

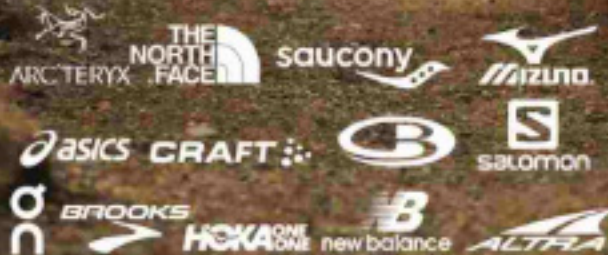


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Trail Running Guide

2018

Bear Spray
Recommended
For All Trail's
(Available at Strides)



1240 Railway Ave unit 108, Canmore, AB

Horseshoe Loop 5km
River Loop 2km
High Line Trail 10.2km



Mountain Traverse to
Benchlands Trail

Three Sisters Loop

Connector to Quarry
and Nordic Center

Cougar Creek Low Loop

Stairs to Lower
Nordic Center & George
Town Interpretive

Quarry Interval Loop

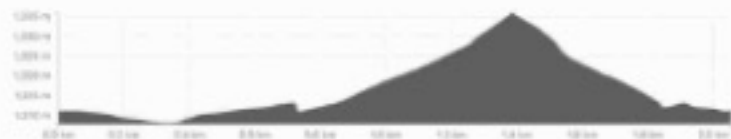
Town Loop



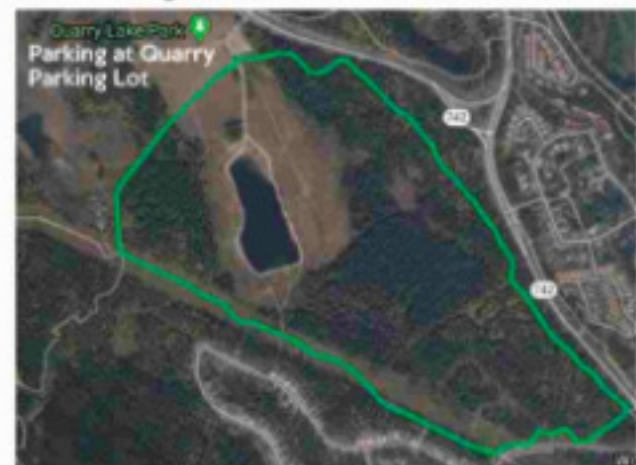
Staff Recommendations

River Loop

2km, 5m Elevation
15-25 Minutes



This is a great beginner trail running loop. The path is gravel so you can get the feeling of being off pavement without having to worry about other obstacles. The loop is relatively flat and has great access to small single track loops to test out your trail legs. There is also access to a long set of stairs, if you're looking to do some uphill intervals, or get some verticle in!



Three Sisters Loop

3km, 48m Elevation
20-40 Minutes

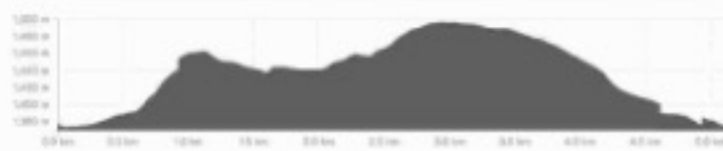
Three Sisters Loop is a great way to get the feeling for running on dirt. The trail is wide and very clear so you dont have to worry as much about the odd root or rock. Work your way from the Quarry Parking lot to the powerline trail, and eventually dip into the tree's on a wide single track. There are plenty of other turn off's to shorten or lengthen the loop!



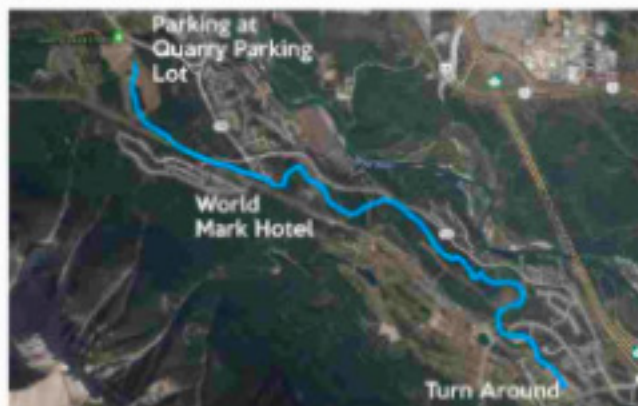
Horse Shoe Loop

5km, 133m Elevation
45-60 Minutes

MORE DIFFICULT



Horseshoe loop is a great place to really start to get the feel for trail running. Start at the Cougar Creek Parking lot and work your way up the right side oft the path. Eventually, you dip into the trees at the start of the singletrack trailhead. Work your way through rolling forest, tight tree sections and open meadows until returning back to the trailhead. The loop is mostly dirt with few rocks and obstacles. The area also has lots of other trails that lead off of the Horseshoe loop making it easy to add some extra km's!



Lokis's Lowline

5.94km, 102m Elevation
45-60 Minutes

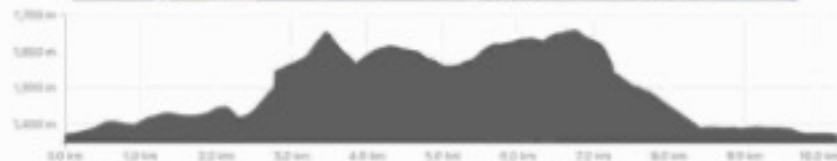
This out and back trail is a super fun route that works in and out of trees and meadows. It's relatively flat so for someone who isnt a huge fan of long climb's or decents it's perfect! Start at the Quarry Parking Lot then on to the powerline trail until getting to the World Mark Hotel. Cross near the right side and look for the pedestrian bridge at three sisters. That marks the regular turn around point! Or continue on to lengthen!



High Line Trail

10.2Km, 465m Elevation
1.15-1.45 Hours

MOST DIFFICULT



High Line Trail is a trail runners dream and has a huge variety of terrain for an experienced runner to take full advantage of. Start at the Quarry Lake Parking lot, then warm up on the powerline trail before beginning the climb up to High Line. The trail is mostly dirt with a few rocky sections, as well as obstacles. It also has a few exit connecting trails if you want to shorten the loop. Watch for mountain bikers!



Montane Traverse

6.83km, 240m Elevation
45-75 minutes

Montane Traverse is a great loop for those looking to feel like they're in the woods, without straying to far from civilization. Start at the Cougar Creek parking lot and climb for a while until dipping onto the rolling trail with scenic views, and never too far away from Silvertip Golf Course. Super fun loop!