

Your Guide To Exploring Our Community & Area

explore COCHRANE

20

Unique Places
and Hidden
Gems

Discover things
you didn't know
about Cochrane!

ALL NEW TRIP PLANNER LAUNCHES!

Check out the all new interactive
trip planner at cochranetourism.ca



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20 THINGS YOU DIDN'T KNOW ABOUT COCHRANE

Our town has some hidden gems that are truly remarkable! Do you know where all of these are?

Cochrane, Alberta. This place is just full of surprises.

There's something quite remarkable about our community. We hear locals speak of it often. "The Feeling". It's that indescribable warm and secure wave that washes over each of us when we speak about our home town. Nestled in the foothills of the majestic Canadian Rocky Mountains, surrounded by both Provincial and National Parks, with the stunning tranquility of the Bow River

bisecting the town - there really is nowhere like home!

But like most of you, I find myself quite taken with the number of our local sites and attractions. Things I have come to take for granted and even a few I honestly had no idea about.

Like the chicken lady downtown. It's actually called The Legacy Statue, and although it's great to see her protected from our

sometimes chilly winters with a knitted toque someone thoughtfully provided her this spring, the meaning, and purpose of the statue's tribute is much more warming.

We thought it would be a great idea to list our 20 favourite famous, and perhaps not so famous, locations in Cochrane that are well worth investigating for visitors and locals alike.

So let's get started!



1 THE MEN OF VISION STATUE

At Cochrane Ranche, Senator Matthew Cochrane sits high atop his horse overlooking the stunning valley below... probably Cochrane's most famous and iconic landmark!



2 THE LEGACY STATUE

An incredible bronze statue located right in historic downtown. Also made right here at our own world renowned Studio West Foundry.



3 THE TRUST MURAL

Inside the Cochrane RancheHouse, the Trust mural was created in 2007 and includes the work of over 200 local artists.



4 WESTERN HERITAGE REMNANTS

The Cochrane RancheHouse houses a few remaining pieces from the former Western Heritage Centre that once stood on this site.



5 MURAL 150 AT TIM BANNISTER PARK

Cochrane community mural mosaic represents four distinct elements that identify the Cochrane community; our native and western heritage, families at play, hiking in the Rocky Mountains and fly fishing on the Bow River.



6 THE GRANDFATHER TREE

Rumoured to be over 300 years old, this Great White Spruce is truly awe inspiring! (Confession, I lived here 4 years before I knew it existed...)



7 THE LIBRARY READING GARDEN

Our very own public library has a special garden for enjoying a good book on a warm, sunny afternoon!



8 COCHRANE STORIES

Along the rail line in Historic Downtown, this storied mural shares our town's history.



9 THOSE POSTS IN COCHRANE RANCHE

There are white, numbered posts hidden along the paths of the historic Cochrane Ranche. Do you know what they represent? Learn more in upcoming issues!



10 PET MEMORIAL

The Cochrane Humane Society has a touching pet memorial for the special companions that touch our lives and our hearts.

11

**CHARGING STATIONS**

Along Railway Street, you may have seen these future embracing charging stations dotting the curb in the new lot for the upcoming Transit Hub.

12

**THE WORLD TRAIL GYM**

One of our beloved town parks has an actual tiny gym! No membership required!

13

**THE CANADA DAY BENCH**

Widahl Woodworking carved this stunning bench during the 2018 Canada Day Festivities and it lives at Riverfront Park.

14

**CAROLINE GODFREY PARK**

A picturesque and stunning park in Cochrane, set aside as an environmental reserve.

15

**THE CAIRN**

At Cochrane Ranche, a cairn stands proudly along the main path documenting the history of the town and it's ventures.

16

**STUDIO WEST FOUNDRY**

Our community is home to the famous Studio West Foundry which has created some of the most recognizable and cherished statues the world over!

17

**THE TOWN ENTRANCE GATE**

Entering the town from the west along Highway 1A, you have no doubt driven under this amazing entrance welcoming you...

18

**HORSES ALONG A WALKING TRAIL**

While strolling through our town's hundreds of km's of pathways, see if you can spot these horses!

19

**THE DONOR BRICKS**

Cochrane RancheHouse has a huge brick wall with the names of those that donated to it's construction!

20

**WELCOME TO DOWNTOWN**

Along 5th Avenue, you probably have passed by this metal sign welcoming you to Historic Downtown Cochrane.

NEW EXPLORE COCHRANE TRIP PLANNER LAUNCHES!

The Cochrane Tourism Association launches an exciting interactive Trip Planner on their website!




A road trip, sometimes spelled roadtrip, is a long-distance journey on the road as outlined in Wikipedia. In 2019, the U.S. even made it a holiday with the launch of National Road Trip Day by Pilot Flying J, according to National Day Calendar!

Well, right here in Cochrane, we decided to celebrate this spring with the launch of our very own Explore Cochrane Trip Planner... a tool showcasing the hidden gems, adventures, and places to discover! It doesn't have to be a long-distance journey, just a time to get away from it all to enjoy new adventures!

So, what is on your travel wish list? Are you a traveller seeking adventure, art, western culture, family friendly locations, great food, or a fun night out?

Its as simple as 1 – 2 – 3! How does it work?

Create your own custom itinerary by adding activities and businesses of interest listed under the categories Events, Explore, Dine, Shop and if your list is long, even a place to Stay.

1. Click on the  located on each business/activity and it will be added to "My Plan" (note you can create your own

account to save your plans and access from everywhere or use the planner in Guest mode)

2. Use the filter on the right side of the trip planner to see just the activities that interest you!

3. Once you have selected all your favourites, you can rearrange the order under the "My Plan" tab to help navigate your trip by location!

To make your life easy, we created themed itineraries showcasing some the best things to do in and around Cochrane. You can find these under the Tours Icon. These include ½ day, full day or multi day themed trips ready to go!! These itineraries change regularly and update with the seasons, so check back often!!

Throughout the trip planner, you will also find special offers featuring activities or events highlighting unique experiences to the area!

Need help to plan your stay? Stop by the Cochrane Information Centre, ask the Tourism Ambassador Team to customize a multi-day itinerary that meets your needs!

- JO

NATIONAL PHARMACY APPRECIATION MONTH



The entire premise behind the Two in Two Pharmacy is that with every transaction, two people's health will benefit; yours, and the health and wellbeing of someone in need. Two Pharmacy wants to help support more roots and grow a stronger more diverse community. We know we are stronger together.

Now, more than ever they are focusing their attention locally to help nurture the roots of our community. Let's show our appreciation for their community support during National Pharmacy Appreciation Month!

