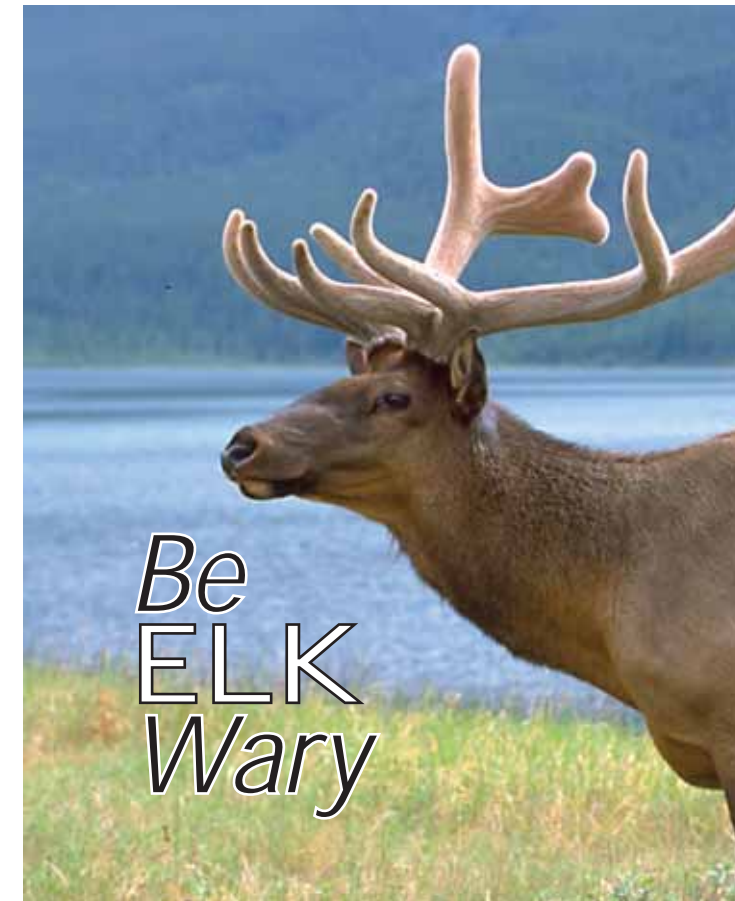
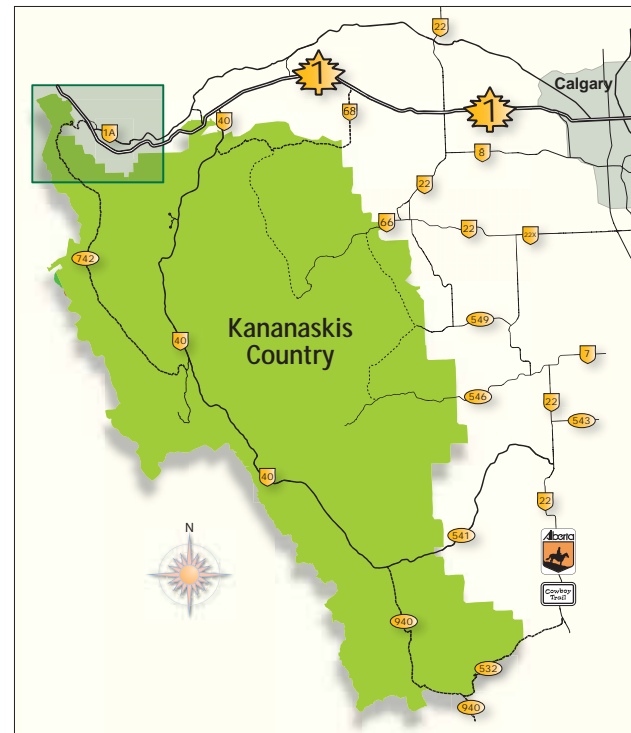


## What you may want to know

- Many of the trails in the Canmore area are in Bow Valley Wildland Provincial Park, including sensitive wildlife corridors.
- Appropriate designated trails have been identified following wildlife monitoring, research, and consultations with stakeholders and the public. These designated trails are intended to protect wildlife corridors and other habitat— while providing high-quality trail experiences. Trail users must remain on designated trails while recreating in the wildlife corridors.
- Much of the trail upgrading of the Montane Traverse and other trails in the Bow Valley have been accomplished by volunteers coordinated through the Trail Care Program of The Friends of Kananaskis Country.
  - Want to help out?*
  - See “*Want more information?*” for their contact numbers.
- Wildlife studies that have taken place over the last 15 years tell us that bears, wolves, and cougars regularly use the wildlife corridors to travel around Canmore to access larger regional habitat patches.

## Canmore / Bow Valley Locator



All elk can be dangerous.

Female elk can be especially aggressive during calving season in May and June. During autumn rut (September to November) male elk can also be aggressive.

Do not approach elk or their calves.

Give elk plenty of room. Keep at a distance of at least 3 bus lengths.

Keep your dog on a leash.



*If you're planning on some outdoor adventure, remember that you are travelling in bear country.*

Here are some important items to bear in mind:

Avoid surprise encounters. A loud shout regularly or singing loudly, is more effective than bear bells. Watch for fresh evidence of bears: tracks, droppings, diggings, or overturned rocks and logs.

If possible, travel in groups and during daylight hours.

Keep your dog on a leash.

You might consider carrying bear (pepper) spray.

