

RESORT SERVICES

RULES & REGULATIONS

1. No pets are permitted on the resort property. A immediate fine of \$500.00 will be charged if a pet is found on resort property. If you wish to have your pets with you on vacation there are kennel facilities located in Canmore.
2. Occupancy– Chalets sleep a maximum of 6 people. Please note children count as people.
3. CHECK OUT is at 10:30am. There will be a charge for every hour after 10:30am. After 3:00pm you will be charged a full day.
4. Please observe QUIET TIME from 11:00pm-8:30am.
5. Living in bear country. Garbage and food are not to be left outside anywhere on the grounds due to bears. Please deposit garbage in bear proof bins located in the tennis court parking lot or at the top of the hill.

RESORT POLICIES

1. The minimum age for anyone to register as the responsible party at BGMR is 18 years of age. The registered party must occupy the chalet for the duration of the stay.
2. If you are not attending your week and are having guest attending your week at the resort you must have written confirmation for them from Banff Gate Mountain Resort. If different guests are attending and checking out during the week, each guest must have written confirmation for the stay. This allows the resort to know who is attending and occupying the chalets at the resort during the week and for contacting guest for emergency purposes.
3. Children under the age of 14 must be accompanied by an adult in the main lodge and on the resort property.

GUEST SAFETY SUGGESTIONS

1. Do not display your room key in public or leave it unattended in public areas where it can be accessed by others
2. Do not openly discuss your name and chalet number when in conversation with the public.
3. we invite you to secure your valuables in our safety deposit boxes at the front desk, free of charge.
4. Do not leave valuables in your vehicle.
5. When occupying your chalet close door securely and use all locking devices.
6. Do not open your chalet door until you verify who the person is. If you are still unsure call front desk for assistance.
7. If you witness any suspicious activity, please report to the front desk immediately.

SAFETY & EMERGENCY

1. Your emergency exit place is posted in the main entrance of your chalet.
2. For your safety smoke detectors and fire extinguishers are in your chalets
3. Pleases call 1-403-609-1056 or 1-403-609-3605 for after hours emergencies.
4. Resort employees are 24 hours on site.

**IN AN EMERGENCY ONLY PLEASE GO TO THE LAUNDRY FACILITY
BELOW CHALET # 1, THROUGH THE “STAFF ONLY” GATE.
TO LOCATE A RESORT STAFF MEMBER.**

AIRPORT LIMOUSINE SERVICE

Available 7 days a week. Call the front desk for reservations and fee information

BELL PERSON/ BAGGAGE ASSISTANCE

Dial 0 to be directed to front desk. Baggage storage is also available. Please inquire at front desk.

BUSINESS CENTRE

We are pleased to offer a business centre for our resort guests. The centre offers the following services:

- Send fax– only long distance charges apply to anywhere in North America and international. Local and toll free faxes at no charge. Receiving fax, up to 10 pages free of charge. Available during Lodge opening hours.
- Photocopying– Photocopying available in main lodge during normal operating hours. Charges may apply.
- Computer & Printer- access to secure internet connection.
- Also available, typing (restricted hours), mailing and courier service. Please contact front desk.

CATERING AND CONVENTIONS

The sales and catering office is open from 9:30am to 3:00pm Monday to Friday. After 3:00pm and on weekends please contact front desk for assistance.

CHECK OUT TIME & PROCEDURE

Check out time is 10:30 am. Please contact the front desk if a later check out is required (Note: not all requests are able to be accommodated and a fee may apply.) Prior to check-out we ask you place all dirty linen & dirty towels into bath tubs. Please run dirty dishes through the dishwasher and make sure all garbage is placed into bear proof bins. If you have any recyclable items please leave in chalet for house keeping to collect.

HOUSEKEEPING

Should you require extra linens, towels or pillows, please contact front desk..
We offer a linen exchange on Tuesdays from 9am-1pm. Please bring your linen to the
housekeeping room located downstairs of the lodge.

MID WEEK MAID SERVICE

Banff Gate Mountain resort strives to maintain a high level of house keeping for our
guests. The following services are offered and may be booked at the front desk.
Please choose one of the following services.

A. Linen Exchange

The cost is \$30.00 + GST. This will include:

1. Changing and making of the beds.
2. Replacing all dirty towels.

B. Mid week Cleaning

The cost is \$65.00 + GST. This will include:

1. Changing and making of the beds.
2. Replacing dirty towels.
3. Cleaning and vacuuming floors.
4. Cleaning the kitchen and the bathrooms.

COTS AND PLAYPENS

Cots and Playpens are available at no charge. Cots and playpens are subject to availability. Please contact front desk for more information and assistance.