In nature, it is a tree's roots that are the foundation for providing the nutrients and minerals it needs to survive. The roots of one tree then subsequently provide support to the surrounding soil. One root system can have far-reaching impacts on the health of the forest, however with more roots from a variety of plants the forest flourishes and creates a beautiful diverse ecosystem.

Two Pharmacy wants to help support more roots and grow a stronger more diverse community. We know we are stronger together. Through their Community Roots program, they commit to donating 1% of sales through the till each month to a local organization or fundraiser.

Past contributions – December: Cochrane Activettes received over \$4500; January: Big Hill Lodge received over \$4200; February we are supporting Bethany Care Centre.

The Pop-Up Spring Market

March 19-May 30
Fridays 6pm-9pm
Saturdays 10am-4pm
Sundays 12pm-4pm

Come join us at The Social Spot for another incredible pop-up market! Happening each weekend from mid March till the end of May!

This is a great opportunity to see some wonderful offerings from local vendors and help support the small business community. We will also have swag bags provided free to the first 50 shoppers each week!

COVID measures will be in effect, come enjoy a safe shopping experience!





Crossing the old bridge over the Bow River

BIKING DAY IN COCHRANE

It wouldn't be a riding day if you do not start off with a good cup of java to power your ride!

Good Earth Coffeehouse

Good food is fuel for the mind and spirit, as well as the body. Enjoy a good cup of coffee and a fresh, hearty and wholesome breakfast on their patio!

They use fresh fruits and vegetables, whole grains and nuts, real eggs and fresh dairy. The authenticity of their ingredients means the food comes alive with flavour and nutritional value.

Local trails

Mitford Park Loop via Riverfront Park is 2.4 km of easy and scenic bike paths along the Bow River and the Cochrane Rancho trails will get you warmed up for the more challenging 9.3 km loop at Glenbow Ranch Provincial Park.

Here's a great link to more of the popular routes in the Cochrane area: [TrailForks](#).

New bike park!

Cochrane's newest pump track/flow park in the lot behind the Garmin building on Bow Street broke ground a year ago and is now open –for bike enthusiasts of all ages and skill levels. If you're not familiar with the term, "pump track," it's usually a man-made circuit of rollers, banked turns and features designed to be ridden completely by riders "pumping"—generating momentum by up and down body movements, instead of ped-



alling or pushing (thank you, Wikipedia). As for “flow,” think down-hill pump track. Members of Bike Cochrane say the course is well worth the cost of membership: annual family pass is \$80, \$40 for individuals.

Wild and wonderful Glenbow Ranch

Enjoy stunning vistas, rolling hills, and spot the occasional cowboy as you explore nearly 40 kms of paved and shale pathways at Glenbow Ranch Provincial Park. The gorgeous Bowbend Trail is a ribbon of pavement that meanders along the Bow River in between Cochrane and Calgary. It is part of The Great Trail Network, which crosses the country from coast to coast. And, although there are countless kilometres of beautiful pathways that are part of this “great” network, not many can match the idyllic charm of the Bowbend Trail. Popular with hikers and bikers alike, the 4.6 kms Bowbend Trail slices through the heart of Glenbow Ranch Provincial Park. It winds along arid cou-

lees, through aspen glades, beside historic ranching ruins, and makes for an awesome little adventure for everyone.

Need mechanics, bike parts or new swag

Bike Bros

If you want the inside scoop, stop by Bike Bros and they will guide you in any direction from Cochrane to find a great ride. This shop in Cochrane has been voted best bike shop in Canada numerous times! They will tell you there are, literally, dozens of interesting rides and there is something for everyone. For example, some people come here just to climb the big hill out of town. It's a great workout!

Big Hill Cycle

The new bike shop recently opened shop at 1121, 116 Grande Boulevard, Big Hill Cycle is the newest addition to the Cochrane cycling scene. They specialize in

bike servicing, soup to nuts, so after (or before) all your autumn cycling come on down and get that tune-up (and try not to drool over their extensive new and used inventory). This is a family bike shop - ask about their Junior Trade-In program.

After-Ride fuel at The Stump Tavern

The name of this neighbourhood pub is a homage to Tony's grandfather, who earned the nickname “stump” for his stubborn nature. The walls are covered in signed hockey jersey's, many from Tony's Dad's personal collection. This adult-only spot is perfect for a beer with friends, to watch the game, or to have some delicious, freshly made pub food. The Executive Chef tells us the burger is a must-try “it's a hand-ground mixture of chuck and brisket, it's always fresh, and it's a good stick to your ribs. The patio is on of the best place to soak in the rays.

- MH

Glenbow Ranch
Provincial Park

“ It winds along arid coulees, through aspen glades, beside historic ranching ruins, and makes for an awesome little adventure for everyone!



COUPLES GET-A-WAY

A CAR FREE WEEKEND!

What a better way to explore Cochrane than holding hands with your loved one and strolling through all the wonders our town has to offer?



You can easily spend a day exploring without your vehicle!

TAKE A WALK DOWN MEMORY LANE IN COCHRANE

The locals call it Main Street but it's officially 1st Street West and it encompasses the primary downtown blocks from 5th Avenue to Centre Avenue. I had a sense there were some ghosts here so I decided it was time to dig a little deeper.

As we propose a car-free weekend, why don't you first park where you are spending the night?

SPENDING THE NIGHT HEREABOUTS B&B

The tiny house itself sets Hereabouts apart from most bed & breakfasts. The tiny house is built with care and the quality of the space is exceptional and it has some unique features such as passive solar design, an earthen floor, and creative use of salvaged materials. A lot of care also goes into the breakfasts. The quality of ingredients is the same as what we eat ourselves with a focus on whole, seasonal, often organic, and no funny stuff! To get a fresh, homemade breakfast delivered to their door that is both nourishing and delicious is a rare thing and something guests greatly appreciate. No matter the season, there are often ingredients from their own garden included.

START WITH THE AMBASSADOR AT THE VISITOR CENTRE

Come and meet Suzanne at the Cochrane visitor centre located at 521 1 St W, Cochrane. Suzanne is a long-time resident and Cochrane's full-time tourism ambassador. She has over 20 years in the biz and has logged many miles on her own travels. Can we say subject matter expert?

Ask about the brochure for a self-directed walking tour and the pop-up market calendar!

