



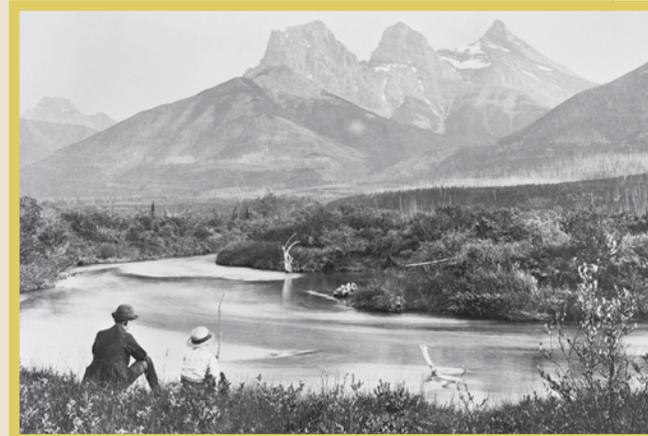
Making Canmore more sustainable together

# Built on coal. Moving to **sustainability**.

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In 1884, Canmore was just a whistle-stop on the newly built Canadian Pacific Railway when 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.

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



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

**Today**, the Town of Canmore and the people who live here are committed to striving toward sustainability. Canmore's Environmental Sustainability Action Plan (ESAP) lays out a number of targets.



## Water

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

## Energy

By 2050, we will reduce community CO<sub>2</sub> emissions by 50% from 2007 levels.



## Transportation

By 2050, we will reduce community CO<sub>2</sub> emissions by 50% from 2007 levels.



## Waste

By 2035, we will reduce total municipal solid waste land filled by 62% per capita from 2008 levels (that's 0.3 tonnes per person, per year).



**This guide** will help you help Canmore be more sustainable. Read on to learn more about some simple measures you can take to help all of us meet our goals. You can read the entire ESAP at [www.Canmore.ca/Municipal-Sustainability](http://www.Canmore.ca/Municipal-Sustainability)

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

Canmore's drinking water comes from groundwater—an aquifer that flows under the town—and the **Rundle Forebay**, a reservoir that gets most of its water from the **Spray Lakes** reservoir in Kananaskis.

Used water from your home travels through some of the 90 kms of the Town's sewer pipes to the Waste Water Treatment Plant, where it's treated—the process includes screening, biological aerated filtration and finally UV disinfection—and then discharged into the **Bow River** where the water flows downstream to Calgary and beyond.

Stormwater, the runoff from rain or snow, flows directly into Canmore's storm drains or drywells, bringing pesticides from lawns, litter, pet waste and other pollution with it. The runoff that goes into the storm drains is not treated—it goes directly into nearby rivers and creeks. The runoff that goes into the drywells in the older parts of town percolates down, eventually reaching the water table.



## Sustainable landscaping

- **Choose native** and locally adapted plants and grasses which 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).
- **Sign up** for Canmore's My Yard is Pesticide Free pledge [www.canmore.ca/Municipal-Sustainability/Environmental/Toxins-Reduction.html](http://www.canmore.ca/Municipal-Sustainability/Environmental/Toxins-Reduction.html)



To find out how you can conserve drinking water and reduce toxins in runoff, look for the Sustainable Action Canmore – **Info Sheets at [www.biosphereinstitute.org](http://www.biosphereinstitute.org)**



## Reduce your energy use and choose alternative sources of energy

In Alberta, about half or 50% of our electricity is generated by coal-fired plants and another 40% from natural gas. The remaining 10% comes from **hydroelectric, biomass** and **wind-powered plants**.

We can go a long way to **reducing** our use of coal and natural gas—both of which emit greenhouse gases—by simply **turning off the lights** when you leave the room and **turning down your thermostat** when you leave your home.

Consider switching your electricity to a company that provides **renewable energy** to the province's grid. Think about generating your own home's electricity with the use of **solar panels, wind** or **geothermal sources**.

Cost comparison of a 60-Watt incandescent light bulb versus a 15-Watt ENERGY STAR qualified CFL

	60-Watt Incandescent	15-Watt CFL (ENERGY STAR qualified)
Initial cost (a)	\$0.50	\$3.00
Light output (lumens)	800	800
Life (hours)	1,000	10,000
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 × 15 × \$0.10/kWh = \$15.00
<b>Total lifetime cost (a + b + c)</b>	<b>\$65.00</b>	<b>\$18.00</b>
<b>SAVINGS</b>	<b>–</b>	<b>\$47.00</b>



For a complete list of energy options, look for the Sustainable Action Canmore – **Info Sheets** at [www.biosphereinstitute.org](http://www.biosphereinstitute.org)

CO<sub>2</sub>

## 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 occupant vehicles—reducing CO<sub>2</sub> emissions as well as cars and trucks in traffic. You can enjoy walking around town or hopping on your bike (or a rental bike), Canmore has some public transportation choices as well.

