Canmore Local Service

Route 5 – Weekdays

Thursday - Friday
Monday to Wednesday

STOP LOCATION			33 Min. Frequency					Departs Every 60 Mins. Between	33 Min. Frequency							
Bow Meadows Crescent	6:12	7:12	7:45	8:18	8:51	9:24	9:57	10:24 to 15:24	16:12	16:45	17:18	17:51	18:24	18:57	19:57	20:57	21:57
Canyon Close North	6:15	7:15	7:48	8:21	8:54	9:27	10:00	10:27 to 15:27	16:15	16:48	17:21	17:54	18:27	19:00	20:00	21:00	22:00
Cougar Creek Skating Rink	6:16	7:16	7:49	8:22	8:55	9:28	10:01	10:28 to 15:28	16:16	16:49	17:22	17:55	18:28	19:01	20:01	21:01	22:01
Benchlands Roundabout	6:16	7:16	7:49	8:22	8:55	9:28	10:01	10:28 to 15:28	16:16	16:49	17:22	17:55	18:28	19:01	20:01	21:01	22:01
Summit Cafe West	6:17	7:17	7:50	8:23	8:56	9:29	10:02	10:29 to 15:29	16:17	16:50	17:23	17:56	18:29	19:02	20:02	21:02	22:02
Pioneer Road	6:18	7:18	7:51	8:24	8:57	9:30	10:03	10:30 to 15:30	16:18	16:51	17:24	17:57	18:30	19:03	20:03	21:03	22:03
Blackrock Crescent	6:19	7:19	7:52	8:25	8:58	9:31	10:04	10:31 to 15:31	16:19	16:52	17:25	17:58	18:31	19:04	20:04	21:04	22:04
Benchlands Bike Park	6:20	7:20	7:53	8:26	8:59	9:32	10:05	10:32 to 15:32	16:20	16:53	17:26	17:59	18:32	19:05	20:05	21:05	22:05
Benchlands Overpass West	6:21	7:21	7:54	8:27	9:00	9:33	10:06	10:33 to 15:33	16:21	16:54	17:27	18:00	18:33	19:06	20:06	21:06	22:06
Elevation Place North	6:23	7:23	7:56	8:29	9:02	9:35	10:08	10:35 to 15:35	16:23	16:56	17:29	18:02	18:35	19:08	20:08	21:08	22:08
Canmore Shopping Area South	6:25	7:25	7:58	8:31	9:04	9:37	10:10	10:37 to 15:37	16:25	16:58	17:31	18:04	18:37	19:10	20:10	21:10	22:10
Canmore Shopping Area North	6:26	7:26	7:59	8:32	9:05	9:38	10:11	10:38 to 15:38	16:26	16:59	17:32	18:05	18:38	19:11	20:11	21:11	22:11
Canmore Collegiate High School	6:28	7:28	8:01	8:34	9:07	9:40	10:13	10:40 to 15:40	16:28	17:01	17:34	18:07	18:40	19:13	20:13	21:13	22:13
Canmore Seniors Lodge ●	6:29	7:29	8:02	8:35	9:08	9:41	10:14	10:41 to 15:41	16:29	17:02	17:35	18:08	18:41	19:14	20:14	21:14	22:14
9th St - Three Sisters bound ○	6:30	7:30	8:03	8:36	9:09	9:42	10:15	10:42 to 15:42	16:30	17:03	17:36	18:09	18:42	19:15	20:15	21:15	22:15
Bow River Bridge North	6:33	7:33	8:06	8:39	9:12	9:45	10:18	10:45 to 15:45	16:33	17:06	17:39	18:12	18:45	19:18	20:18	21:18	22:18
Rundle Drive North	6:34	7:34	8:07	8:40	9:13	9:46	10:19	10:46 to 15:46	16:34	17:07	17:40	18:13	18:46	19:19	20:19	21:19	22:19
Prospect Heights West	6:34	7:34	8:07	8:40	9:13	9:46	10:19	10:46 to 15:46	16:34	17:07	17:40	18:13	18:46	19:19	20:19	21:19	22:19
Carey West	6:36	7:36	8:09	8:42	9:15	9:48	10:21	10:48 to 15:48	16:36	17:09	17:42	18:15	18:48	19:21	20:21	21:21	22:21