SPRING POP-UP MARKET

The Spring Pop-up market is located at 609 1st Street West and generally runs:

Fri 6-9 pm

Sat 10am-4pm

Sun 11am-4pm

Stop by and pick up some goodies for a loved one, or yourself. Visit their Facebook page to find out the vendors of the week at <https://www.facebook.com/quirksocial>

**Non-perishable food items are being accepted in support of the Cochrane Activettes Food Bank*



SHOP ON! HAPPY WIFE, HAPPY LIFE

A stroll through Cochrane's Historic Downtown leads you to these two eclectic shops next door to each other. So why side by side? Well, you might ask of owner Karrie Peace. You'll soon discover that each has its own signature

HEAVENLY outhouse

Heavenly Outhouse is the perfect marriage of form and function – divine décor and delightful gifts – ever changing, as Karrie is always on the hunt for the unique and the unusual. Look for the rack with the colourful slippers. Doubly useful as dog toys when you've worn them out!

POOR DAVID

Poor David's is all about having fun, filled with cheeky gifts both naughty and nice. Hint: be sure to look up and look down, not just straight ahead! It can be said they have the best cards in all of Rockyview County. But as others can attest, you'll go in for a card and come out with the gift to go with it. Put both shops together and you have the perfect recipe for people who love to shop for people who are hard to buy for.

STYLES BETWEEN US

A treasure trove of consignment clothing and accessories, has moved upstairs above Poor David's and Heavenly Outhouse. The space was renovated and restored by Megan and Don – from the hand cut and sealed stairway to the chalk painted doors. Shop partners Annie Van Den Bosche and Jennifer Fay worked side by side ripping out carpet and pouring cement.

Walls have been knocked out to allow for an easy flow through the carefully curated collections of vintage to contemporary clothing, shoes and accessories. You'll be astonished by the volume and variety. Next up: personal shopping and private events for your cohort, where you can book the place to yourselves for an evening of fun and fashion.

SWEET TOOTH

HORSE CREEK HERITAGE CANDY & GIFTS

This is the best place to shop to bring a treat for your little ones!

The candy shop does more than sell candy, it supports local farmers, confectioners, and artisans such that every product is either made locally or brought in by a Canadian distributor. One can easily appreciate the shop's quality and variety of products and the tribute to Alberta's ranching heritage taking you back in time when you cross the threshold at the shop.

MACKAY'S ICE CREAM

If you see a lineup on the main street, you're in the right place for starting to explore the town that is home to one of Alberta's most famous ice cream shops – MacKays.

DINNER EN TÊTE À TÊTE AT COMMUNITY FLATBREAD

After a long walking day, nothing is more refreshing and romantic than a drink or a summery mocktail on the patio enhanced

with a delightful flatbread made from scratch, high-quality ingredients, and lots of fresh herbs.

Watch the chefs make each flatbread from scratch and bake in their oversized wood-fired oven. Lots more menu items to choose from including nine different pasta dishes and delicious-nutritious salads with house-made dressings

NIGHT CAP OR LAST DANCE?

THE VENUE BAR AND GRILL

A leading hotspot for live entertainment, great food, and all things sports for the past four years, The Venue more than lives up to its definition: a place where an activity or event happens. Make that a double.

The Venue is a hub for social networking, bringing people together in an atmosphere of comfort and enjoyment. Whether it's a date night, special celebration or just to unwind at the end of your day, friendly staff will have your favourite beverage waiting for you when you sit down.

*New patio now open

-MH



MacKay's famous Ice Cream
in Historic Downtown

“A family run business, spanning three generations, that's been making lip-smacking good ice cream since 1948.”

COCHRANE HISTORIC WALKING TOUR

What can I say? I'm a self-confessed local history buff who loves exploring the small towns and hidden gems around Alberta.



Affectionately known as "The Chicken Lady", The Legacy Statue draws crowds in Historic Downtown

There's always a tale waiting to be told. My mission today: Historic Downtown Cochrane.

I found out that the Town of Cochrane began as the budding settlement along the Canadian Pacific Railway line known as Mitford, just up the hill, west from the current location. The residents literally picked up and moved their buildings and belongings when the train station was relocated!

Cochrane's Ambassador

Now I've been to many a VIC – that's traveler jargon for visitor information centre – in my time but I wasn't prepared for the force of nature who greeted me when I stepped inside. Suzanne is a long-time resident and Cochrane's full-time tourism ambassador. She has over 20 years in the biz and has logged many miles on her own travels.

Can we say subject matter expert?

When I explained the burning need to satisfy my inner history geek, she happily drew me into her domain, located on the south side of 1st Street just east of 5th Avenue, an airy and well-organized space filled with neatly racked guides and maps. I shouldn't

have been surprised when she pulled out a folded brochure for a self-directed walking tour, my soon-to-be history lesson on foot.

Exactly what I was hoping for.

Here are a few of my favourite stops.

The Chapman Legacy

Between 3rd and 4th Avenues is the fine seafood restaurant, Schooner's on First (I know, because I had stopped in earlier for some truly delicious house-made crab cakes). This place was first home to twin brothers, Andrew and Robert Chapman from Scotland, who appear to have been the movers and shakers of this fledgling town at the turn of the 20th century – or at least the builders, with many homes and businesses built by Chapman Brothers Construction for the next couple of decades.

A block east is the Howard Block, built by the Chapmans in 1908. It originally housed Joe Howard's General Store. In 1912, the upper floor was converted to a social hall which hosted many a dance in its day. Today it hosts wonderful shops with names like Poor David's and Heavenly Outhouse. Stop in and ask how they got their names!



The Rockyview Hotel

This one is hard to miss. Two stories, painted black with red trim, The Rockyview Hotel is one of the town's oldest buildings and has seen two world wars, the Great Depression and prohibition. There's a restaurant, a saloon around the corner and you can still rent rooms upstairs, all done up in traditional western style. But a word of caution. There be ghosts here. For real. I'm told you'll want to avoid booking room number four.

The Legacy Statue

Right across the street in the town's Centennial Plaza is a cast bronze tableau, an homage to the local women who contributed to Cochrane's early success. You'll easily see why the locals call it the chicken lady.