Take the new **ROAM** bus between Banff and Canmore, or other bus services to various ski hills and the Calgary International Airport.

If you have to drive, try to bundle your appointments and errands to drive around as efficiently as you can. Or, catch a ride with a friend and consider signing up for carpooling and make some new ones.

### Canmore pathways and trails

Canmore has an impressive network of walking/ biking trails in and around the town. You can also 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)



Check out the notice boards at grocery stores around Canmore and find out a lot more about your options for transportation by reading the Sustainable Action Canmore – **Info Sheets at [www.biosphereinstitute.org](http://www.biosphereinstitute.org)**



# WASTE



## 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 take your garbage to the **animal-proof bin** in your neighbourhood and bring your standard recycling—mixed paper, plastic, metal and glass—to one of several neighbourhood and community **drop-off** locations.

Please take your used oil, batteries, bicycle tires, fluorescent lights, old computers and any other e-waste to the **Boulder Depot** for recycling.



As for **reusing items**, there are several stores in Canmore where you can take **household items, sports equipment, books** and other things.

### Community Reuse Events

- Rundle Mountain Bike Swap
- Canmore Nordic Ski Club Ski Swap
- Banff Alpine Racers Ski Swaps
- Community Garage Sales

**Composting** outdoors is not permitted, as it attracts wildlife. Instead, you can set up an indoor composter (i.e. attend a worm composting workshop), or use a garburator.



But as you're **recycling materials** and **reusing items**, remember the other 'R' and reduce the amount of waste you create.



Get more information about the three Rs in the Sustainable Action Canmore – **Info Sheets** at [www.biosphereinstitute.org](http://www.biosphereinstitute.org)

# Canmore's Landscape

Mountains located adjacent to and visible from the townsite are:

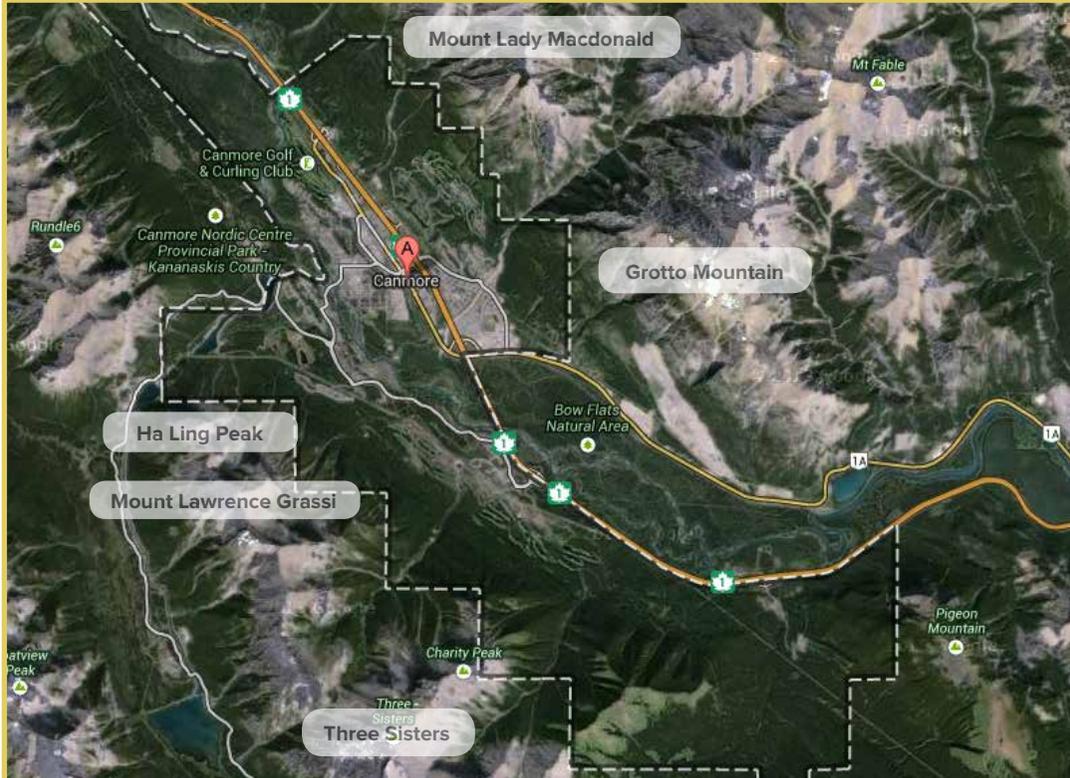
**Ha Ling Peak** (2,407 metres (7,897 ft);

**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** (2,936 m, 2,769 m, 2,694 m or 9,633 ft, 9,084 ft, 8,839 ft).



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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).

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