

A silhouette of a cowboy wearing a wide-brimmed hat, sitting on a horse. The scene is set against a vibrant sunset sky with shades of orange, red, and purple. The cowboy and horse are in the foreground, looking out over a landscape with distant mountains and some vegetation.

COCHRANE

it's the feeling

VISITOR GUIDE



The ranch hands that arrived at Cochrane that first summer for several months a bunkhouse was built. The tents were not for harsh weather, but even in the winter they were kept under a leaky roof repaired

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TABLE OF CONTENTS

4	<u>WELCOME TO COCHRANE</u>
5	<u>MAYOR'S MESSAGE</u>
6	<u>COCHRANE VISITOR INFORMATION CENTRE</u>
8	<u>OUTDOOR ADVENTURES</u>
14	<u>INDULGE YOUR TASTE BUDS</u>
18	<u>PARKS & PATHWAYS</u>
23	<u>ARTS & CULTURE</u>
26	<u>SHOPPING</u>
34	<u>EVENTS</u>
42	<u>COCHRANE BUSINESS DIRECTORY</u>

WELCOME TO COCHRANE!

PLAN YOUR VISIT:

HISTORIC
110
YEAR OLD DOWNTOWN



11
HOTELS, B&B AND INNS



32+
UNIQUE DINING EXPERIENCES



39+
ART GALLERIES, APPAREL,
HOME DÉCOR, JEWELLERY,
AND ANTIQUE SHOPS



WE'RE CLOSER THAN YOU THINK:

45 MINUTES
TO THE MOUNTAINS

20 MINUTES
TO CALGARY

Only 20 minutes from Calgary on Highway 1A, find Cochrane along the banks of the beautiful Bow River with spectacular views of the rolling foothills and majestic Rocky Mountains.



PREPARE TO ENJOY:

169 HECTARES
PARKS AND PLAYGROUNDS



75+ YEARLY
EVENTS & FESTIVALS



40+ KILOMETRES
PATHWAYS



315 DAYS
OF SUNSHINE



cochrane-tourism.ca

     /cochranetourism



MAYOR'S MESSAGE

Welcome to Cochrane!

From our western architecture, to our majestic landscape, to the friendly feel of our historic downtown, Cochrane has a lot to discover. It's a feeling you have to experience to understand.

Cochrane entertains year-round, with activities, craft markets, theatre performances and sporting events that appeal to all ages and interests. It's the feeling of community.

Stroll around our historic downtown and explore all that Cochrane has to offer. From independent shops and restaurants to our larger retail stores in the Quarry shopping centre, Cochrane has all you need and more. It's the feeling of heritage.

Explore the landscape and recreational opportunities. Mountain views, river access, picnic areas, playgrounds, free disc golf course, off-leash parks and over 60kms of pathways. It's the feeling of adventure.

Whether you're just stopping in or here to stay, thank you for visiting Cochrane. Your adventure is just getting started.

Mayor Jeff Genung





COCHRANE VISITOR INFORMATION CENTRE

You'll see friendly faces almost everywhere you go in Cochrane. One of the friendliest is in the Visitor Information Centre on Main Street.

Suzanne is Cochrane's full-time Tourism Ambassador and is stationed at the VIC almost every day. She's been working in the tourism industry for over 20 years and travels extensively, so she knows how to put together the secret ingredients that make a visit special.

Suzanne's passion and commitment means you'll get inside information on Cochrane's hidden gems and unique features. Looking for local highlights? Suzanne can also point you in the right direction for must-see adventure locations, public art installations, local parks and pathways, and the best places to eat and shop in Cochrane. Suzanne has explored all of them and will give honest answers to any question.

Feeling like a road trip? Suzanne can guide you towards a great day trip to explore the area on your own, or customize a multi-day itinerary that meets your particular needs. If you prefer browsing brochures and planning your own adventure, there's lots to choose from in the VIC. Can't decide? Grab a few that catch your eye and sit in a comfy chair to review them and make your decision.

When your day is done, return to the VIC for a recommendation for dinner or the evening's entertainment. If you're feeling chatty, tell Suzanne how your day went! We think you'll love visiting Cochrane, and we'll help you make the most of it!

Cochrane Visitor Information Centre
521 First Street West | [Instagram @TownofCochrane](#)

COCHRANE'S GREAT OUTDOORS

Cochrane is a small town with a big feeling in the heart of a stunning valley. For those who appreciate the unexpected, Cochrane is full of pleasant surprises, from the majestic landscape to the comfortable feel of the historic downtown.

More than 60 kilometres of pathways will take you along the peaceful river valley, through quiet parks and into the stunning forest of the Cochrane Ranche Historic Site. You can also find majestic Rocky Mountain views along the ridge of the valley that contains the downtown core.

There is nature here to satisfy any kind of explorer; whether you are seeking a laid back walk or a challenging bike ride, Cochrane will take your breath away.

A drive into Cochrane reveals a sight and a feeling you have to experience to understand. It's both unexplainable and unmistakable. You'll feel it when you get here.



SPRING HILL RV PARK

Home is where you park it and this season, we want you to feel at home at Spring Hill RV Park. Located at the gateway to the Rocky Mountains and close to numerous area attractions, Spring Hill has everything you need including a convenience store, gas, diesel, propane and a liquor store. This summer Spring Hill is excited to announce their brand-new playground, much bigger and better than ever before. As well don't forget about the always popular catch and release fishing at Meaghan's pond! The highlight of the summer season at Spring Hill is the annual Canada Day fireworks display. Everyone is welcome to come down and celebrate Canada's birthday with the most beautiful and explosive pyrotechnic display at Spring Hill RV Park.

springhillrvpark.ca

LINKS OF GLENEAGLES

GlenEagles has created programs for all locals to make us “Your Home Course,” we have a little something for everyone. Fanatical golfers can golf until they drop with our Weekday and Full Annual Membership options. Social golfers love our fun Men’s & Ladies leagues, and open tournament events. The casual golfer can take advantage of our weekly “pro special” rate breaks, and our great Play Golf Calgary card program where we have 50 days in the summer for 50% off the price of green fees. We even have something for the beginners - Enroll your mini me in our Junior Golf Academy, or learn a few things yourself with our lesson packages, and ladies boot camp options. Even if golf isn’t your thing, stop by our beautiful clubhouse patio for a delicious meal and an incredible Rocky Mountain view, everyone is welcome!

gleneaglesgolf.com





YAMNUSKA WOLFDOG SANCTUARY

Standing quietly in the Sanctuary, you are often greeted with an unforgettable melody. It is the chorus howls of the 9 Packs singing in unison at multiple pitches. For an intimate encounter, the Interactive Tour brings you up close and personal with the ambassador wolfdogs. The Intro Tour introduces you to the Engadine Pack to witness pack life of three siblings. Every visit to the Sanctuary is different, with 27 wolfdogs roaming through their large natural enclosures and the passionate staff sharing lessons learned about wolfdogs and wolf conservation. A must-see attraction just west of Cochrane....an experience you will never forget.

yamuskawolfdogsanctuary.com

SADDLE PEAK

Put yourself in the picture! Enjoy the views from the back of a good horse. Step back in time, travel the eastern slopes of the Canadian Rockies with Saddle Peak Trail Rides.