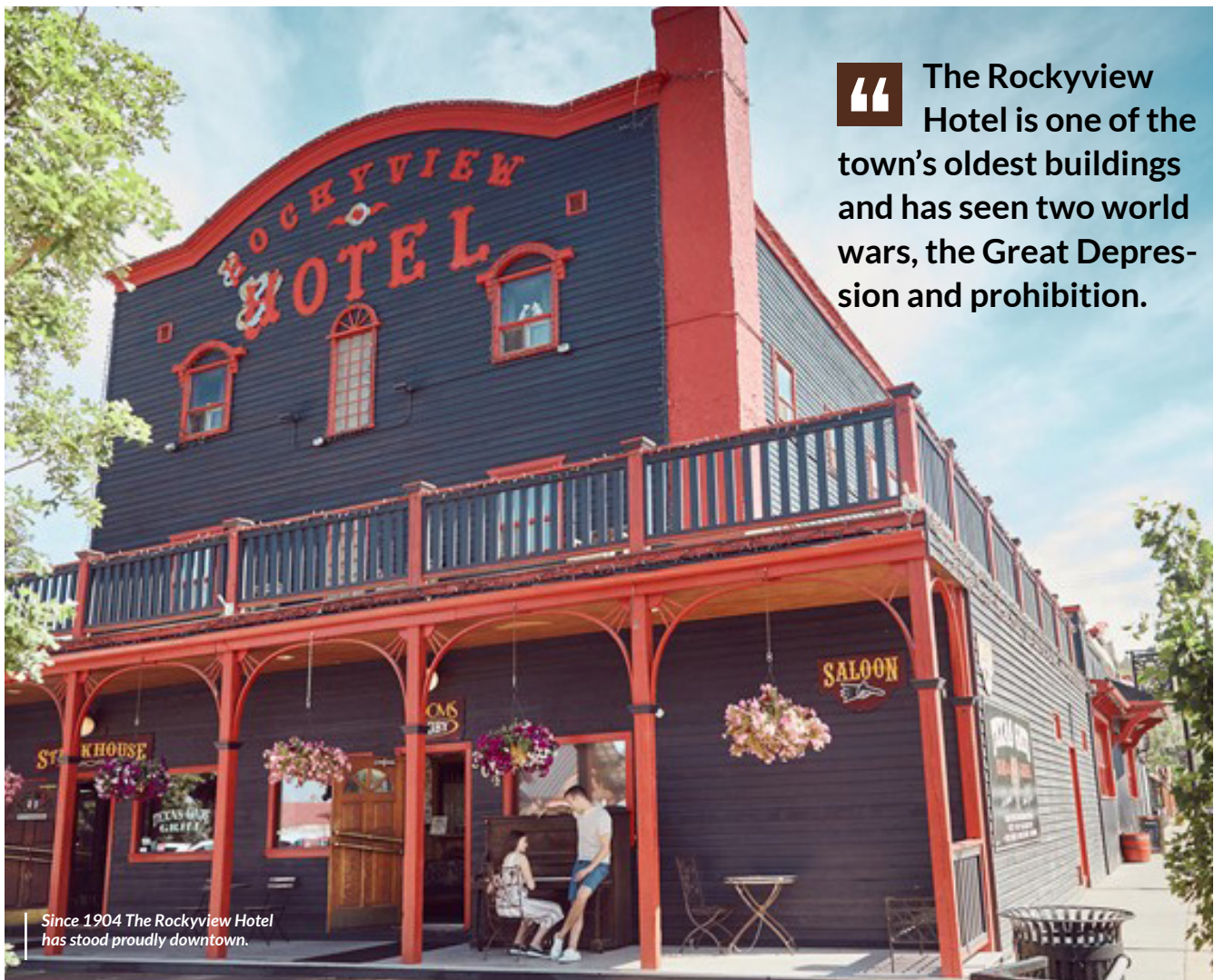
A taste of tradition

Back across the street I go, drawn like a magnet to MacKay's Ice Cream. Built in the 19th century, it started out as a general store. Now it's a family run business, spanning three generations, that's been making

lip-smacking good ice cream since 1948. Definitely worth waiting in the really-long-line-up-half-way-down-the-block. You haven't truly lived until you've had a double scoop of raspberry cheesecake and caramel apple pie.

There are many more interesting stops laid out on the brochure's map. If you have a penchant for things past, Historic Downtown Cochrane doesn't disappoint – nor does Suzanne. Time to report back to see what else she recommends.

Guest Journalist – Jane Usher



“ The Rockyview Hotel is one of the town's oldest buildings and has seen two world wars, the Great Depression and prohibition.

Since 1904 The Rockyview Hotel has stood proudly downtown.

THE COCHRANE PUBLIC LIBRARY



The library features some local bronze sculptures from The Foundry

We are open for curbside pick-up!

Full details at Cochrane Public Library.

Our library contributes to the well-being and health of our community. Our new Wellness Lending Program will help you get everything you need to reach your wellness goals.

Because of our participation in the Mari-gold Library System, our library is a single point of access to millions of movies, books, CDs, DVDs, events and more.

Located in beautiful Cochrane, hosting a large, diverse collection and offering free year-round programs!

Also available at the library: Ghost Hunting Kit, Board Games, Power Tools, Seed Library, Gardening Tools, Life Jackets, Winter Equipment, Puzzles, Traditional Picnic Games, Telescopes, Makerspace Corner, and 3D Printing.

ROUTE 22 ARTIST COLLECTIVE GALLERY

Each month, the Route 22 Collective rotates their juried, curated display of 2D and 3D original art. The "Interchange" provides a fresh new perspective in the gallery.

In addition to fine art, the Gallery Gift Shop offers quality, hand-made fine craft items by local artisans. Here you will find a wide array of original art cards, prints, ceramic, wood, textile art, glasswork, stone sculptures and more. There is always something new, so you will want to stop by often!

The Route 22 Artist Collective Gallery is a multi-discipline gallery that displays and sells art that is acclaimed by a jury process. Behind the Gallery area, the Art Maker space provides educational and artistic programming for artists and our community.



A local artist works away on a painting in front of Route 22 Artist Collective Gallery

FAMILY FUN THINGS TO DO IN COCHRANE



Cochrane's Zero Gravity
Skatepark



A couple relaxing at Mitford Park
overlooking the Bow River



Enjoying some Capture
The Flag Paintball



Checking in at Cochrane's
Number 1 Hotel - The Super 8

LIVE THE ADVENTURE!

Adventure lies in wait all around Cochrane! And let's face it, we're all ready to venture (safely) outdoors while the gorgeous summer weather continues.

Here are some of our favourite things to do and places to go to ensure your adventure is a pleasant experience, be sure to check out the current restrictions at each location.

1) Zero Gravity Park

Cochrane's claim-to-fame as one of the top skateboarding towns in Western Canada goes back over a decade. Located on the western edge of town at the corner of Highway 22 and Westrock Road, the Zero Gravity Skate Park is one of the best skate parks in the province. The spacious, professionally-designed park (it's 427 square meters) features concrete bowls, half-pipes, ramps, rock work, informal seating for hundreds of spectators, lights for evening use (they are on timers), and plenty of awesome features that will ensure all the little grommets can carve and kick flip until the cows come home.

