleod**  
Icons: Accommodation, Camping, Culture & Museums, Art, Golf, Eat & Sip, Shopping
- 2 Waterton**  
Icons: Accommodation, Camping, Mountain Biking, Attractions, Art, Events, Eat & Sip, Shopping

## PROVINCIAL PARK

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



## ITINERARY #1

# TWO-DAY CASTLE FLY FISHING ITINERARY

by Mark Shannon, Local Photographer  
& Fishing Enthusiast

THE SOUTH CANADIAN ROCKIES  
OFFERS AMPLE OPPORTUNITIES  
FOR FISHING ENTHUSIASTS. USE  
THIS ITINERARY TO SCOUT OUT A  
THRILLING TWO-DAY ADVENTURE  
IN THE HEART OF CASTLE  
PROVINCIAL PARK.

## PRE-TRIP

Check out your fly box before heading out to get organized and make any necessary additions. Make sure you have spare leaders,

tippet, floatant, rods and reels, forceps, nippers, landing net, rain gear, camping gear, food, polarized glasses, water and firewood.

You'll have limited access to cell service, so now would be the time to get your fishing licence and check the water specific regulations. One thing to note is that fishing is not allowed within the boundaries of the West Castle Wetlands Eco Reserve near the ski resort.

Make sure to not only have bear spray, but double check that it hasn't expired (normally they last four to five years). It's also always a good idea to share your trip plan with somebody staying at home, giving them a rough idea of where you plan to camp and fish.

## DAY ONE

If you're departing from Calgary mid-morning, you'll get to the Castle area with enough time to scout your campsite. Even with the long

summer days, it's a good idea to have your tent staked just in case you get into some fish later in the day and don't want to leave the water just as it's turning on.

Castle Provincial Park has designated camping areas with a flat rate of \$20/night, and are first-come-first-serve between May 1st and November 30th. Look out for the information kiosks in the park, where you can purchase your camping pass.

If you like something a little more rustic like I do, check out the closest public land use zone (Livingston PLUZ). You can download the **PLUZ map** from the Alberta government website and open it with the **Avenza app** to scope out a good spot. While one person sets up the tent, the other can fire up some burgers on the grill. It's nice to have a warm meal before hiking up a cold creek, especially if you're wet wading.

Pull out a hard copy of the **Backroad Mapbook** to dial in the best access points on the river. There are a bunch of spots where the road crosses the Castle, or bumps up close to it - bridges are one the best places to gain entry to the water. You can also go high-tech and use GPS maps and apps like **Avenza**, **BRMB**, and **Gaia**.

Arriving at your first spot, you'll have to decide if it's warm enough to wet-wade, or pull out the waders and gear up. Anything 22-24 degrees and above is usually comfortable, but if it's been a cold night, you might prefer more insulation and opt for some breathable waders. With the size of the Castle system, expect to do some walking. If you're anything like me and have a serious case of 'next-bend-itis,' you'll be covering some ground. The rivers and creeks are usually crossable depending on the section you choose.

After hopping from spot to spot, finding some fish and losing some flies, it's a good time to hit up **Oldman River Brewing** for some fresh local beer and delicious food. You might even luck out with some live music or, as in our case, bingo night. Head back to the campsite with time for a crackling fire and short stories about big fish, however accurate they might be.

## DAY TWO

Wake up, fire up the stove for a hearty breakfast and warm up by the campfire before the second day of your adventure.

Pack up the tent gear, fully douse the fire with water from the creek, and make a plan for where to fish based on how it went on day one. It's a great opportunity to revisit the ones that got away or challenge yourself to tackle the unknowns of new water.

Having spotted a few likely-looking tributaries (Lynx, Carbondale, Lost Creek, Gardiner, Beaver Mines, Mill Creek, Screwdriver, etc.), take your pick and start where they're crossed by one of the many well maintained roads in the area. Being smaller bodies of water, you can cover two to three of these pretty easily in a day.

Find a spot mid-afternoon to grab a quick bite of food. Some beef jerky, a handful of trail mix, and a sandwich is a quick and filling lunch to get you back on the water. Time for one last spot before turning the truck north and heading back to the city. I usually like to head back to the city with some daylight on the road, but when the bite is on it can be hard to pry yourself away. One. Last. Cast...