From one hour to six days, for over 41 years we have had guests from all over the world. Join us! On a horseback vacation, leave the hustle and bustle of everyday life behind. Enjoy clear mountain mornings, adventure, a chance for a once in a lifetime photo, create family memories and breathe.

saddlepeak.ca

STOCKMEN'S LIBRARY

When you walk into the Bert Sheppard Library, it's like taking a stroll through agricultural history. Greeted with the archives of the ranching community and memorabilia showcasing western culture, you will be immersed in the roots of the livestock industry. The opportunity to research community families, see brands dating back to the 1880's and the chance to peruse a plethora of publications and artwork is what awaits you at Stockmen's Memorial Foundation. Drop in or book your group tour at library@smflibrary.ca or 403-932-3782.

smflibrary.ca



GLENBOW RANCH PROVINCIAL PARK

Every visit to Glenbow Ranch Provincial Park has yielded something special. For cyclists – or walkers, photographers, naturalists, history buffs, or, really, anyone with a passion for the great outdoors – it doesn't get much better than Glenbow Ranch.

Situated approximately halfway between Calgary and Cochrane on the heaving banks of the Bow, Glenbow Ranch Provincial Park is idyllic Alberta ranchland at its finest. A beautiful network of paths, some paved some gravel, meander through the aspens and among the grass-capped hills that cover the park. Part of the Great Trail network, cyclists love the challenge of the rolling hills. This summer, you can book a guided cycling tour starting from the cozy interpretive centre. Led by Glenbow Ranch Park Foundation, you will learn about the ecology and history of the area, see old ruins (reminders of the old Glenbow town site that was situated near the river), spot the cattle that graze these active ranch lands and ride the amazing landscape – all of which add to the experience and the intrigue of visiting the park.

If cycling is not for you – Glenbow Ranch Provincial Park is a year-round playground! Experience their guided golf cart tours or there are also several scenic overlooks and interpretive loop trails (including the fantastic Yodel Loop) that are popular places to visit.

If “getting away from it all” in a beautiful natural setting is something you value, Glenbow Ranch Provincial Park is as good as it gets.

grpf.ca





INDULGE YOUR TASTE BUDS

With 32 independent restaurants and many more familiar favourites, Cochrane is becoming a foodie destination. Culinary offerings that are local and authentic take you on a journey around the world. Tantalize your taste buds with foods created by Italian, Asian, Greek, Indian, Latin and Thai descendants for a delicious multicultural mix.

Chefs are partnering with local producers to create amazing farm to fork cuisine, hand crafted delicacies and innovative dining experiences. Along with great food, you can also experience our local microbrewery, craft distillery, coffee roaster and world-famous ice cream shop.

You will find your dining experience welcoming and friendly no matter what you decide to partake in! Lani Seelinger in her recent article on Culture Trip, states it best when she says, "It's well worth a trip just to feel like you're going back in time to the Old West, but beyond that, you're also going to have some really great food."

cochrane-tourism.ca/eating-here



KRANG SPIRITS

No, you haven't just walked into a scientist's laboratory, but you might think you have when you take a tour of Krang Spirits in Cochrane. The family-owned distillery mixes, mashes, pours, distills and hand-crafts Gin, Vodka, Whiskey, Apple Brandy and many flavoured Liqueurs (with no artificial flavours or colours). Say 'Cheers!' to Alberta's growing distillery industry. Bring a few friends for a behind-the-spirits free tour and tasting. Pretty sure you'll go home with a bottle or two.

facebook.com/KrangSpirits

MACKAY'S ICE CREAM

If you see a lineup in the historic downtown, you're in the right place to enjoy one of Alberta's most famous ice cream shops – MacKay's. Their premium 100% Canadian high butterfat ice cream, now being served by the third generation, boasts over 300 recipes created over the past 70 years!

Attracting travelers from around the world, a visit here is a unique family experience, which eventually becomes a tradition, keeping people coming back for more.

mackaysicecream.com



HALF HITCH

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. The family behind Half Hitch Brewing has way too much fun making their beer, with names like Farmer's Daughter, Papa Bear and Fire & Fury. Tie up your trusty steed - or park your car - and sidle up to the horse-shoe shaped bar at Half Hitch Brewing. The taps are always flowing with their locally made brews, but you can also taste the best of Alberta's fast-growing micro-brew scene here, too. Come for the inventive beers but stick around for the nachos or the deep-fried pickles, perfect sides for a cold one.

halfhitchbrewing.ca

THE VENUE BAR & GRILL

If you haven't been to Cochrane's newest hot spot, The Venue Bar & Grill, over the last three years, you have been missing out!

The definition of a venue is "the place where an activity or event happens."

This defines "The Venue" to a "T"!

The Venue is a collaboration of great "Red Sealed" approved food with reasonable pricing, complimented with the best live entertainment, fantastic sports coverage, complete with quality service and a sense of community. The Venue provides 'a hub' for social networking, that brings individuals and organizations together in an atmosphere of comfort and enjoyment. Whether it's date night, a special celebration, a work event or to unwind at the end of your day, The Venue is the place that always has something going on!

The Venue is a proud member of Cochrane's community. Supporting and sponsoring sports teams and businesses with fundraising, local fairs, tournaments, events and the shared appreciation for in-house leisure sports such as team pool and darts. The Venue supports live music, showcasing musicians and bonding local people together with a shared experience.

Meet you at "The Venue" – Cochrane.

thevenuecochrane.ca



MEHTAB EAST INDIAN CUISINE

There's nothing like sitting down to a home cooked meal that has been lovingly prepared by hand, using family recipes passed down from generation to generation, each dish crafted from the best ingredients - no packages or cans. It can be even more special when someone is sharing their culture with you through their food.

Walking into Mehtab Restaurant, you'll feel homey touches right away. There's a good chance you'll be welcomed by Jag or Gunjeet, the community-minded husband and wife team that took over the restaurant in 2011. Colourful textiles called 'phulkari', handmade and brought from India, cover the tables. The fragrant aromas of toasted, hand-ground spices are a teaser of what's to arrive on your palette once you sit down to dine.

The secret at Mehtab 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 won't 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. Of particular pride to the chefs is the traditional tandoor. If you were to peek in the kitchen, you'd see a cylindrical clay oven that heats to almost 300 degrees to create the perfect 'soft on the inside, crisp and buttery on the outside' naan bread.