2) Mitford Park

Mitford Park is one of Cochrane's best kept secrets, similar to its namesake. Picnic at several different tables and benches scattered throughout the park amidst the stunning scenery or let the kids loose at the

adjoining skateboard park to burn off some energy. Take a hike or bike on the paved paths. Head west and witness the stunning vista of the mountains or if you feel a little more daring walk along the dirt trails which snakes overlooking the Bow River.

There are two ponds in the park and the upper pond is maintained for skating and shiny in the winter. Swimming is not allowed in the ponds that are stocked annually with rainbow trout, but visitors are more than welcome to cast a line in the water.

3) Historic Rancho Site

Cochrane Rancho Site is a large community park (in a gorgeous natural setting) that's steeped in western culture, Indigenous history, and numerous recreational opportunities, including family-friendly mountain biking trails. A few of the additional attractions in the park include: a quaint museum located in a historic 110-year-old building, a reconstructed corral, an interpretive trail that highlights the natural and human history of the site, picnic sites with fire pits, an outdoor stage for concerts and community events, the famous "Men of Vision" statue, archaeological remains, and of course, panoramic vistas of the aspen-coated foothills and soaring Rocky Mountains. Regardless of your interests, you'll find something that is truly "your speed" in the 136-acre park.

4) Capture the Flag Paintball

“ Awarded #1 in Cochrane on Trip Advisor for four years running, this Burwash Hospitality Group hotel is also number one for friendliness and cleanliness. Be prepared to be pleasantly surprised by the ambiance and comfort you'll find here.



Recharge with a campfire at Spring Hill RV Park

Located in a pristine natural setting near Waiparous (approximately 35 kilometres west of Cochrane), Capture the Flag Paintball & Airsoft is a sprawling 116-acre oasis for those who have a passion for picking off their pals with paintballs. And, as far as paintball facilities go, it doesn't get better than Capture the Flag. There are over 22 different playing fields that each have their own "flavour." From dense pine forests to open fields peppered with rusty vehicles, there is a battlefield that will appeal to every sharpshooter. Groups, large and small, have their own private paintball plot to play away. The facility also includes axe throwing, archery tag, airsoft, low-impact paintball (perfect for those under 7), and Nerf battles.

5) Spring Hill RV Park – HOME IS WHERE YOU PARK IT

For 15 years now, Spring Hill RV Park has created a home away from home for the RV crowd and has never looked back. Just 7 km north of Cochrane at the junction of The Cowboy Trail (Hwy 22) and the turn-off to Airdrie (Hwy 567), this place is a mighty popular spot.

With expansive views of the prairies, foothills, and Canadian Rocky Mountains, you've got everything you need on site: Shell station (with gas, diesel and propane), convenience store (with everything from motor oil to fresh coffee), and a well-stocked liquor store (all open seven days a week) with the friendliest staff you'll ever meet.

6) Super 8 Hotel & Suites by Wyndham

Awarded #1 in Cochrane on Trip Advisor for four years running, this Burwash Hospitality Group hotel is also number one for friendliness and cleanliness. Be prepared to be pleasantly surprised by the ambiance and comfort you'll find here. More surprises are the large family suites you wouldn't expect to find in a property of this size.

Make this your adventure hub as you explore Cochrane, Kananaskis, Canmore and Banff National Park and come home to cozy at a fraction of the cost. Free breakfast, free Wi-Fi. Plenty of large vehicle parking, too. Just 45 minutes from Calgary International Airport. What's not to love?

- MH

BUSINESS DIRECTORY

Our business community has something for everyone! From local artisans, featured Made in Cochrane products, and places to visit - there's no limit to the unique home town experiences to be had.

Aeron E. King Goldsmith Ltd.
 Alberta Metal Works
 Alpine Air Adventures
 Amaryllis Crystal Garden
 Anything Grows - Cochrane's
 Garden Store
 Big Hill Cycle
 Big Hill Springs Provincial Park
 Bike Bros.
 Blacksmith Pub
 Boundary Ranch
 Bow RiversEdge Campground
 Butchery Block
 Calaway Park
 CANRVRSUP
 Capture The Flag Paintball &
 Airsoft
 Cochrane & District Ag Society
 Cochrane Coffee Traders
 Cochrane Disc Golf
 Cochrane Farmers' Market -
 Market at the Bow
 Cochrane Floors & More
 Cochrane Golf Club
 Cochrane Historical Museum
 Cochrane Home Treasures
 Cochrane Information Centre
 Cochrane Lanes
 Cochrane Lions Event Centre
 Cochrane Now
 Cochrane Public Library
 Cochrane Street Market
 Community Flatbread Co
 Cuore Di Mamma
 Curry 'N' Fizz
 Early Dawn Farm
 El Creamino
 ELEVATE
 Evexia Travel & Books
 Fallentimber Meadery
 Fence & Post
 Final Touch Art Studio and Art
 Supply Store
 Forge & Smoke
 Glenbow Ranch Provincial Park
 Global Pet Foods
 Good Earth Coffeehouse
 Great White North Guides

Half Hitch Brewing Company
 Heavenly Outhouse
 Hereabouts B & B
 Historic Cochrane Rancho Site
 Home Reno Heaven
 Horse Creek Heritage Candy &
 Gifts
 Hunter Valley Adventures
 Kelsey's Caravan Adventure Hostel
 Kitchen Boutique
 Krang Spirits
 MacKay's Ice Cream
 Mehtab East Indian Cuisine
 Mezzo Cafe
 Montana's
 Mountain Parks Transportation
 MR MIKES Steakhouse
 My Greek Plate
 Peacock Jewellers Studio and
 Supply
 Poor David's
 Pop-Up Spring Market
 Pure Anada
 PZA Parlour
 Rockyview Hotel
 Route 22 Artist Collective Gallery
 Saddle Peak Trail Rides
 Saffron Collective Studios
 Schooners On First
 Shredz Shop
 Smitty's

SHOP COCHRANE

Solstice Berry Farm
 Spirit of Oneness / Earth Rocks!
 Spray Lake Sawmills Family Sports
 Centre
 Spring Hill RV Park
 Stockmen's Memorial Foundation
 Studio West Bronze Foundry &
 Gallery Tours
 Styles Between Us
 Super 8 Cochrane
 Texas Gate Bar & Grill
 The Beer Den
 The Boot Authentic Italian
 The Cave Sauna Day Spa
 The Chopped Leaf
 The Crossing at Ghost River
 The Eagle's Nest
 The Healing Touch
 The Links of GlenEagles
 The Lost Sock Laundromat
 The Paisley Boutique
 The Social Spot
 The Stump Tavern
 The Venue Bar and Grill
 The Vintage Verandah
 Two Pharmacy & Natural Market
 Vinestones Wine Co.
 West Bragg Creek Trails
 Whispering Dutchman Distillery
 Wildcat Coffee Company
 Yamnuska Wolfdog Sanctuary
 Zero Gravity Skatepark