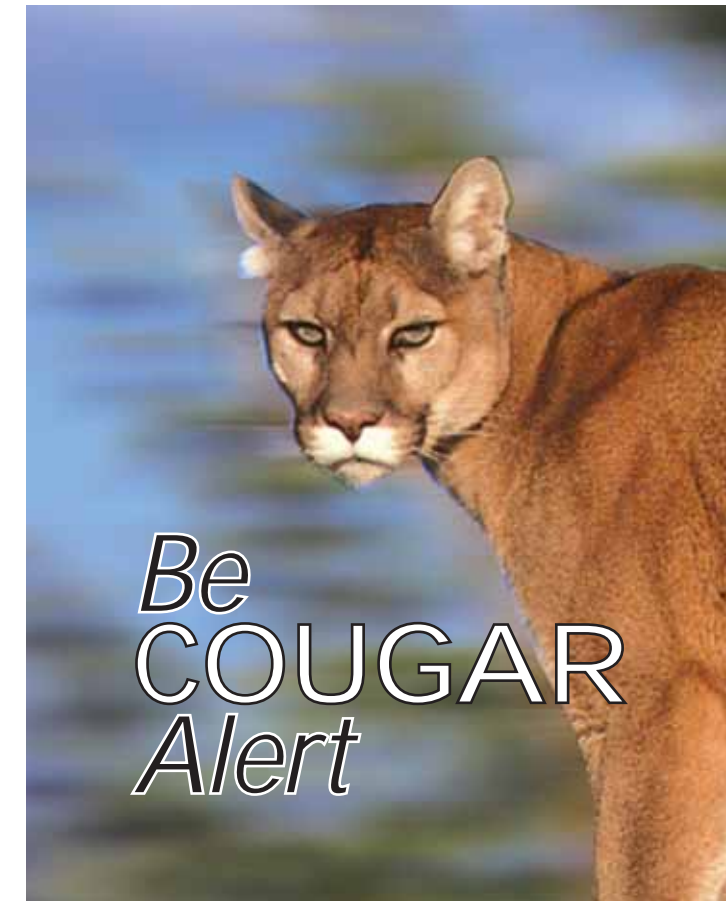
Leave the area if you see a bear or if you see or smell a large dead animal.



**If you encounter a bear**, never run; it may trigger an attack. Slowly back away. You should appear passive; do not raise your voice or make direct eye contact. Climbing a tree is an option, but offers no guarantee of safety. Black bears are excellent climbers, and grizzlies have also been known to climb trees.

**If the bear charges you**, appear non-threatening. It may be one of a series of bluff charges. Stand your ground, and speak to the bear in a normal voice. If it continues to charge, try shouting or direct pepper spray into its face.

**In the event of an attack** by a grizzly, drop to the ground face down, interlace your fingers over the back of your neck and spread your legs to make it more difficult for the bear to turn you over. By playing dead, a grizzly will likely lose interest in you. If a black bear attacks you, fight it off with any weapon you have, including your fists.



*Cougars make Kananaskis Country their home.*

**In order to be cougar alert:** Keep children close to you.

Avoid surprise encounters. Make noise to alert cougars of your presence. Cougars generally avoid people.

Keep your dog on a leash.

Avoid any area where you smell a dead animal.

## Report sightings

**To report a sighting of a bear or cougar, please call Kananaskis Dispatch at (403) 591-7755.**



Cougars often cover their kills with forest debris.

**If you encounter a cougar**, always leave room for a cougar to escape.

Immediately pick up children. Do not turn your back on a cougar. **Do not run.** Back away slowly. Make yourself appear as large as possible. Maintain eye contact with the cougar. If a cougar attacks, fight back with anything at hand.

## What you should know

- Many of the trails around Canmore are located in critical wildlife corridors. These corridors allow animals such as bears, cougar, wolves, and elk to move between habitat patches. These are places where they can find food, escape predators, breed, give birth, and establish territories.
- Within these wildlife corridors, people are or will be restricted to designated trails. This will help prevent human-wildlife conflicts and minimize disturbance to wildlife.
- There is always the potential of encounters with wildlife in our mountain environment. Make your presence known to animals so you don't startle them. Call out regularly. Keep your dog on a leash. Please let us know if you see a bear or cougar by calling Kananaskis Dispatch at 591-7755.
- Many of these trails are shared by hikers, mountain bikers, and horseback riders. Please be courteous and respect the rights of other trail users. Remember that people, like animals, don't like to be startled. Warn others of your approach.
- Trails may be closed temporarily due to bear activity or other wildlife concerns. For your safety and that of wildlife, please respect these closures.

Permitting activity on designated trails only, will help protect wildlife and ensure the continued enjoyment of these trails by you and your friends!

## Want more information?

- Barrier Lake Visitor Information Centre: (403) 673-3985  
“*Living With Cougars*” and “*Bear In Mind*” brochures are available at the Alberta Community Development office in the Canmore Provincial Building, at Kananaskis Country visitor centres, and available to download on our website (including trail reports): [www.cd.gov.ab.ca/parks/kananaskis](http://www.cd.gov.ab.ca/parks/kananaskis)
- To learn about The Friends of Kananaskis Country Trail Care Program, call (403) 678-5593 or visit: [www.kananaskis.org](http://www.kananaskis.org)
- Research articles that summarize the science behind wildlife corridors, and wildlife tracking in the Bow Valley, can be found at the Biosphere Institute of the Bow Valley. They can be reached at (403) 678-3445 or [www.BiosphereInstitute.org](http://www.BiosphereInstitute.org)
- The Bow Valley WildSmart Community Program encourages efforts by communities to reduce negative human-wildlife interactions. [www.bvwildsmart.ca](http://www.bvwildsmart.ca)



Canmore / Bow Valley  
Summer Trails

Kananaskis  
Country

Alberta  
Government