Now that we've let you in on Mehtab's secret - carefully hand-crafted dishes made with family recipes and real ingredients, we'll bet you can't go just once!

mehtabrestaurant.com

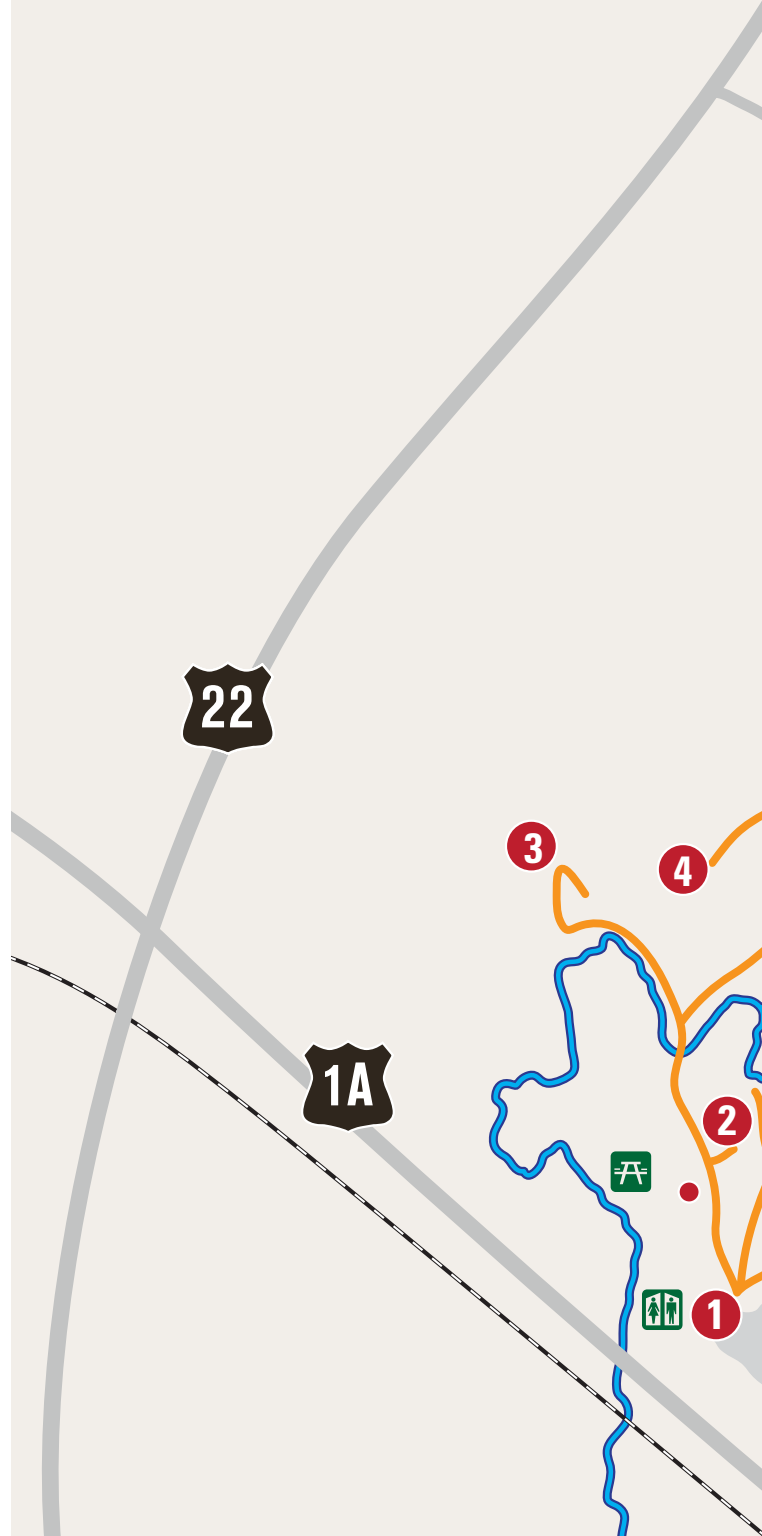




COCHRANE RANCHE TRAIL

Dipping and diving along the quiet, spring-fed creek, the ride along the Cochrane Ranche Trail is just my speed. No gut-busting uphill sections. No death-defying descents. The 5.9 km trail is flowy, fun, and epitomizes what a green (with some shades of “blue”) mountain bike trail should be all about. Indeed, the under-the-radar multi-use trail – just like the Historic Cochrane Ranche site itself – is a gem that more people need to discover.

Unquestionably, riding (or walking) the beautiful creek-side trails is just one of the items on the “to do list” during a visit to the Historic Cochrane Ranche Site. Located in the heart of Cochrane, just a ten-minute walk from the historic downtown area, the Historic Cochrane Ranche Site is a beautiful place to relax, explore, and immerse yourself in the western themes and natural beauty of this character-filled town. Their tagline, “A place where culture, nature, and history play,” is definitely an appropriate summation of what this multifaceted park is all about.





RANCHEHOUSE RD



COCHRANE RANCHEHOUSE



7

8

9

6

10

11

5

CHINOOK DR



Parking



Washrooms

(seasonal in Ranche site, 8:30-4:30 Mon-Fri at RancheHouse)



Picnic area



Interpretive Trail



Big Hill Creek

1

Westerson Cabin



Commemorative Cain

2

The Corral

3

Interpretive Murals,
Residence &
Bunkhouse

4

Men of Vision Statue

5

Grasslands

6

Sandstone

7

Shelly Quarry

8

Coulee Slopes

9

Grandfather Tree

10

Big Hill Creek

11

Wolf Willow

12

ClubHouse Activity Centre

13

Cochrane Historical
Museum

13



MITFORD PARK

Mitford Park is one of Cochrane's best kept secrets even though it is accessible right off Highway 22 and borders a number of motels in town.

Mitford Park has played host to several community events including the Summer and Winter Festivals, as well as the annual Canada Day Festival and several summer concerts. However, the 34 hectares of green space has much more to offer for the whole family than just events. Enjoy the amenities provided throughout the park which runs parallel to the Bow River, such as two baseball diamonds, a covered stage and an adjoining soccer/rugby pitch.

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 that overlook 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.





RIVERFRONT PARK

Imagine walking down a path past a strand of multi-coloured poplars in the fall as the leaves feather to the ground, backdropped against the pure blue, big Alberta sky. One cannot help but become immersed in nature, and that is what Cochrane's Riverfront Park encompasses, nature. The park reflects the natural setting it is surrounded by, with natural amenities provided in the children's playground. Beautiful wooden slides and climbing apparatus will keep the children busy for hours in the playground while parents interact with their kids or visit the area and have a picnic.