Custom made birdhouse by John, a volunteer at Home Reno Heaven

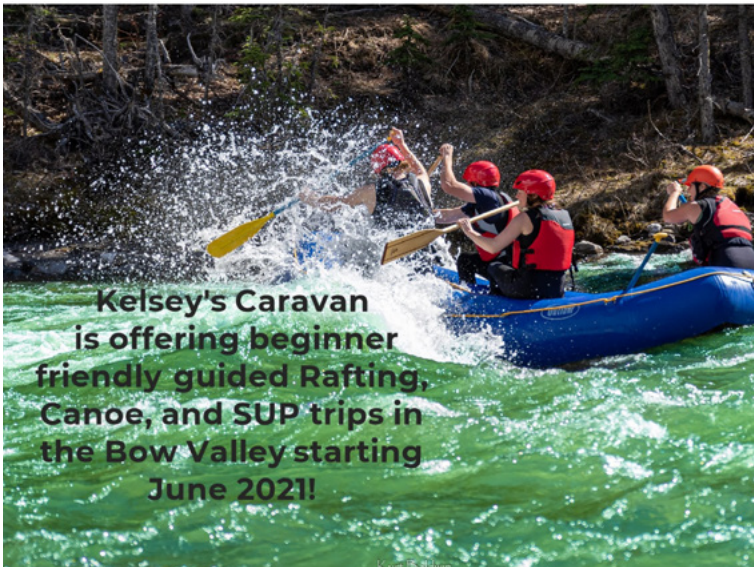
Proceeds supports affordable
housing initiatives and programs
in Cochrane, Alberta.



Fence & Post now offers
their house made sauces,
dressings, chocolates,
spudnuts, bread and more
to take home to make your
own culinary creations.



Kelsey's Caravan
is offering beginner
friendly guided Rafting,
Canoe, and SUP trips in
the Bow Valley starting
June 2021!



Boundary Ranch offers Trail Rides
that traverse mountain ridges high
above the landscape in Kananaskis
Country along with a variety of other
outdoor adventures!

Check out the May Special
1-877-591-7177



Intro Tour Yamnuska Wolfdog Sanctuary

This tour takes you inside our Engadine enclosure into a
viewing platform with one of our guides.



The Rock Experience
programs at
Alpine Air
Adventures
are designed to
introduce the sport
of rock climbing. The
rock experience is a 1
day program which
will get people off
cranking safely and
introduced to the
vertical world with a
safety oriented
approach.





Sampling at Whispering
Dutchman Distillery

SPIRITS OF THE WEST

Spend your Saturday close to home and embark on a road trip, learning about our local craft distilleries.

Go for a more refined taste and try Krang Spirits or Whispering Dutchman Distillery. Visit Rocky view famous meadery, Fallentimber, and witness the rebirth of this mythical beverage called mead.



It's hard to miss the big barn-board building that looks like a saloon from back in the day-just off the main drag in Cochrane.



Half Hitch Brewing Company
in Cochrane

1. Cochrane Coffee Traders

Kick start your day with a cup of java where the beans are roasted on-site. Try one of their famous house made treats - favourites included the cinnamon buns and signature muffins.

2. A Drive Along the Cowboy Trail to Fallentimber Meadery

(Open Saturday and Sunday 11 – 5)

Follow the Cowboy Trail for about 40 km and turn west just past Cremona. The directions on the Fallentimber Meadery website - spot on! Travel 14 km west and you will see the big log inscribed with their name on the left side of the road. (It takes about 40 minutes on a direct route, so leave by 10:15 and plan to be there when they open at 11)

Currently, Fallentimber is not offering tours, but their facility is open for business. You will be warmly greeted by one of the family members who run this business. Enjoy the outdoors on their hiking loops (1.3 km and 2 km) available on weekends for customers to enjoy! There is even a gift card hidden along the trail if you are up for a scavenger hunt! After your hike, you can enjoy a beverage in their outdoor space while listening to the birds and even an owl if you are lucky!!

Fallentimber has taken an innovative step, along with their traditional mead, based on a simple fermentation of honey and water. The real fun begins with their specialty meads, built on the basic ingredients then infused with spices and local fruit (such as Saskatoon berries from Solstice Berry

Farm). Some are even barrel-aged. Taking it to the next step, a must-try is their session meads. These are carbonated – made for a pint glass, not a wine glass. They're packaged in tin cans, just like beer. You will simply want to try them all - Mr. Pink, Hopped Mead, Honey Buck, Meadjito (this stuff is just flying off the shelves, giving the traditional mojito a run for its money) and the newest edition SEADÓG – a Mead Radler low in alcohol and calorie!

Along with their mead, you can shop for honey, souvenirs, and other local products! After you have had your fill, head back to Cochrane for your next stop...

3. Lunch Options, picnic-style

Lunch options are plenty in Cochrane

Mehtab East Indian Cuisine takeout - Their secret is the amount of care that goes into the food. Over half of the menu features family recipes, many of them from North Punjabi region of India. Jag & Gunjeet order their spices whole and create their own spice blends from hand. You will not find any food colouring in the bright dishes either, the vibrant yellow colour comes from the super spice turmeric, and the rich red colour from kashmiri mirch – an Indian chili powder.

4. Lunch Option - Patio Dining

The Venue Bar & Grill has a new patio! You will find a collaboration of great "Red Sealed" approved food with reasonable pricing complete with quality service and a sense of community. The definition of a venue is "the place where an activity or event happens". This defines "The Venue" to a "T"!

5. Krang Spirits

(open from Thursday to Saturday 11 – 4)

After an amazing lunch, the next stop on the Spirits of the West Tour, Krang Spirits is found on the east end of the town's main street, where owners Susan Ransom and husband Michael Guenzel can be found multi-tasking on any given day. Although





the tours are not running, they are offering tasting as defined by AHS. What is on their list? Some highlights are:

Their citrusy Nimbulus Gin. A grain free treat, with a secret combination of juniper berries, coriander, Grains of Paradise (the slightly peppery spice you have never heard of) and lemon.

