



The Canmore Cloverleaf (~60+ km, most of it intermediate singletrack. Time: ~6-8 hours). Ride the 4 classic loops in Canmore in one big push. Each loop forms a 'leaf' of a 4 leaf clover, with Canmore in the middle.

Loop 1: start by following the town bike path to the Stuart Creek entrance of the complete Highline trail, to end at the Nordic Center. **Loop 2:** Do the the EKG loop, adding the T2 / Skull Mountain variation and climbing back to the EKG via Georgetown, then through hospital hill back to the Bow River Bridge. **Loop 3:** follow the river bike path past sewage treatment plant and horse corral, then bushwack up far side of the horse corral (stream crossing) to Cougar Creek, and follow bike path to the start of the G8 Loop. Do the G8 loop, adding Joe's extension. **Loop 4:** Cross Cougar Creek to do the Montane Traverse Loop to Harvey Heights, then backtrack the Montane Trail to eventually descent and do the DouglasFir Bench Trail (or do the Meander Trail back to Montane Trail if you would rather). Follow road and bikepaths back to the start. If you aren't tired, you are very fit.