One of the featured attractions in the park is that it borders the beautiful Bow River. There is a boat launch area and many people spend an afternoon rafting or boating down the Bow River, or casting a line into the liquid jewel that is world-renowned for trout fishing. Cap the day with a firepit or a barbeque in one of the half-dozen firepits provided. The paved path heading east leads visitors to a frisbee golf course, or continue east along the river to the nearby off-leash dog park and a world beyond.





ARTS AND CULTURE

Cochrane's vibrant art scene is richly woven into the fabric of our community. Visitors can explore our local galleries, attend a performance or take in one of the many annual art shows and events around town.

CLUBHOUSE ARTWALK

80 Highway 1A, Historic Cochrane Ranche site
Monthly Art Walks at the ClubHouse Activity Centre and downtown Cochrane feature a different artist, gallery or art club on the second Saturday of each month.
More: cochrane.ca/Artwalk

COCHRANE RANCHEHOUSE ART SHOWS

Second floor, 101 Ranchehouse Rd, Cochrane
Art exhibitions showcase local artists and art groups.
Viewing hours: 8:30am-4:30pm, Monday to Friday (except holidays). More: cochrane.ca/Arts

CULTURE DAYS

September 27-29, various locations throughout town
Discover, experience and celebrate the arts during Alberta Culture Days, an annual three-day festival that celebrates arts and culture in cities across Canada. Free, family-friendly activities are happening in Cochrane throughout the weekend. More: culturedays.ca

Other organizations contributing to the arts in Cochrane include:

- Cochrane Music Society, cochranemusic.ca
- Take a Bow Community Theatre Society, cochranevisiontheatre.ca
- Cochrane Integrated Arts Society, cochranearts.com
- Foothills Art Club, foothillsartclub.com
- Cochrane Art Club, cochraneartclub.com

COCHRANE RANCHEHOUSE

The Cochrane RancheHouse and Ranche site that surrounds it are rich in history, heritage and an unrelenting passion for the western way of life.

Tired of the typical boardroom meeting? Planning a wedding and looking for a uniquely charming space?

The Cochrane RancheHouse is an elegant, unforgettable location for your meeting, wedding, or special event. Celebrate in front of panoramic views of the Canadian Rocky Mountains and the historic Cochrane Ranche or our magnificent wood and stone fireplace with all the ingredients for magnificent and lasting memories.

Picture yourself in one of our five flexible indoor event spaces with rustic contemporary log cabin charm, river rock accents, plenty of natural light and a complete suite of amenities. There is also a breathtaking outdoor courtyard patio surrounded by colourful blooming gardens and a pathway that leads to the historic Cochrane Ranche below.

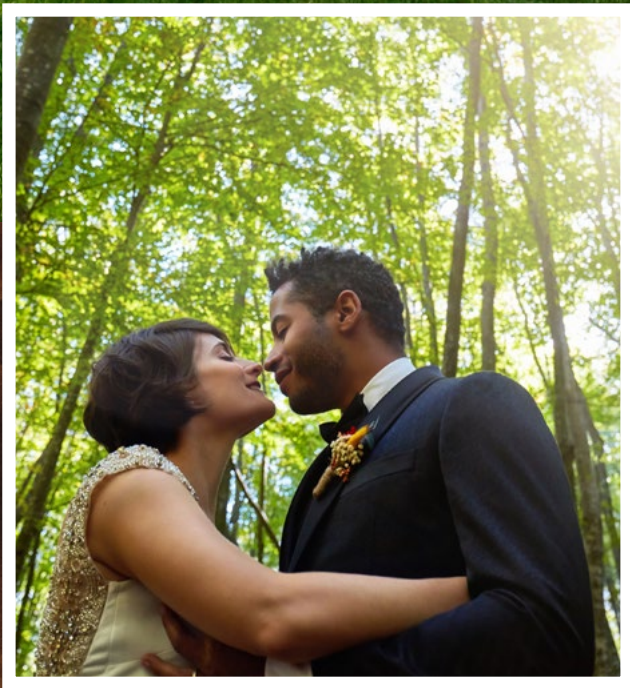
Visit the spectacular Cochrane RancheHouse and see for yourself just how magical it is. Then talk to us about your plans — we want to help make your event one to remember. More: cochraneranchehouse.ca

For those looking to tour Cochrane's rich history, the Cochrane RancheHouse is also home the Bert Sheppard Library and Archives; Town of Cochrane administration office and Council Chambers; and the "TRUST" Mural Mosaic which includes the work of over 200 local artists. Hours of operation are between 8:30am and 4:30pm, Monday to Friday (except holidays).





Cochrane RancheHouse
CONFERENCE CENTRE



HEAVENLY OUTHOUSE & POOR DAVID'S: A LOVE STORY

Karrie: Honey, the space next door to the shop is vacant--what do you think?

David: But you already have Heavenly Outhouse!

Karrie: Oh I know, and I LOVE Heavenly Outhouse but it's all about beautiful things... I really want a space for funny things, cheeky things... maybe even some naughty things!

David: Aw babe, you always say retail is nutty--up and down like a rollercoaster, big box stores moving in, and the economy...does this make sense?

Karrie: Yes, yes, it IS nutty--don't forget how fun it is too! Well, I guess it's mostly fun for me--you get to put in new flooring and build shelves and move heavy boxes, poor guy. But you always say "happy wife, happy life!" And we both believe small business is big because it's connected to community. And we love Cochrane like crazy! It could be so good--I just feel it, my love!

David: Oh boy...well, I guess I better go measure for shelves...

Karrie: Yippee--I knew you would say yes! And I know just what to call it...

Heavenly Outhouse & Poor David's
one love, two shops
smack dab in the heart of
Historic Downtown Cochrane

heavenlyouthouse.com | poordavidsshop.com



SHAYNA'S BOUTIQUE

Shayna's Boutique features new to vintage designer fashion. You will also discover locally designed jewellery, paintings, giftables, custom pillows and throws.

Shayna's has many one of a kind hand crafted semi-precious stones in unique pendants, rings and bracelets.

The inventory is frequently renewed so you will discover exciting finds every time you visit.

[instagram.com/shaynas.boutique](https://www.instagram.com/shaynas.boutique)



GLOBAL PET FOODS

Recognized for their exceptional customer service, nutritional knowledge and wide variety of accessories, Global Pet Foods is located in the heart of Historic Downtown Cochrane. The family-owned business is operated by Fiona and Christine along with their dynamic team! Drop in to say hello and see why this store has been voted the best Pet Food Store in Cochrane for the past four years!

[globalpetfoods.com](https://www.globalpetfoods.com)

HISTORIC DOWNTOWN

COFFEE TRADERS

114 2 Ave W, Cochrane

Located in an iconic log home in Cochrane's historic downtown, come experience the aroma of freshly-ground coffee, great food & the sounds of our community.

coffeetraders.ca

EARTH ROCKS!!