The liqueurs are European style, and while they have a pound of fruit per bottle, they are light and crisp, not syrupy-sweet. They also contain no added colours or preservatives. Choose from sour cherry, raspberry, black currant, blueberry, peach, and blackberry, along with a honey-based liqueur called Krang Krupnik and a coffee-chocolate mix called Bad Billy. And, wow, does this stuff make for great cocktails.

When you visit, be sure to pick up some recipes after the tasting and check out their custom laser printed Krang Spirits bottles – wildly popular with party and holiday planners wanting to create the ultimate keep-sake!!

6. **Whispering Dutchman Distillery** (open Monday to Saturday noon to 5)

The next stop - Whispering Dutchman Distillery, located in the red industrial building along Griffin Road. Just nine months into production and they've already been awarded the Judges Selection at the Alberta Beverage Awards, out of 800 entries. Not too shabby for the new kid on the block!

Drop in for a tasting of the superior grapefruit-infused gin or the limited-edition blueberry-mint vodka. And if you are feeling especially daring, take home a bottle of 50 proof Moonshine and find out if it lives up to its name! There is always something new to try at the Dutchman from Spiced Tea to Coffee Cream and the newest editions just launched, their Craft Cocktails! Tastings follow all AHS guidelines. Shop for

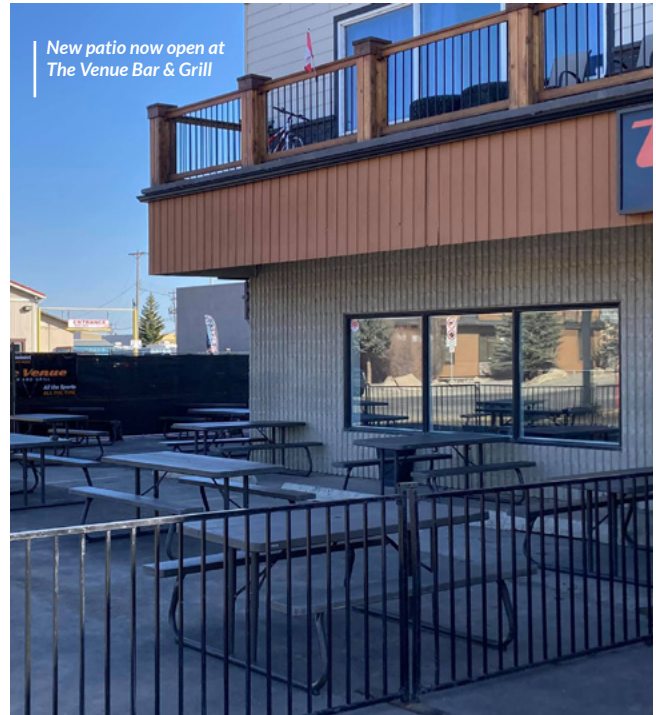
souvenirs or swag and ask them about their Barrel Club if you are loving their award-winning spirits!!

7. **Half Hitch Brewing Company**

After a great day enjoying the Spirits of the West, stroll over to the big barn-board building that looks like a saloon from back in the day. The family behind Half Hitch Brewing Co. has way too much fun making their beer, with names like Farmer's Daughter, Papa Bear and Fire & Fury. Hang out on the newly expanded patio as you watch the sunset to finish your day with a flight of HH beer paired with their famous nachos or the deep-fried pickles, perfect sides for a cold one.

Guest Journalist - Jane Usher







UPCOMING HOLIDAYS TO WATCH FOR

We all could use a reason to celebrate, and these fun upcoming holidays might just be the ticket!

MAY

- 6th National Beverage Day
- 8th National Mini Golf Day
- 10th National Golf Day
- 11th National Eat What You Want Day
- 13th National Fair Trade Day
- 18th International Museum Day
- 21st World Meditation Day
- 21st National Pizza Party Day
- 22nd National Craft Distillery Day
- 24th National Scavenger Hunt Day
- 28th National Hamburger Day
- 30th National Creativity Day

For a full list of upcoming fun holidays, visit cochranetourism.ca and check out the Events Calendar!



COMING SOON!

Here's a chance for you to get first in line for some really exciting and upcoming local adventures!

STOCKMEN'S MEMORIAL FOUNDATION

Come take a step back into the ranching life, learn the rich history and why brands are the "Tartan of the Prairies!" You will get a chance to design your own brand and then fire up the irons to burn your brand into history.

THE CROSSING AT GHOST RIVER

WEEKEND EXPERIENCES in Summer 2021

Be the first to know about our all-inclusive packages including overnight stay, meals, and adventure in the beautiful Ghost Valley, just an hour west of Calgary.

COCHRANE FOOD FEST

Cochrane Food Fest will be a 1-day outdoor food festival. Where local vendors team up with local farmers & growers to create a unique one-of-a-kind cuisine experience.

THE CRYSTAL CAVERN BY SPIRIT OF ONENESS

Imagine a place where you could go to connect with yourself and experience the transformational healing qualities of ancient, sacred earth tools and traditions.

The Crystal Cavern is a place where you can achieve connection and cohesion, like getting out in nature but with longer-lasting results.

HUNTER VALLEY ADVENTURES

Hunter Valley Adventures will be offering a family-friendly interpretive trip on the Bow River through Cochrane. This unique and engaging experience will allow people to explore the history of the town and the land from the vantage point of the river.

Your Adventure Starts Here.

ROUTE 22 ARTIST COLLECTIVE GALLERY

The "Interchange Roundup", is coming soon! Route 22 invites you to be the first to view and purchase from our Exhibit. Tickets will be available soon for an evening of Music and Special Presentations.

COCHRANE TOURISM

MEET THE TEAM

The Cochrane Tourism Association works hard to ensure we support local! We have a fantastic team of talented individuals right here in our own back yard that helps bring our vision to life each and every day! The CTA is governed by a dedicated group of 10 board members who are passionate about our community, committed to the growth and prosperity of Cochrane.



Jo-Anne Oucharek
Executive Director

Jo-Anne Oucharek, Executive Director for Cochrane Tourism, loves to share her backyard! With 25 years of experience in business development and strategic planning, Oucharek has a passion for helping small business owners find their niche!

Tourism is just like a business and Oucharek is busy working on developing the Cochrane Experience to showcase all the amazing events, tourism businesses, and organizations in and around town.

When she is not promoting Cochrane, you will find her capturing nature in our backyard as an avid bird and wildlife photographer.

natureinmybackyard.ca

COCHRANE
it's the feeling



Kelly Sinclair
Program Development Facilitator

Kelly Sinclair has been the communications strategist for Cochrane Tourism since 2018. She led the process to develop the tourism brand "It's the feeling" which won a Marketing Canada Award from the Economic Development Association of Canada.