Keep your eyes peeled on the drive home - fall, and dusk mean the deer and possibly elk will be ones to look out for. You might even be lucky enough to spot one of the majestic moose that call this area home.



- A: Checking the fly box
- B: Don't forget bear spray!
- C: Setting up camp
- D: Fly fishing
- E: Oldman River Brewing



# EXPLORE THE SOUTH CANADIAN ROCKIES!



## Accommodation

Discover a wide range of accommodation options in the South Canadian Rockies, from cozy lodges to unique stays. Find the perfect place to rest after your adventures. For more details, [click here](#).

## Camping

Enjoy the great outdoors with numerous camping options, from basic tent sites to fully-equipped RV parks. Experience nature up close. For more details, [click here](#).

## Culinary

Indulge in a variety of dining options, from hearty mountain fare to fine dining. Savour locally sourced ingredients and regional specialties. For more details, [click here](#).

## Culture & History

Explore the rich culture and history of the South Canadian Rockies through historic sites, museums, and art galleries. For more details, [click here](#).

## Hiking & Biking

Discover stunning landscapes with trails for all levels of hikers and bikers. Enjoy scenic views and outdoor adventures. For more details, [click here](#).

## Tours

Enhance your visit with guided tours showcasing the best of the region, from wildlife safaris to historical excursions. For more details, [click here](#).

## Sports & Recreation

Experience a variety of sports and recreational activities, from skiing and snowboarding to fishing and kayaking. For more details, [click here](#).





## 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.

**We do not encourage drinking and driving. Please always ensure you have a designated driver or use alternative transportation options to ensure everyone's safety.**

**The Pass Beer Company**  
10801 20 Avenue, Blairmore, AB  
403.753.1100  
[PASSBEER.CA](http://PASSBEER.CA)

**Oldman River Brewing Ltd.**  
101 Breckenridge Avenue, Lundbreck, AB  
403.751.0017  
[OLDMANRIVERBREWING.COM](http://OLDMANRIVERBREWING.COM)

**Stronghold Brewing Company**  
230 24 Street, Fort Macleod, AB  
403.635.9381  
[STRONGHOLDBREWING.CA](http://STRONGHOLDBREWING.CA)

**Spectrum Ale Works**  
3500 9 Avenue N, Lethbridge, AB  
[brewing@spectrumaleworks.com](mailto:brewing@spectrumaleworks.com)  
[SPECTRUMALEWORKS.COM](http://SPECTRUMALEWORKS.COM)

**Theoretically Brewing Company**  
1263 2 Avenue S, Lethbridge, AB  
403.715.5140  
[THEORYBREW.CA](http://THEORYBREW.CA)

**Hell's Basement Brewery**  
#102, 552-18 Street SW, Medicine Hat, AB  
403.487.0489  
[HELLSBASEMENT.COM](http://HELLSBASEMENT.COM)

**Medicine Hat Brewing Company**  
1366 Brier Park Drive NW, Medicine Hat, AB  
403.525.1260  
[MEDICINEHATBREWINGCOMPANY.CA](http://MEDICINEHATBREWINGCOMPANY.CA)