505 1 St W, Cochrane

Making magic mainstream, high quality crystals, oracle cards, gemstone jewelry, incense, dream catchers and smudging supplies. Local artisans, aura photos, intuitive readings and workshops.

spiritofoneness.ca

HORSE CREEK HERITAGE CANDY & GIFTS

222 1 St W, Cochrane

Horse Creek Heritage Candy & Gifts brings back those moments, and lets today's children discover the magic of a traditional candy store for the first time.

horsecreek.ca

SCHOONERS ON FIRST

416 1 St W, Cochrane

Enjoy delectable, fresh and sustainable seafood, hand cut fries, fresh coleslaw and more in a cozy atmosphere.

schoonersonfirst.com

VINTAGE VERANDAH

#204, 208 1 St W, Cochrane

Where the past becomes the present. Enjoy unique vintage and antique finds as well as new vintage inspired home decor.

thevintageverandah.com

28 | COCHRANE-TOURISM.CA





SUNTERRA RD

BUCK DR



To Calgary →



BOW VALLEY TRAIL



5 AVE
4 AVE
3 AVE
2 AVE
1ST

CENTRE AVE
WILLIAM ST
POWELL ST
E AVE
POWELL
SIBBALD
POPE AVE

CAROLINA DR

1ST



GRAN

CENTRE AVE

GRIFFIN RD

THE PAISLEY BOUTIQUE

Our mission is simple: to provide unique and trending clothing and accessories to women of all ages, at an affordable price.

We have a large selection of brands and styles that are exclusive to our store, so you will always find something to suit your needs. We are careful to only order a small selection of each piece so you can rest assured, that your look will remain as unique as you are.

From our first day in business, our customers have always been our number one priority. We pour our hearts into our store; have a passion for the fashion industry; and strive to build long-term, positive relationships with those we serve. We want our customers to feel relaxed and comfortable while they shop and leave feeling fabulous!

thepaisleyboutique.com



STUDIO WEST

Have you ever looked at an old, weathered bronze statue and wondered why they have lasted so long? You can find the answer when you visit the internationally renowned Studio West Bronze Foundry and Art Gallery in the heart of Cochrane. A unique opportunity to see these amazing works by visiting the Foundry in person during your trip to Cochrane!

Don & Shirley Begg, together with renowned cowboy artist & father-in-law Doug Stephens, who studied under Norman Rockwell, began Studio West Bronze Foundry & Art Gallery in 1970. Today Studio West is 16,000 sq feet of sculpture studio, bronze art foundry and fine art gallery. Visitors have a unique opportunity to view miniature to monumental sculptures in progress for locations across Canada. This is truly a "Sculpture Experience"!

donbeggstudiowest.ca

GREAT THINGS IN STORE

"Great Things in Store," the name says it all! Over the last 15 years, this store has tripled in size due to its popularity, achieved by meeting the needs of the community. A perfect mix of consignment and affordable clothing, neat games and gadgets, children's shoes and more, GTIS has it all. Bonnie and her crew are amazing resources for all things, from finding the perfect baby gift to helping you learn how to earn cash through consignment. You are sure to find a new treasure for yourself or anyone on your list.

greatthingsinstore.com



AERON E. KING GOLDSMITH CUSTOM DESIGNS

She's a rock star... Barbra Ann is a GIA Graduate Gemmologist with a passion for all gemstones and enjoys selecting the perfect gem for a client as well as identifying natural from synthetic stones and doing jewellery appraisals.

He's a heavy metal guy... Aeron is an award winning jewellery designer/goldsmith that takes great pride in creating the perfect custom piece of jewellery for his clients.

Together they are a unique team of experienced and dedicated jewellery professionals located in historic downtown Cochrane.

aeronekinggoldsmith.com



COCHRANE DOLLARS

The Cochrane Dollar is an easy and fun way to explore the rich diversity of businesses in Cochrane. Swap your Canadian dollars for this unique local currency at ATB Financial or at participating retailers and discover all that Cochrane has to offer.

Imagery on the bills captures elements of Cochrane's character, celebrates our cultural and western heritage, our creative spirit, diversity and local landmarks.

Spend with pride using local money! They make great gifts, gratuities and souvenirs.

Find out more at cochranedollar.ca



\$1

Cochrane is named for Senator Matthew Cochrane, who started the Cochrane Ranche and envisioned a prosperous future. Today, we thank everyone who worked hard and realized their visions. As it says on the Men of Vision statue plaque, "...change and progress, hand in hand, twas thus Alberta grew." On the back: Cochrane's iconic Men of Vision statue



\$2

Not long ago, most businesses were started by families and handed down through the generations. Enterprising locals used their talents to serve their neighbours and support their families. Cochrane was built by many such families, like the Mackays. On the back: Historic Main Street and Legacy statue





COCHRANE
DOLLAR

\$20

Clarence Copithorne was a local rancher who exemplified Cochrane's values: work hard, care for the land and each other, and make time for friendly competition. He served in the provincial legislature for nine years and was a founding member of the Cochrane Ranche Historical Society. On the back: Norman Frank Edge, highly-regarded Cochrane rodeo rider.



\$5

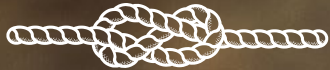
Alberta's First Nations and the natural environment were here long before it was called "Cochrane." Chief Walking Buffalo worked to promote forgiveness, peace and understanding among all peoples. His message still resonates: "Stop hating each other and start being brothers the way the Great Spirit intended." On the back: Cochrane's 300 year old white spruce, known locally as the Grandfather Tree



\$10

Cochrane's first resident doctor settled here with his wife Amelia to serve the community. Dr. and Mrs. Park built a small hospital wing onto their home; he saw patients there, or he went to them on horseback, horse and buggy or in one of Cochrane's first cars. On the back: the Bow River and Bow River Bridge





FEEL THE STORY

From the unique western architecture of our buildings, to the one-of-a-kind landscape that surrounds the valley, Cochrane welcomes you with open arms. It's a place where you stop for a coffee but end up exploring for hours. A cowboy hat and boots aren't required, but they won't look out of place.

it's the feeling





EVENTS

Cochranites love festivals, parades, and other special events—many of which also raise money for local charities. These events occur throughout the year, so there's always something to do on the weekend.

Cruise the Historic Main Street during our Labour Day Parade or celebrate our western heritage at the Lion's Labour Day Rodeo. Look for antiques at the Prairie Girls Vintage Market or discover Cochrane's art scene at the monthly Art Walk.

You can enjoy special food, drink, music, and shopping at most events. For foodies, events like Big Hill Bottles & Bites and Taste of Cochrane are also great ways to experience the local food scene.

The Cochrane Farmers' Market is an incubator for producers and entrepreneurs to showcase their offerings. The market runs on Saturday's from June to September at the Cochrane Ranche Historic Site. During the summer, the Cochrane Street Market combines vendors, artisans, buskers and food trucks in our walk-friendly Historic Downtown.