Kelly was born and raised in Cochrane and is now raising her own family here. A small-town girl at heart, she brings big corporate marketing and communications expertise to the team. In addition to her strategic communications guidance (including landing media coverage), Kelly is also leading the curriculum development for our business accelerator: the Tourism Product Mentorship Program (TMP). Through the TMP, we are supporting our partners in creating and launching new tourism products or experiences to help grow the local economy.

She also runs her own marketing business, [KS Communications](#), supporting entrepreneurs in growing their brands through virtual mentorship programs.



Marie-Hélène Rathé
Business Development Assistant

Marie-Hélène moved to Cochrane in 2018, from Ste-Adèle, QC. She has over 20 years of experience in the tourism and hospitality industry.

In love with good food and adventure at heart, Her passions led her and her family to settle in Jasper, Whistler, and Canmore, where she worked in several managing positions in renowned hotels and as Director of Operations for an adventure tourism tour company.

Unconditional food lover, she will always find you the best place to eat in the area. She will charm you with her contagious good mood and her cheerful smile.





Jacquie Matechuk
Photographer Extraordinaire

While it's often said a picture's worth a thousand words, this is the standard by which our professional photographer, Jacquie Matechuk holds herself accountable.

Her goal is to create story-telling imagery that is both impactful and alluring; the perfect match for our gifted storytellers. Whether it's shooting 8 seconds of crazy on a 2000 lb. bull or the sumptuous presentation of a world class meal at one of our local restaurants. Her skills behind the lens have earned her six national accreditations and a Top 10 breakthrough in the 2021 World Photographic Cup, but Jacquie values commitment to her community above all.

She continues to work at promoting her fellow Cochrinites and their businesses by capturing the feeling of what it is to live, work and play in this amazing town.

broughttolife.ca



Kailey Leonzio
Social Media Guru

Kailey is a born and raised Cochrinite, now raising her two beautiful girls in her hometown. Over the past decade, Kailey has worked alongside numerous Cochrane organizations through Social Media & Event Management, including Cochrane & Area Events Society and Cochrane & Area Humane Society.

Joining the CTA team in 2018 was a "no-brainer" for Kailey! She has been working with us to increase our brand awareness through our social channels, while also showcasing our partners and our beautiful town.

Most recently, Kailey has opened [The Social Spot](#). A space for makers, creators, and entrepreneurs to showcase their products through pop-ups, workshops, and other events. A spot where community organizations and small businesses can come together to create something incredible. The Social Spot provides opportunities for the people of Cochrane to come together to support their neighbours, friends, and colleagues.

Cochrane, Alberta is Kailey's home and her passion. From friendly smiles to Rocky Mountain views, there is just something about this valley town that makes her heart proud and she is so happy to call this beautiful area home.



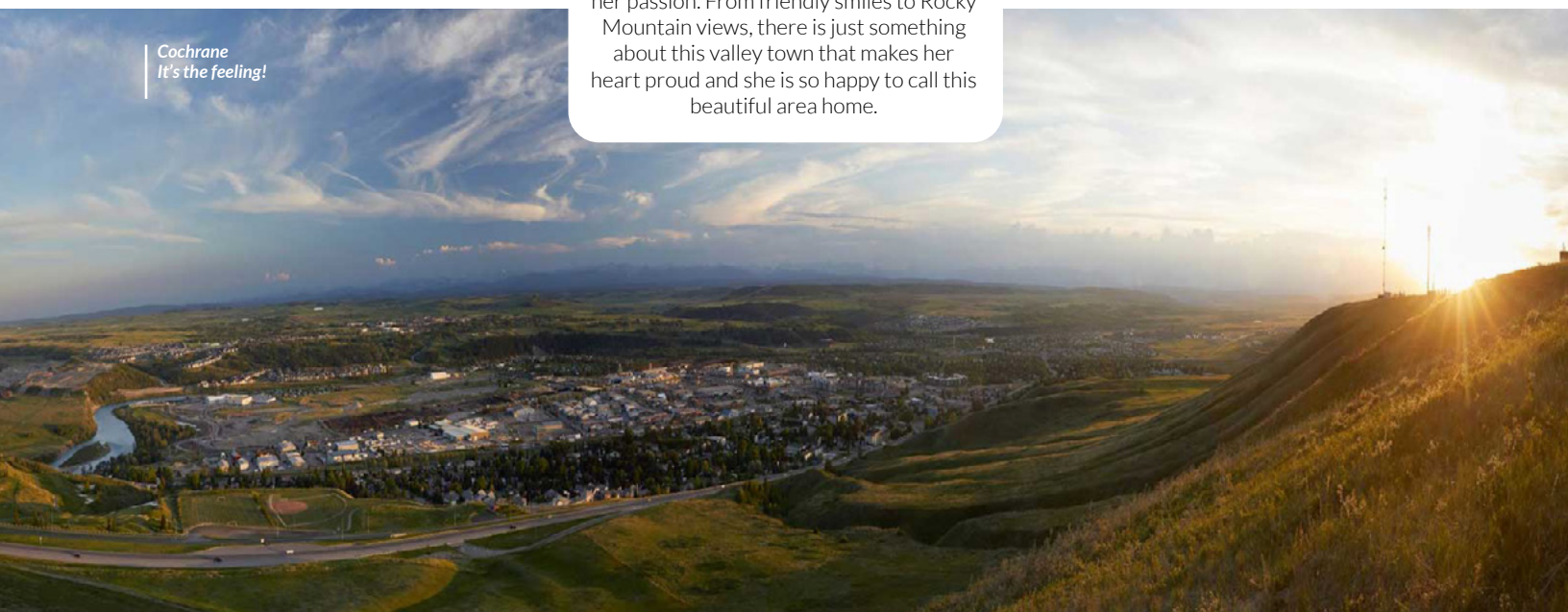
Chris Konanz
Video, Graphics & Web Guy

You may have noticed some of the engaging videos that we have been posting lately – and they are all thanks to Chris at [Blue Pixel Media](#)! Not only is he our trusted website builder, but he has also created a number of our graphics, layouts and logos.

A skilled Graphic Artist, web developer, videographer, RPA pilot, and designer who loves producing incredible results for his clients. He is currently providing services to local and national groups, helping them create a more dynamic digital presence.

Chris is also a GoDaddy Pro Plus Connect certified member as well as a Google Street View Trusted Photographer Certified member.

Cochrane
It's the feeling!



explore
COCHRANE

COCHRANE
it's the feeling

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