**Travois Ale Works**  
612 3 Street SE, Medicine Hat, AB  
587.289.1000  
[TRAVOISBEER.COM](http://TRAVOISBEER.COM)



## THE ROUTE:



**STRONGHOLD**  
BREWING Co.

**LETHBRIDGE**

**MEDICINE HAT**

**TRAVOIS**  
ALE WORKS

**BLAIRMORE**

**LUNDBRECK**

**FORT  
MACLEOD**



**[Theoretically]**  
Brewing Company



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A



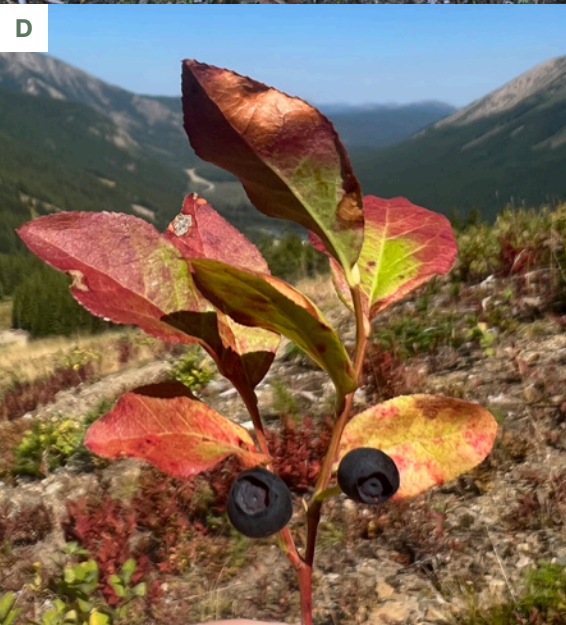
B



C



D



## ITINERARY #2

# HUCKLEBERRY FESTIVAL: A SUMMER TRADITION IN THE SOUTH CANADIAN ROCKIES

**PICK BERRIES, SOAK UP THE VIEWS AND JOIN THE SUMMER FESTIVITIES AT THIS BELOVED ANNUAL CELEBRATION**

For decades, the Huckleberry Festival has been a celebrated summer tradition in the South Canadian Rockies. This beloved annual gathering is held during the fourth week of August at Castle Mountain Resort, and showcases everything great about summer in the region. From scenic chairlift

rides to huckleberry picking, live music, local vendors, and decadent dinners, Huckleberry Fest has something for everyone.

## SCENIC CHAIR LIFT RIDE

Although Castle Mountain Resort is open all summer, Huckleberry Fest is the only day that they open up the Huckleberry Chair Lift for visitors to take a scenic ride to the top of the mountain. As you make your ascent, the ride slows down giving you lots of time to take in the panoramic view of the mountain range surrounding you.

Once you reach the summit, even more awe-inspiring views await. You can ride the chair lift back down, or you can hike down the ski runs back to the village. The descent is swift and steep, but if you happen to lose track of time while foraging for huckleberries, the journey can extend into a fun adventure that lasts for hours.

## HUCKLEBERRY PICKING

If you've ever tried a huckleberry, you'll know that they're worth the effort it takes to find them. They taste a lot like blueberries, but with a little more tang. Huckleberries are a regional delicacy, but they're a treasure not readily found in southern Alberta. However, you can however find a hidden bounty of them on the higher elevations of Castle Mountain Resort.

Concealed among the vibrant red bushes that carpet Castle's ski runs, huckleberries tend to hide close to the ground, requiring patience and a keen eye to spot them.

You'll find some great berry spots on the main ski runs along the Huckleberry Chair Lift (check the map), but they tend to get picked clean by the early birds. If you're a late starter, your best bet is to take a short hike up the mountain to find other sweet spots for berries.

Even if your berry-picking bucket isn't brimming with tiny treasures when you get to the bottom, you're still guaranteed to experience a strong connection to the land and a shared sense of community when you check out the rest of the festivities.

## VENDORS, MUSIC & DINNER

Huckleberry Fest offers a variety of extra treats to complement the natural beauty of the region. The festival hosts a lively vendor market featuring local businesses and skilled artisans where you can find unique and handmade treasures, and live music always fills the air, creating a festive summer atmosphere. For families attending, a wide array of games and activities ensure that children of all ages can join in on the fun.

Dedicated festival-goers insist that you can't leave without trying the annual chicken and rib dinner. They rave about the mouthwatering food and the strong sense of community that makes this grand finale to the festival a must-experience every year.

Huckleberry Fest is an incredible celebration of everything great about the South Canadian Rockies - check out this **events calendar** for more details about the next celebration.

*A: Huckleberry Chair Lift*

*B: Huckleberry Picking*

*C: Be sure to grab a map on your way up the mountain*

*D: The berries hide close to the ground, near the stem of the bush*

*E: You want to look for the deep-red coloured bushes, scattered along the ski run*

*F, G, H: Huckleberry Fest*

E



F



G



H