CREDIT CARDS

The following credit cards are accepted at Banff Gate Mountain Resort.

- Visa
- Mastercard
- American Express
- Discover
- Diners club

FITNESS FACILITIES

On site fitness facilities are offered. Our fitness room is located in our pool area offering weight machine, exercise bike and tread mill. Hours of operations are:
Monday-Sunday 9:30am-9:30pm
Except Sundays 9:30am-8:30pm .

VENDING MACHINE

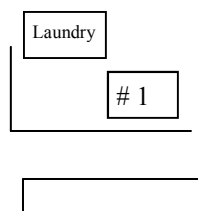
There is a vending machine located in the games room as well we have pop, chips and chocolate bars for sale. located by front desk.

INTERNET ACCESS

Wireless internet available in each chalet. Extra charge will apply (must have own laptop). A public computer is located in the lodge, an hourly charge will apply.

LAUNDRY FACILITIES

Coin operated laundry is available on site. **Below chalet # 1**



LOST & FOUND

Please contact front desk to report or check for lost and found items. Any items left behind from your stay will be sent to you by request. Note: Postage will be charged to your credit card.

MAIL

Mail and small parcels may be dropped off at the front desk for mailing. Stamps are available at front desk.

Postal outlet located 801 main St, Canmore or at Sobeys' Grocery store on Railway Ave.

MAINTENANCE

To report any maintenance problems please contact front desk.

MEDICAL SERVICES

For emergencies please contact front desk for assistance

Canmore Hospital
1100 Hospital Pl.
678-5536

Associate Medical Clinic
1151 Sidney St.
678-5585

Ridgeview Medical
212, 1240 Railway Ave.
609-8333

MESSAGES

A flashing red light indicates you have a message waiting on your phone. To retrieve the message dial 71 then the number of your chalet and follow the voice prompts.

Your password is 1111.

MOVIES

There are movies available at the front desk for rent. Daily and weekly charges apply. Inquire at front desk for prices and about our unlimited movie deal. To turn TV to DVD mode push the input button on TV remote till the DVD screen comes on.. If there is no input button on your TV remote push the TV/Video button on your TV or on the TV remote.

PAYPHONE

There is a pay phone located in the pool area.

SWIMMING POOL

The swimming pool is located in the main lodge. Pool towels are available in the pool area (please do not bring pool towels back to your chalet).

HOURS: 9:30 am - 9:30 pm Monday to Saturdays

9:30 am – 8:30 pm Sundays

Note: Children under the age of 18 years, have to be accompanied by an adult.

TAXI

Dial 0 for front desk to arrange for one.

After Hours:

A Cab– 609-1490

Canmore Cab– 678-6400

VIP– -609-8897

Apex– 609-0030

TOILETRIES

If you require any extra toiletries please contact front desk.

GAMES & ACTIVITIES

All games and equipment can be signed out at the front desk..

Resort Activities:

- Snooker Table
- Pool Table
- Ping Pong
- Foosball (coin operated)
- Shuffleboard
- Video Games (coin operated)
- Bocce Ball
- Horseshoes
- Croquet
- Mallet Pool
- Volleyball
- Soccer
- Basketball
- Tennis
- Hiking Trails
- Hockey

WINTER ACTIVITIES:

- (Weather permitted)
- Skating Rink
 - Curling Rink
 - Hockey
- (Skates available at front desk)

Note: Children under the age of 14 years need to be accompanied by an adult.

IN ROOM SERVICES

COMPLIMENTRY SERVICES

Our welcoming packages include, Coffee, Tea, sugar and creamers. Should you require extra coffee or supplies please come to the front desk. (extra charge may apply)

IRON/IRONING BOARD

Each chalet have a iron and ironing board located in the entrance.

TELEPHONE SERVICES

Local calls:9 + Number (charges apply)

Long Distance (long distance charges apply) 9 + 1+ area code + number

Calling card (no charge) 9 + calling card number

Front Desk dial 0

GAS FIREPLACES

The controls for your fireplace are located on the wall going up the stairs.

The thermostat for the furnace is located on the wall next to the bathroom. Please turn the thermostat to 17 degrees Celsius when you depart the chalet.

TELEVISIONS & DVD PLAYER

The televisions can be operated by the remotes provided. To watch a DVD push impute on the TV remote then use the DVD remote to control DVD player.

The following channels are available:

2 CNN 7 NBC 11 City TV

3 CTV 8 CBS

4 TSN 9 ABC

6 CBC 10 FOX

BBQ'S

There will be a fee charged for use of the BBQ for the week. We ask that you clean the grill after use. Please check propane in morning if planning on BBQ that night. Front desk needs to be informed by 1pm if propane is needed. Propane tanks can not be exchanged after 4pm.

