

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 winter wonderland 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 snowshoeing, ice fishing, snowmobiling, and winter hiking. Dive into the captivating 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: Crownsnest 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 winter 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

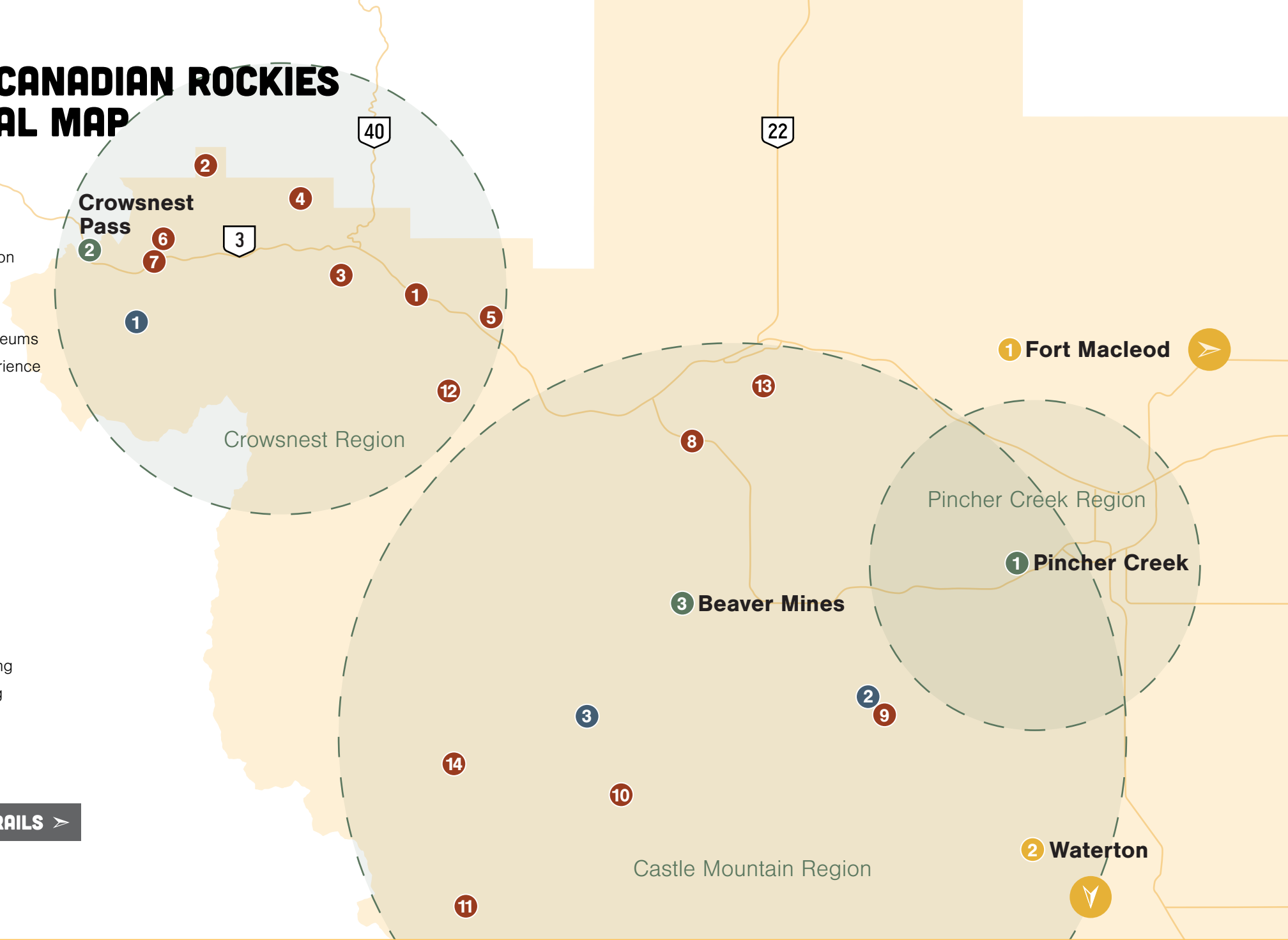
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SOUTH CANADIAN ROCKIES REGIONAL MAP

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
- 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, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping

POINTS OF INTEREST

- 1 Pass Powderkeg**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 2 Chinook Lake**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 3 York Staging Creek**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 4 McGilvery Areas**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 5 Frank Slide**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 6 Crowsnest Lake**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 7 Emerald Lake**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 8 Lee Lake**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 9 Beauvais Lake**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 10 Beaver Mines Lake**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 11 Castle Mountain Resort**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 12 Satoris Staging Area**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 13 Lundbreck Falls**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping
- 14 Syncline Trails**
Icons: Accommodation, Camping, Attractions, Culture & Museums, Outdoor Experience, Art, Golf, Events, Eat & Sip, Shopping

CLOSE BY

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

PROVINCIAL PARK

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



ITINERARY #1

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 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 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.





WINTER LISTINGS

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](#).

Culinary

Indulge in a variety of dining options, from hearty mountain fare to fine dining. Savor 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](#).

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.

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

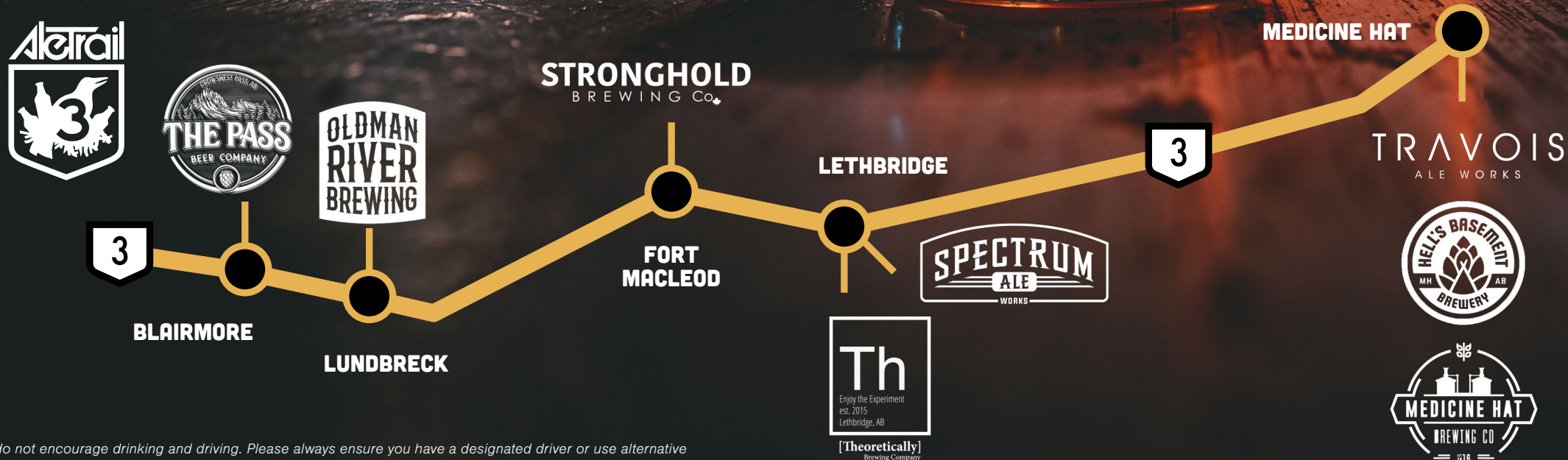
Hell's Basement Brewery
#102, 552-18 Street SW, Medicine Hat, AB
403.487.0489
HELLSBASEMENT.COM

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:



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.



ITINERARY #2

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

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

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

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

