Many different users enjoy the Rocky Mountain Legacy Trail. Expect to see families, beginners, and advanced users who might be on foot, on bikes, skateboards, or roller skis. Travel with care, share the trail, and be considerate of all users.

**Trail Etiquette**
- Slow down, smile, say hello
- Travel in control and be prepared to stop
- Be aware and respectful of others
- Share the trail and pass with care

**Legend**
- Rocky Mountain Legacy Trail
- Trail Connections to Town Centres
- Other Trails
- Other Trail Connections Along Roads
- Roads and Highways
- Information Centres
- Washrooms
- Rest Areas
- Easy Trail
- Intermediate Trail
- Advanced Trail
Rocky Mountain Legacy Trail

This trail is a multi-use recreational paved pathway between the Town of Canmore and the Town of Banff. The scenic trail is 20km long and has minimal elevation change. It follows the Bow River and offers spectacular views of the valley. Its official trailhead is located at the Travel Alberta Visitor information Centre where public parking is also available. Users can also travel between the two town centres, linking the Legacy Trail with different pathways, cycling lanes or sidewalks, for a total of 23km.

Goat Creek Trail

This trail can be combined with the Legacy Trail for the more adventurous people. It is a multi-use dirt fire road between the Banff Springs Hotel and the Goat Creek parking lot on the Spray Lakes / Smith Dorien Road (Hwy 742). The trail hugs the Rundle Mountain Range and follows Goat Creek. It is 19km long and has a 150m elevation change. The trail is easier from Canmore to Banff as it goes downhill in a Westerly direction.

Rundle Riverside Trail

This trail can also be combined with the Legacy Trail for the advanced mountain bikers and trail runners. It is a technical singletrack trail that runs along the southern bank of the Bow River. This trail spans 18km and has about 300m of elevation change between the Banff Springs Golf Course and the Canmore Nordic Centre.

Roam

Visit roamtransit.com for more information.

The ROAM buses conveniently connect the Town of Canmore and the Town of Banff for an easier return option after a trip on the Legacy Trail. All buses have bike racks and run every hour between the two towns. The fare is $6 for adults (half price for children and seniors) and the service is available between 6am and 9pm weekdays, as well as 9am and 7pm on weekends and holidays.

Visitor Centres

Banff Visitor Information Centre
224 Banff Avenue, Banff
Phone: 403-762-1550

Travel Alberta Visitor Information Centre
2801 Bow Valley trail, Canmore
Phone: 403-678-5277

Tourism Canmore Kananaskis Visitor Information Centre
907 7th Avenue, Canmore
Phone: 403-678-1295

In case of an emergency, call 911