



Making Canmore more sustainable, together.

The information provided in this booklet was put together by the Biosphere Institute of the Bow Valley in collaboration with local REALTORS® and the Town of Canmore. More information can be found at [www.biosphereinstitute.org](http://www.biosphereinstitute.org).

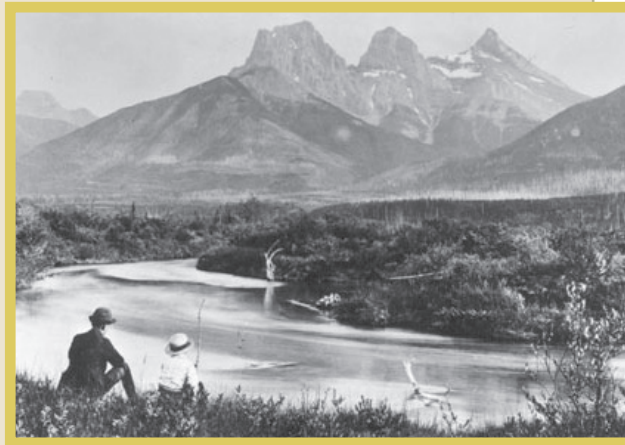
This booklet was sponsored by the Alberta Real Estate Foundation.



# Built on coal

## Moving to **sustainability**

**Canmore** was just a whistle-stop on the newly built Canadian Pacific Railway when in 1884 two prospectors unearthed black coal on the west side of the Bow River. Two years later, Queen Victoria granted a Charter to mine coal in the Canmore area, and in 1887 the No. 1 Mine opened just below present-day Quarry Lake.



View of Three Sisters Mountains, Canmore, Alberta. Date: [ca. 1880s-1890s]  
Photographer: Thompson, S. J. / Glenbow Archive NA-937-2

Canmore subsequently grew to be one of the most important coal-mining centres in Southern Alberta, producing almost five million tons of coal annually in the years leading up to the First World War. By 1969, however, production had dropped to about 200,000 tons a year. The last coal mine closed on July 13, 1979.

**Today,** the Town of Canmore and the people who live here are striving toward sustainability. Canmore's Environmental Sustainability Action Plan (ESAP) and Climate Action Plan (CAP) set targets for reducing water use, greenhouse gas emissions (GHGs), and solid waste.



## Water

By 2035, we will reduce residential water consumption by 50% per capita from 2000 levels.

## Energy

By 2030, we will reduce community GHG emissions from all sources by 30% below 2015 levels. We will reduce community emissions by 80% by 2050.



## Transportation

By 2030, we will reduce vehicle kilometers travelled by 30% below 2015 levels. Forty percent of trips within the community will use sustainable modes (i.e., public transit, carshare, biking, or walking).



## Waste

By 2030, we will divert 60% of our community's organic waste from the landfill, reduce solid waste by 40% per capita, reduce construction waste by 50%, and reduce commercial/institutional waste by 30%.



**This guide** will help you take an active part in making Canmore more sustainable. Read on to learn about simple measures to help us meet our goals. You can read the entire ESAP and CAP at [www.canmore.ca](http://www.canmore.ca).



# Reduce the amount of water you use and keep Canmore's water clean

Canmore's drinking water comes from **groundwater**, in the form of an aquifer that flows under the town, and the **Rundle Forebay**, a reservoir that is mostly filled from the Spray Lakes reservoir in Kananaskis Country.

Water used in your home travels through some of Canmore's 100+ kilometers of sewer pipes to the Town's Waste Water Treatment Plant. The treatment process includes pre-screening, filtration to remove biodegradable pollutants, and finally UV disinfection. Treated water is discharged into the **Bow River** where it flows downstream to Calgary and beyond.

WATER

Runoff from rain or snow flows directly into Canmore's storm drains or drywells, bringing litter, pet waste, pesticides from lawns, and other pollution with it. This runoff is not treated. It goes directly into nearby rivers and creeks, or it percolates down through the soil, eventually reaching the water table.

## Sustainable gardens

Planting a sustainable garden is one way to reduce your water consumption and help keep runoff clean.

- **Choose native** and locally adapted plants and grasses that are naturally resistant to local insects and diseases and require far less water.
- Water in the early morning or evening to avoid water loss. **Only one inch** of water, once per week (including rainfall) is needed. Set lawn mower blades high (2 inches) to increase the drought tolerance of your lawn.
- **Use natural fertilizers** such as finished compost and apply low toxicity pest control products like insecticidal soaps and horticultural oils. Avoid the use of chemical fertilizers and pesticides.



To find out how you can conserve water and reduce toxins in runoff, visit [www.biosphereinstitute.org](http://www.biosphereinstitute.org)



# Reduce your energy use and choose alternative sources of energy

In Alberta, 47% of our electricity is generated by coal-fired power plants. Another 40% comes from natural gas. The remaining 13% comes from **hydroelectric, biomass** (e.g. waste wood products) and **wind-power plants**.

Both coal and natural gas emit greenhouse gases (GHGs).  
You can reduce your GHG emissions by simply turning  
**off the lights** when you leave the room and  
**turning down your thermostat** when you leave your home.

ENERGY



You can also make a big difference in GHG emissions – and save money – by switching your old incandescent lightbulbs to LED bulbs.