BLOW DRYERS

There is a blow dryer located in the downstairs bathroom.

DISHWASHERS

For your convince dish soap is provided please do not use the hot/dry cycle.

AREA INFORMATION

AIRPORT RESERVATIONS

Air Canada/Jazz 1-888-247-2262
Air Transit 1-866-847-1112
Alaska Airlines 1-800-252-7522
American Airlines 1-800-433-7300
Continental Airlines 1-800-523-3273
Delta Connection 1-800-241-4141
Northwest Airlines 1-800-225-2525
Skyservice 1-800-701-9448
United Airlines 1-800-241-6522
WestJet 1-800-538-5696

BANKING

ATB Financial 1-800-332-8383

BMO Bank of Montreal
107 Banff Ave. Banff 1-403-762-2275
701 8 st. Canmore 678-5568

CIBC
98 Banff Ave. Banff 1-403-762-3317
101-730 8 St. Canmore 609-6200

Royal Bank
1000 Railway Ave. Canmore 678-3180

FOREIGN EXCHANGE

Custom House Global Foreign Exchange
211 Banff Avenue, Banff
1-866-701-2423

COURIERS

Federal Express 1-800-463-3339
Greyhound Courier 1-403-678-4465
Priority Courier 1-800-661-3434
Purolator 1-888-744-7123
UPS 1-800-742-5877

CHURCHES, Canmore

Alpine Christian fellowship
Policeman's Creek Drop-in Center
609-0832

Canmore Community Church
1717 Bow Valley Trail
678-2399

Mountain Baptist Church
In Bill Warren at the Canmore Nordic Center
678-2861

Mountain Springs Ministries
Lawrence Grassi School, 7th Ave. and 4th St.
609-2024

Rocky Mountain Victory Church
#1, 117 Bow Meadows Cres.
678-8746

Sacred Heart Catholic Church
810 7th St.
678-5022

St. Michael's Anglican Church
709 7th St.
678-5191

COMPUTER RENTAL

Canmore Computer Company 678-1288
2Fl-749 railway Ave.

DRY-CLEANING

Canmore Dry Cleaners 678-9727
3-1000 7 Ave.

DENTIST

Dr. Grant Moldenhauer Complete Family Dental Care
Emergencies Welcome
#205-703 Main St. Canmore
678-4533

FISHING

Bow River

Location: You can fish from several locations along the Bow River

Description: The Bow River is the best Trout fishing River in Alberta..

Check Alberta fishing regulations and area closures.

Type of Fish: Rainbow Trout, Brown Trout, Brook Trout and, Dolly Varden Trout. Plus
Rocky Mountain white fish.

Gap Lake

Location: On the 1 A highway, east of our Information Centre

Description: Has a boat launch

Type of Fish: Brown Trout, Brook Trout plus Rocky Mountain Whitefish

Grotto Ponds

Location: Located on the 1 A highway approximately 14 kms east of Canmore
Information center.

Description: This is a lake that fly fishermen love.

Type of Fish: Rainbow Trout, Brown Trout and Rocky Mountain Whitefish

Pigeon Creek

Location: From Dead Man's Flats, follow the creek that runs into the Bow River Walk.

Upstream there is a waterfall along this creek..

Type of Fish: Brook Trout and Rocky Mountain Whitefish.

Policeman's Creek

Location: This creek runs through Canmore.

Type of Fish: Brown Trout, Brook Trout, and Rocky Mountain Whitefish.

ICE FISHING

Banff Fishing Unlimited
1-403-762-4936

GREYHOUND

801 main St. Canmore
678-4465

DINNING

Quarry Bistro
718 Main St. Canmore
678-6088
Emphasis on local, organic and sustainable produced ingredients.

Murrieta's Bar & Grill
200, 737 Main St. Canmore
609-9500
A la carte brunch Sundays 11am to 2pm

Tapa's Restaurant
633 10th St. Canmore
609-0583
Modern fusion flavours of Spain and Portugal

Bandoleer's
Dead Man's Flats, Northside of Hwy. 1
609-3006
Tex-mex cuisine from authentic Banderas Bay recipes

Peking Ginger
1702 Bow Valley Tr. Canmore
678-3365
Traditional Chinese Cuisine

Vic's Steak House & Bar
Radisson Hotel, Canmore
511 Bow Valley Trail
609-5441
Fabulous Sunday brunch buffet

The Rose & Crown
749 Railway Ave. Canmore
678-5168
Traditional English fare with new world flair

*For more places to dine inquire at front desk about the Canmore Dinning Guide.