Plan your trip and find out what's happening around town, by visiting cochrane-tourism.ca



FARMERS' MARKET

Situated in the beautiful park at the Historic Cochrane Ranche Site, the Cochrane Farmers' Market is an Alberta Approved Farmers' Market established in 1998. The market is a vibrant community hub, the perfect place to start your Saturday. Sip a coffee and enjoy the buskers while you fill your basket with local products from farmers, producers, artisans and makers. There's always something new to discover at the market! For a unique evening market experience "on the street" attend the monthly Cochrane Street Markets in Historic Downtown Cochrane.

Market at the Ranche
Saturdays, 9:30am-1:30pm, Jun 1 through Sep 28

Cochrane Street Markets – Historic Downtown
Thursdays, 5-9pm, Jun 20, Jul 18, Aug 15, Sep 12

cochranefarmersmarket.ca



CANADA DAY COMMUNITY CELEBRATION

Monday, July 1, 2019

Cochrane & Area Events Society will be hosting its annual Canada Day Community Festival at Mitford Park. Throughout the day and into the evening enjoy a jam-packed family festival to celebrate Canada's birthday. Bring a blanket and/or lawn chairs and plan to spend the entire day taking in the activities and events at the park. Music, activities and fireworks will all be part of the Celebration!

cochraneevents.ca/canada-day



LABOUR DAY PARADE

Monday, September 2, 2019

Celebrate the last weekend of summer by attending the annual Labour Day Parade. A crowd pleaser for over 50 years, with 70 + floats and 900 participants, the parade celebrates Cochrane's vibrant culture, community and small-town feel. The parade route includes Cochrane's Historic Downtown. Grab your lawn chairs, claim your spot and enjoy the pre-parade entertainment. Full details and parade route can be found on the Cochrane Area & Events Society website.

cochraneevents.ca/parade



PRAIRIE GIRLS VINTAGE MARKET

September 6-7, 2019

Located at the Cochrane Ag Barn, the Prairie Girls Vintage Market features talented vendors that are handpicked by event organizers, Tanya and Leah. Four years ago, the two sisters launched the market with the intention of sharing their love for "old junk" with the community. The market has since become a popular annual event that attracted over 3,000 patrons!

theprairiegirlsmarket.com





MYSTERY TOWN TOURS

Awesome Clue-solving Adventures? There's a new game in town, and you can play it on your phone! Like the FUN of a scavenger hunt, the Puzzles of an escape room and CHALLENGE of racing the clock, find a group of friends and play The "REEL" Cochrane from Mystery Towns.

cochrane-tourism.ca/mtt



COCHRANE MUSIC SOCIETY

Saturday, May 11, 2019

We have learned and laughed and loved music for 20 years! Join us as we honour this milestone at our 20th Anniversary Celebration.

Concert | Banquet | Dance

Information and tickets: cochranemusic.ca

38 | COCHRANE-TOURISM.CA



EXPLORE COCHRANE

June 8-9, 2019

Do you wonder how to entertain friends and family who visit from out of town? Or maybe you want to learn more about what you can do in Cochrane in your spare time. Come to "Explore Cochrane" and enjoy a sampling of some of Cochrane's most unique experiences.

Play in your own backyard by signing up for a FREE guided bus tour focusing on either Cochrane's history or outdoor spaces. Each tour is approximately three hours long with daily morning and afternoon departure times. You may also sample a variety of adventure experiences including river rafting and biking for a small fee.

Spaces are extremely limited for this special event. Visit cochrane-tourism.ca/explore to register now!

The family-friendly event will run rain or shine, so come dressed for the weather. There is a combination of indoor and outdoor activities, and some walking is required.

19TH ANNUAL COCHRANE OUTHOUSE RACES

Sunday, August 25, 2019

Every year, people from near and far arrive in Historic Downtown Cochrane to see the Cochrane Outhouse Races. 20 plus teams race rolling outhouses up and down First Street chuck wagon style. The rules are simple: all outhouses have to have four walls and a toilet inside, four people push and one person rides on the “throne” inside.

Local businesses, sports teams, clubs and even politicians (imagine that!) form teams and design outhouses, all in a push for fame and fortune...cash prizes go to the Fastest Team and the Funniest Team. All proceeds go to a local charity chosen by the celebrity announcers and the coveted Golden Plunger goes to the biggest sponsor.

2019 will prove to be the biggest and best year yet, with many surprises planned. Check out heavenlyouthouse.com/races and Facebook for updates. This summer, come see for yourself how Cochrane rolls!



LION'S LABOUR DAY RODEO

August 31-September 2, 2019

The 54th annual Cochrane Lion's Labour Day Rodeo will be hosted through the September long weekend. Still considered one of the toughest Amateur Rodeo's in Canada and FCA sanctioned, we follow closely in the footsteps of the infamous Calgary Stampede.



ELEVATE

October 4-6, 2019

ELEVATE is a weekend dedicated to encourage a healthy, vibrant Cochrane that 'elevates' personal and community wellbeing. Customize your experience with an array of wellness offerings from different businesses all around Cochrane. elevatecochrane.com

PUSH THE BOUNDARIES OF YOUR SENSES



Picture this – a hamlet filled with personality, a vintage backcountry feel and small town charm. With a wide variety of friendly shops, world class dining, and artists working around every corner, Bragg Creek is a beloved Alberta treasure. There is something for everyone and for every one of your senses.





WELCOME
TO YOUR
SENSES

HERE ARE SOME SUGGESTIONS:

Bragg Creek Days
July 20, 2019

Tsuut'ina Rodeo
July 27 & July 28, 2019

Busk 'n Bragg
August 31, 2019

Bragg Creek Arts / Plein Air Festival
September 21 to September 30, 2019

Scarecrow Festival
October 5 to November 3, 2019

Scarecrow Scurry, 1k & 5k Fun Run
October 14, 2019

Bragg Creek Artisans Christmas Sale
November 16 & November 17, 2019

Kananaskis Christmas Market
November 16 & November 17, 2019

Spirit of Christmas
December 7 & December 8, 2019

Taste of Bragg Creek
April 3, 2020



FEEL WELCOME

For those who appreciate the unexpected, Cochrane is full of pleasant surprises, from the majestic landscape to the comfortable feel of the historic downtown.

From the friendly people to our welcoming streets, Cochrane is like coming home.

it's the feeling



BUSINESS DIRECTORY

Whether mom is on the hunt for a vintage brooch, your teenage son wants a new pair of kicks, or you're looking for a new piece of artwork for the office, Cochrane can satisfy every kind of shopper.

Cochrane boasts a charming, walkable Historic Downtown with boutiques and galleries that offer one-of-a-kind clothing, art, kitchenware and other specialty items.

A short jaunt from downtown, in the Quarry shopping centre, you'll find a mix of major retailers and locally-owned shops and services.