Cost comparison of a 60-Watt incandescent light bulb versus a 9-Watt ENERGY STAR qualified LED		
	60-Watt Incandescent	9-Watt LED (ENERGY STAR qualified)
Initial cost (a)	\$0.50	\$3.00
Light output (lumens)	800	800
Life (hours)	1,000	10,000-25,000
Replacement light bulbs (b)	9 @ \$0.50 = \$4.50	–
Lifetime electricity cost (c) (at \$0.10 per kilowatt-hour [kWh])	10,000 hrs. × 60 × \$0.10/kWh = \$60.00	10,000 hrs. × 9 × \$0.10/kWh = \$9.00
<b>Total lifetime cost (a + b + c)</b>	\$65.00	\$12.00
<b>SAVINGS</b>	–	<b>\$53.00</b>

If you want to go further, consider switching your electricity to a company that provides renewable energy to Alberta's grid. Think about generating your own home's electricity with the use of solar panels, wind or geothermal sources.



For a complete list of energy options,  
visit [www.biosphereinstitute.org](http://www.biosphereinstitute.org)



## Reduce the amount you drive and drive more efficiently

Canmore has lots of options for getting around that can help reduce our use of single occupancy vehicles—decreasing GHG emissions as well as the number of cars stuck in traffic. You can walk around town, take the Roam bus, or hop on your bike.

### Active Transportation

Canmore has an impressive **network of walking and biking trails** in and around the town. You can purchase or rent bicycles from local businesses. For trails and maps visit [www.canmore.ca](http://www.canmore.ca)

#### **TRAILS BETWEEN CANMORE AND BANFF**

Legacy Trail [www.pc.gc.ca](http://www.pc.gc.ca)

Goat Creek Trail [www.albertaparks.ca](http://www.albertaparks.ca)

# Regional Transportation

Park your car, save on gas, and avoid parking challenges at popular locations. Try taking the ROAM bus from Canmore to Banff and Lake Louise.

## Traveling to or from Calgary?

**On-it Regional Transit** offers weekend bus service from Calgary to the Bow Valley on weekends from May to September. **Banff National Park** offers seasonal summer bus service to many popular locations between Banff and Lake Louise. During the winter season, the **ski resorts** offer regular shuttles from Canmore and Banff.

**Drive efficiently, or try carpooling.** If you need to drive, think about how to do it efficiently. Try to bundle your appointments and errands to minimize your trips.



Find out more about your options for local and regional transit, active transportation, and carpooling in the Bow Valley by visiting [www.biosphereinstitute.org](http://www.biosphereinstitute.org)



# Reduce, Reuse and Recycle

Because we **share our town** with bears, ravens and other wildlife, Canmore doesn't have curbside garbage or recycling pick-up. Instead, please use the **animal-proof garbage and recycling bins** in your neighbourhood.

**Reduce** the waste you create. Invest in simple things like reusable coffee cups and cloth shopping bags. Take stock of your fridge and freezer: food is one of the largest components our waste stream. Making a meal plan and using food before it expires will save you money and reduce your waste.

**Composting** outdoors is not permitted in Canmore, as it attracts wildlife. Instead, you can set up an indoor worm composter or use a garburator. The Town of Canmore is planning to implement an organics collection and composting program. Check [www.canmore.ca](http://www.canmore.ca) for updates.

WASTE

## Reuse

There are several stores in Canmore (such as Crossway Community Thrift, Hello Vintage, Trend Fashions, and Switching Gear) where you can take clothes, sports equipment, household items, and other things that you no longer use, but that are not yet worn out.

### Community Reuse Events

**RMCC Bike Swap**

**Canmore Nordic Ski Club Ski Swap**

**Banff Alpine Racers Ski Swaps**

**Community Garage Sales**

**Recycle** anything beyond repair. Plastic, paper, glass, and metal can be recycled at curbside recycling bins. Take your used oil, batteries, bicycle tires, fluorescent lights, old computers and any other electronic waste to the Boulder Depot at 115 Boulder Crescent.



Get more information about Reducing, Reusing and Recycling at [www.biosphereinstitute.org](http://www.biosphereinstitute.org)

# Be WildSmart at home

The residents of Canmore share the landscape with large mammals such as black bears, grizzly bears, cougars, wolves, elk and deer.

For the safety of wildlife and people, Canmore has implemented a **Wildlife Attractant Bylaw** to reduce the attractiveness of residential areas to wildlife:

- Do not plant fruit trees such as mountain ash and crabapple as they attract bears. If you currently have fruit trees, please pick all ripe fruit, or remove the tree permanently.
- Birdfeeders of any kind are prohibited from April 1 to November 30, when bears are active.
- Feed your pets indoors and store pet food indoors.
- Keep your BBQ clean and take drip pans inside.
- Outdoor composting of food waste is prohibited.
- Don't store garbage outdoors and be sure to place it in the neighbourhood bear-proof bins.

For more information please visit  
[www.wildsmart.ca](http://www.wildsmart.ca) or [www.canmore.ca](http://www.canmore.ca)



# Canmore's Landscape

Mountains located adjacent to and visible from the townsite are:

**Ha Ling Peak** (2,407 m / 7,897 ft);

**Grotto Mountain** (2,706 m / 8,878 ft);

**Mount Lady Macdonald** (2,606 m / 8,550 ft);

**Mount Lawrence Grassi** (2,685 m / 8,809 ft); and

**The Three Sisters** (up to 2,936 m / 9,632 ft).







[www.biosphereinstitute.org](http://www.biosphereinstitute.org)



[www.canmore.ca](http://www.canmore.ca)



[www.facebook.com/Biosphere.Institute](https://www.facebook.com/Biosphere.Institute)



[www.instagram.com/biosphere\\_institute/](https://www.instagram.com/biosphere_institute/)