HIKING & WALKING

Centennial Ridge– North

Difficulty rating: Very Difficult

Distance: 21 KM

Elevation gain: 1400 meters

Time: 12 hour return

****This trail is closed each year from April 1 to June 21 for wildlife management.****

Location: Lower parking lot of Banff Gate Mountain Resort.

At trail head follow road under the skogan Pass power lines which swing west towards 2 creeks. After the first creek, turn left and follow the road– there are red markers on the south of the creek. It is extremely steep road which climbs past several coal streams, but eventually eases after gaining 500 meters of elevation. The road ends near the tree line and a narrow trail takes you along the slopes of Mount Collembola. The trail continues up a dangerous grassy slope (use caution) where eventually the view is one of the greatest views of the Rockies.

Grassi Lakes Hiking Trail

Difficulty rating: Light

Distance: 9.5km return

Elevation gain: 250 meters

Time: 3.5 hours return

Location: follow Spray Lakes road past Nordic Center to just after the end of pavement. Turn left to reach parking lot and the trail head will be on your right.

Grotto Canyon Hiking Trail

Difficulty rating: Light

Distance: 4km return to the waterfall

Elevation gain: 50 meters

Time: 1.5 hours

Location: From Canmore drive 14km east on highway 1A towards Calgary The Grotto Mountain trail head is on the left side just before small lake.

Buller Pass Hiking Trail

Difficulty rating: difficult

Distance: 13.5km return

Elevation gain 670 meters

Time: 6 hours return

Location: from canmore, drive 35 km south on the smith-Dorrian/ Spray Trail (highway 72-gravel road) which begins just past Canmore Nordic Center. Turn right onto the Buller Mountain day use area parking lot, where you'll find the trail head across the road.

Georgetown Trail

Difficulty rating: Easy to Moderate

Distance: 7.5km return

Elevation gain: some

Time : 2-3 hours

Location: The trail begins to the right of the Olympic Flame at the Canmore Nordic Center. Follow the interpretive signs to an open meadow where part of Georgetown stood. You will reach a T intersection, turn right. Climb a steep hill. You will pass signs labeled "29" and "30", then come to a wide gravel road. Turn left and walk along this road back to the Nordic Center.

Lady Macdonald

Difficulty: moderate to strenuous

Distance: 3.5km

Elevation gain: 1300 meters

Time: 4.5-7hrs

Location: Take Bow Valley Trail and turn left onto Benchlands Trail. Follow the road until you see the parking lot on the left side of the road just before the Cougar Creek Bridge over a dry creek bed. Follow the trail along the northwest bank of the cougar creek. Just before the valley narrows, turn left at the cairn. There are several paths that lead up to the teahouse. For the most direct route keep right. Beyond the helicopter pad, a rough trail can be followed up to the summit ridge, the path degenerates into scree and slab. Only experienced hikers should continue past the heli pad.

****THE TEAHOUSE IS NOT IN OPERATION****

RAFTING

Natures float

1727 Mountain Ave. canmore

678-6533

Canmore Rafting Center

Corner of Lincoln Park and bow Valle Trail; 20 Lincoln Park, Canmore

678-4919

Canadian Rockies Rafting Company

1727 Mountain Ave. Canmore

678-6535

HORSEBACK RIDING

Boundary Ranch

Hwy. 40 (Kananaskis trail) just 5 mins. south of Kananaskis Village

1-403-591-7171

Brewster's mountain Pack Trains

Kananaskis Guest Ranch

1-403-762-5454

Holiday On Horseback

1-403-726-8130 or drop by The Trail Rider Store 132 Banff Ave. Banff

HOT SPRINGS

Banff Upper Hot springs

The upper hot springs are on Mountain Ave. 4 km south of the town of Banff. Follow Banff Ave. over the Bow River and turn left at the last set of lights. Follow signs for 3.6 km's to the Hot Springs parking lot at the end of Mountain Ave.

1-800-767-1611 for more info

DINNER THEATRE

Oh Canada Eh? Dinner Show

125 Kananaskis Way Canmore

609-0004

SIGHTSEEING TOURS

Brewster's Sightseeing Excursions

Tours Offered:

- Discover Banff
- Lake Minnewanka
- Icefields Parkway
- Columbia Icefield
- Mountain Lakes & Waterfalls
- Discover Lake Louise
- Discover Jasper
- Discover Jasper & Maligne Lake Cruise

For more information about departure locations and times phone 1-800-760-6934

Discover Banff Tours

215 Banff Ave. Banff

1-403-760-5007

GOLFING

Banff Springs Golf Club, Banff

1-403-762-6801/ 1-403-762-2211

Type: Public

Holes: 2, 18 hole courses, "Castle in the Rockies" & "Stanley Thompson"