Spend the day exploring Cochrane's walkable shopping areas where the western-inspired buildings house many unique specialty stores including retro to fashion forward clothing and fabulous finds for your home and garden.

Toy stores and candy shops will surely keep the kids entertained. No need to rush, grab a latte, glass of wine or a delicious meal at one of our restaurants.

Truly, you can find whatever you need in Cochrane!



RAMADA



403.932.6355 | 10 Westside Dr, Cochrane
ramadacochrane@canalta.com | ramada.ca

Come stay with us at our vibrantly beautiful, newly renovated, Ramada hotel. We welcome guests to come and enjoy our swimming pool, hot tub, and waterslide as well as our brand new games room.



URSA RETREAT CENTRE



403.272.7722 | 50082 - Township Rd 283
retreat@ursa-rehab.com | ursaretreatcentre.com

Nestled in 18 acres of truly Albertan trees, streams and wildlife. Ideal for community, family, senior groups, meetings and retreats of any kind. Offering all inclusive stays, the retreat centre welcomes people of all abilities.

Always open – reserve in advance

BOW RIVERSEDGE CAMPGROUND



403.932.4675 | 900 Griffin Rd East, Cochrane
info@bowriversedge.com | bowriversedge.com

A full service RV campground with 50 and 30 amp sites located beside the Bow River-behind Spray Lakes Sawmills Family Sports Center. Pet friendly, showers, laundry; friendly helpful staff.

Open April 1-Nov 1, May 1 to Sept 30: 9am-9pm

SUPER 8 HOTEL AND SUITES



403.932.1410 | 11 Westside Dr, Cochrane
frontdesk@super8cochrane.com | super8.com

Cozy and clean hotel 45 mins from the airport or the mountains! Large family suites, comfortable kitchenettes, large vehicle additional parking, free breakfast, free wifi, hot tub and steam room.

Open 24 hours



SPRING HILL RV PARK



403.932.2010 | 41216 Big Hill Springs Road,
Rocky View County
info@springhillrvpark.ca | springhillrvpark.ca

Spring Hill RV Park is a fully-serviced RV park at the gateway to the Rocky Mountains. We have full hook-ups including 30 and 50 amp service, water and sewer, as well as pull through lots capable of handling the largest of coaches. Open year round.



HUNTER VALLEY ADVENTURES



403.637.2777 | Upper Red Deer River
huntervalleyadventures@gmail.com
huntervalleyadventures.ca

Hunter Valley Adventures offers outdoor family adventure including white water rafting, kayaking, canoeing, hiking, yoga, trail rides, and fishing. Unplug and reconnect with those closest to you.

Daily: 8am - 9pm



ALLEN ACRES B&B



403.808.2508 | Box 569, Water Valley
edlana@telus.net | allenacresbb.com

Come and relax and rejuvenate at Allen Acres. Our new B&B is located directly across from Water Valley Golf Course and minutes from the historic downtown of Water Valley. Only 30 minutes northwest of Cochrane, guests feel at home as they enjoy the sights and sounds of nature.

Check in 2pm; check out 11am



BOUNDARY RANCH



403.591.7171 | #2 Guinn's Rd, Kananaskis
info@boundaryranch.com | boundaryranch.com

Boundary Ranch offers guided horseback rides in the Kananaskis Valley, the Caribou Café and Gift Shop, BBQ facilities for groups of 25-1000, as well as dogsledding in the winter!

ACCOMMODATIONS

ADVENTURE

THE GENTRY



403.932.6240 | Unit 9, 312 - 5 Ave W, Cochrane
info@thegentrycoffee.com | thegentrycoffee.com

The Gentry offers handcrafted specialty coffee, custom made. We have a variety of baked items made in house, with gluten free and vegan options. We also have a selection of wine, beer and tapas. We display local art and host live music performances.

M-F: 8am-6pm, Sat: 9am-6pm, Sun: 10am-3pm



THE NOBLE FOX COFFEE



403.981.1050 | 7, 205 1st St. E, Cochrane
thenoblefoxcoffee@gmail.com
thenoblefoxcoffee.com

We pride ourselves on providing high quality, fair trade coffee and tea. We also have a great Latin flavour menu, sandwiches and all sorts of pastries and soups.



MONTANA'S BBQ & BAR



403.907.0166 | 116 Grande Blvd, Cochrane
montanas.ca

At Montana's BBQ & Bar, we're all about BIG food and BIG fun. We are grill masters who respect the power of the open flame-we love our meat grilled to perfection and served sauced up! So come in, relax, and enjoy a little escape from your busy day to day life.

Mon-Thu: 11am-10pm, Fri-Sat: 11am-11pm



CUMBRIAN ARMS NEIGHBOURHOOD PUB



403.932.4523 | #8, 57 West Aarsby Rd, Cochrane

Cozy friendly neighbourhood pub where you can relax with a cold pint and homestyle cooking.

Mon-Sat: 12pm-12am, Sun: 12-10pm



THE GLAMOUR ROOM



74 Glenhill Place, Cochrane
info@theglamourroom.ca
theglamourroom.ca

Beautiful lashes and brows. Safe, clean and Alberta Health certified, our salon is designed for your comfort. Book online for your convenience. Also offering beauty supplies.

*Mon, Wed, Fri: 9am-6pm, Tue, Thu: 10am-7pm,
please check for weekend availability*

NATURAL BALANCE THERAPIES



587.877.7070 | 204A, 105 1 St W, Cochrane
info@naturalbalancecochrane.ca
naturalbalancecochrane.ca

We provide manual osteopathy, massage therapy and reflexology to increase your ability to move freely. Our purpose is to help you achieve the freedom to pursue your own adventure.

Mon-Sat: 8am-9pm



HEALTH & WELLNESS

TWO PHARMACY



403.932.2500 | 105, 100 Grand Blvd, Cochrane
rx@twopharmacy.ca | twopharmacy.ca

TWO Pharmacy has served Cochrane for nearly 30 years. TWO features a full service pharmacy, compounding laboratory, travel clinic, home healthcare sales and rentals, and a natural market with organic foods, supplements, and cosmetics.

M-F: 9am-8pm; Sat 9am-6pm; Sun/most holidays 12-5pm



THANK YOU TO OUR LOCAL PHOTOGRAPHERS:

Jacquie Matechuk
Tim Hall
JoAnne Howard
Patrick Price
Dave Chidley
Andrew Penner
Jo-Anne Oucharek



THE CORNER COWORKING



CONNECTION. COLLABORATION. COMMUNITY.

587.315.2167 | 225 Railway St E, Cochrane
hello@cochranecorner.ca | cnr.ca/cochrane

The Corner Coworking is the first Cochrane-based shared workspace. We offer private and collaborative office space as well as meeting rooms. Email to book your first free work day.

M-F: 9am-5pm for drop-ins;
 24/7 access for monthly members



COCHRANE EAGLE



403.932.6588 | #2, 124 River Ave, Cochrane
eagle@cochrane.greatwest.ca
cochraneagle.com

National and provincial award-winning weekly newspaper started in 2001. The Cochrane Eagle (part of Great West Newspapers) is Cochrane and area's No. 1 source for news.

Mon-Fri, 9am-5pm



CLAIRE HILDERMAN, REALTOR®



CENTURY 21
 Elevate Real Estate

403.680.3603 | Century 21 Elevate Real Estate
claire.hilderman@century21.ca | clairehilderman.com

I've lived in Cochrane for over 13 years and LOVE raising our three kids in this great community! Real estate is a passion of mine. My goal is for my clients to have a great experience from beginning to end, with the purchase or sale of a property.

24 hrs/365 days



MORTGAGE TREE



Advice * Service * Trust * Heart * Clarity

403.978.3898
koalby@mortgagetreep.ca | mortgagetreep.ca

Whether you are looking to purchase a new home in Alberta, refinance and existing home OR transfer a mortgage coming up for renewal. I work with over 30 different lenders that can offer you products and services that fit your needs, including banks, monoline lenders, B lenders and private lenders.



THE LOST SOCK LAUNDROMAT



403.519.1650 | 7, 118, 1, Ave W, Cochrane
thelostsockmat@gmail.com
thelostsockcochrane.com

We are a self-serve and drop off laundry facility.
Change machine on site.

8am-9pm daily/365 days per year



URBAN CASUAL



URBAN CASUAL

CONSULTING | COCHRANE, AB

403.481.5624
urbancasual.ca

Urban Casual Consulting is a digital marketing company that specializes in digital marketing strategy, social media management, website/e-commerce design and blog/content writing. Let's connect!

M-F: 9am-5pm



MOUNTAIN TOYS POLARIS LTD.



403.932.4828 | 251 River Ave, Cochrane
mountaintoypolaris.com

We are a premium Polaris, Suzuki and EGO dealer with a full-licensed repair staff that services all makes and models of recreational products.

M-F: 9am-6pm, Sat 9am-4pm.
Closed all holiday weekends.



BOB THE WEB PAGE BUILDER

Bob The **Web Page** Builder
Web Designs - Logo's - SEO's - Social Media

403.714.3932 | Sunset Ridge, Cochrane
info@bobthewebpagebuilder.com
bobthewebpagebuilder.com

Specializing in custom responsive web page designs, logos, photoshop social media postings, SEO and hosting services. Getting your businesses exposed through the internet, google maps and search engines.



SPECIALTY SERVICES

AERON E. KING, GOLDSMITH LTD.

AERON E. KING

GOLDSMITH LTD.
CUSTOM DESIGN JEWELLERY

403.981.9190 | Bay 3, 123 - 2 Ave W, Cochrane
info@aeronekinggoldsmith.com
aeronekinggoldsmith.com

Aeron E. King, Goldsmith's custom design jewellery, appraisals and repairs, all done in-store. We specialize in Canadian diamonds and unique coloured stones. Designs for clients worldwide make us a destination stop.

VINESTONE



VINESTONE

unordinary wines for unordinary people.

403.981.9463 | 608 2 St. W, Cochrane
adam@vinestonewine.com | vinestonewine.com

Cochrane's best collection of hand selected wines, craft beer, and spirits. Pop in to browse, have a taste, fill your growler, or just hang out in our huge walk-in fridge.



FEEL INSPIRED

To help you plan your visit, cochrane-tourism.ca offers a collection of travel resources, events, dining and shopping guides and destination information. Find everything you need to know to begin your adventure in Cochrane!

it's the feeling

cochrane-tourism.ca

FEATURED BUSINESSES

Aeron E. King Goldsmith Ltd. (page 34)

403.981.9190 | Bay 3, 123 . 2 Ave W, Cochrane
aeronekinggoldsmith.com

Cochrane RancheHouse (page 27)

403.851.2561 | 101 Ranchehouse Rd, Cochrane
cochraneranchehouse.ca

Global Pet Foods (page 30)

403.932.3132 | 320 1 St W, Cochrane
globalpetfoods.com

Great Things in Store (page 34)

403.851.5211 | #4, 80 Railway St E Cochrane
greatthingsinstore.com

Half Hitch Brewing Company (page 16)

403.988.4214 | #1, 10 Griffin Industrial Pt, Cochrane
halfhitchbrewing.ca

Heavenly Outhouse/Poor David's Gift Shop (page 29)

403.932.9288 | 403.851.2070 | 312, 1 St W, Cochrane
heavenlyouthouse.com | poordavidsshop.com

Krang Spirits (page 15)

403.630.2431 | 315 1 St E, Cochrane
facebook.com/KrangSpirits

Links of GlenEagles (page 11)

403.932.1100 | 100 Gleneagles Dr, Cochrane
gleneaglesgolf.com

Mackay's Ice Cream (page 16)

403.932.2455 | 220 1 St W, Cochrane
mackaysicecream.com

Mehtab East Indian Cuisine (page 18)

403.851.0100 | 2008, 120.5th Avenue W., Cochrane
mehtabrestaurant.com

The Paisley Boutique (page 33)

403.932.4222 | 23, 312 Fifth Ave, Cochrane
thepaisleyboutique.com

Saddle Peak Trail Rides (page 10)

saddlepeak.ca

Shayna's Boutique (page 30)

587.493.8889 | 103-521 1 St. W
instagram.com/shaynas.boutique

Spring Hill RV Park (page 11)

403.932.2010
41216 Big Hill Springs Road, Rocky View County
springhillrvpark.ca

Studio West Bronze Foundry & Art Gallery (page 33)

403.932.2611 | 205, 2 Ave E, Cochrane
donbeggstudiowest.ca

Stockmen's Memorial Foundation Library (page 10)

403.932.3782 | 101 Ranchehouse Rd, Cochrane
smflibrary.ca

The Venue Bar & Grill (page 17)

587.362.4283 | 79 Railway St E, Cochrane
thevenuecochrane.ca

Yamnuska Wolfdog Sanctuary (page 9)

587.890.9653 | 263156 Range Rd 53, Cochrane
yamnuskawolfdogsanctuary.com

EXPLORE. SMILE. BREATHE.

Downtown Cochrane is a magical blend of western hospitality, contemporary arts and unique merchandise, rustic ranche-style architecture and truly delicious treats. Visit us and discover all you've been missing.

YOU'RE IN

Cochrane





FEEL THE CHARACTER

Set less than an hour from the majestic Rocky Mountains, Kananaskis Provincial and Banff National Parks, Cochrane is the perfect place to explore and rest your head away from the crowds.

Easily accessible via the 1A Highway and Highway 22 (The Cowboy Trail), take a detour and experience the character of Cochrane.

it's the feeling