Par: 71

Canmore Golf & curling Club, Canmore

678-4785/ 1-888-678-4785

Type: Semi-Private

Holes: 18

Par: 71-72

SilverTip Golf Course, Canmore

1-877-5444/ 678-1600

Type: Public

Holes: 18

Par: 72

Brewster's Kananaskis Ranch Golf Resort, Canmore

1-877-673-2700/ 673-2700

Type: public

Holes: 9

Par: 72

Kananaskis Country Golf Course, Kananaskis

1-403-591-7272

Type: public

Holes: 36, 2 18 hole courses, "Mount Kidd" & "Mount Lorette"

Par: 72

Stewart Creek Golf & Country Club, Canmore

609-6099/ 1-877-993-GOLF

Type: semi-private

Holes: 18

Par: 72

GONDOLA RIDES

Banff Gondola

For more Info phone 1-403-726-2523

ROCK CLIMBING

Yamnuska Mountain Adventures

Beginner to Advanced

#200-50 Lincoln Park, Canmore

678-4164

DOG SLEDDING

Howling Dogs Tours

109 Bow meadows Crescent, Canmore

678-9588

ICEWALKS & SNOWSHOEING

Discover Banff Tours

215 Banff Ave. Banff

1-403-760-5007

SLIEGH RIDES

Trail Rider Store

132 Banff Ave. Banff

1-403-762-4551

CROSS-COUNTRY SKIING

Canmore Nordic Center Provincial Park

678-2400

SNOWMOBILING

Discover Banff Tours

215 Banff Ave. Banff

1-403-760-5007

SKIING & SNOWBOARDING

Sunshine Village

Location: 8km west of Banff, Signs clearly posted on Transcanada Hwy.

Phone: 1-87-ski-banff

STATISTICS:

Top elevation: 2730m/8954ft.

Base elevation: 2160m/7082ft.

Vertical Feet 1070m/3514ft.

Runs: green-22% blue-31% Black-42% double black-5%

Longest Run: 5 Kms Banff Trail

Number of lifts: 13

Average annual snowfall: over 10m

Season: mid-November to mid-April

Nakiska

Location: 30 min East of Canmore on Hwy 1 then South on Hwy. 40 follow the signs.

Phone: 1-403-591-7777

STATISTICS:

Top elevation: 7,415ft.

Base elevation: 5,003ft.

Vertical Feet: 2,412ft.

Runs: 28

Longest Run: 3.3Kms/2miles

Number of lifts: 5

Average annual snowfall: 250cm/8.3ft.

Season: early December to mid-April

Banff Mount Norquay

Location: 20 mins west of Canmore in Banff

Phone: 1-403-726-4421

STATISTICS:

Top elevation: n/a

Base elevation: n/a

Vertical Feet n/a

Runs: n/a

Longest Run: n/a

Number of lifts n/a

Average annual snowfall n/a

Season: n/a

Fortress Mountain

Location: 45 mins east of Canmore till Kananaskis country turn off . Take Hwy. 40 until Fortress Junction gas station and take right turn and follow Fortress Rd.

Phone: 1-403-591-7108

STATISTICS:

Top elevation: 2,369m/7,775ft.

Base elevation: 2040m/6,692ft.

Vertical Feet: 329m/1,082ft.

Runs: 47

Longest Run: 2Km/1.25miles

Number of lifts: 6

Average annual snowfall: 630cm/21ft.

Season: early-November to late April

Lake Louise

Location: 60 Km past the town of Banff

Phone: 1-403-726-4766

STATISTICS:

Top elevation: 2,591m/8,500

Base elevation: 1,648m/5,400ft.

Vertical Feet; 943m/3,100ft.

Runs: 113

Longest Run: 8km/5miles

Number of lifts: 10

Average annual snowfall: n/a

Season: n/a

SPA'S & SALONS

Rapunzel's Spa

602 Bow Valley Trail, Canmore

678-2626

Wildflower Massage & Esthetics

#5-713 Main St.,2nd Floor

678-4644

Satori Day Spa

1205 Bow Valley Trail, Canmore

678-9388

GROCERY STORES

Marra's Grocery Ltd.
638-8 st.. Canmore

Safeway & Safeway Wine/Spirits
1200 Railway Ave. Canmore

Sobeys
2-950 Railway Ave.

PHOTO-FINISHING

Pharmasave
933 Railway Ave., Canmore
678-8750

PHARMACIES

Pharmasave
2-90 Railway Ave. Canmore
678-8750

Safeway Pharmacy
1200 Railway Ave. Canmore
609-2983