Walker West	6:36	7:36	8:09	8:42	9:15	9:48	10:21	10:48 to 15:48	16:36	17:09	17:42	18:15	18:48	19:21	20:21	21:21	22:21
Miskow Close	6:41	7:41	8:14	8:47	9:20	9:53	10:26	10:53 to 15:53	16:41	17:14	17:47	18:20	18:53	19:26	20:26	21:26	22:26
Dyrgas Gate	6:43	7:43	8:16	8:49	9:22	9:55	10:28	10:55 to 15:55	16:43	17:16	17:49	18:22	18:55	19:28	20:28	21:28	22:28*
Crossbow Place	6:45	7:45	8:18	8:51	9:24	9:57		10:57 to 15:57	16:45	17:18	17:51	18:24	18:57	19:30	20:30	21:30	
Walker East	6:49	7:49	8:22	8:55	9:28	10:01		11:01 to 16:01	16:49	17:22	17:55	18:28	19:01	19:34	20:34	21:34	
Carey East	6:49	7:49	8:22	8:55	9:28	10:01		11:01 to 16:01	16:49	17:22	17:55	18:28	19:01	19:34	20:34	21:34	
Prospect Heights East	6:50	7:50	8:23	8:56	9:29	10:02		11:02 to 16:02	16:50	17:23	17:56	18:29	19:02	19:35	20:35	21:35	
Rundle Drive South	6:51	7:51	8:24	8:57	9:30	10:03		11:03 to 16:03	16:51	17:24	17:57	18:30	19:03	19:36	20:36	21:36	
Bow River Bridge South	6:52	7:52	8:25	8:58	9:31	10:04		11:04 to 16:04	16:52	17:25	17:58	18:31	19:04	19:37	20:37	21:37	
9th St - Cougar Creek bound ●	6:54	7:54	8:27	9:00	9:33	10:06		11:06 to 16:06	16:54	17:27	18:00	18:33	19:06	19:39	20:39	21:39	
Shoppers Drug Mart ●	6:56	7:56	8:29	9:02	9:35	10:08		11:08 to 16:08	16:56	17:29	18:02	18:35	19:08	19:41	20:41	21:41	
Elevation Place South	6:57	7:57	8:30	9:03	9:36	10:09		11:09 to 16:09	16:57	17:30	18:03	18:36	19:09	19:42	20:42	21:42	
Benchlands Overpass South	6:59	7:59	8:32	9:05	9:38	10:11		11:11 to 16:11	16:59	17:32	18:05	18:38	19:11	19:44	20:44	21:44	
Paliser Trail South	7:01	8:01	8:34	9:07	9:40	10:13		11:13 to 16:13	17:01	17:34	18:07	18:40	19:13	19:46	20:46	21:46	
Cougar Point Road	7:02	8:02	8:35	9:08	9:41	10:14		11:14 to 16:14	17:02	17:35	18:08	18:41	19:14	19:47	20:47	21:47	
Grizzly Crescent	7:03	8:03	8:36	9:09	9:42	10:15		11:15 to 16:15	17:03	17:36	18:09	18:42	19:15	19:48	20:48	21:48	
Summit Cafe East	7:04	8:04	8:37	9:10	9:43	10:16		11:16 to 16:16	17:04	17:37	18:10	18:43	19:16	19:49	20:49	21:49	
Benchlands Trail @ Elk Run	7:05	8:05	8:38	9:11	9:44	10:17		11:17 to 16:17	17:05	17:38	18:11	18:44	19:17	19:50	20:50	21:50	
Lady Macdonald Crescent	7:06	8:06	8:39	9:12	9:45	10:18		11:18 to 16:18	17:06	17:39	18:12	18:45	19:18	19:51	20:51	21:51	
Canyon Close South	7:07	8:07	8:40	9:13	9:46	10:19		11:19 to 16:19	17:07	17:40	18:13	18:46	19:19	19:52	20:52	21:52	
Grotto Terrace	7:08	8:08	8:41	9:14	9:47	10:20		11:20 to 16:20	17:08	17:41	18:14	18:47	19:20	19:53	20:53	21:53	
Glacier Drive	7:09	8:09	8:42	9:15	9:48	10:21		11:21 to 16:21	17:09	17:42	18:15	18:48	19:21	19:54	20:54	21:54	

TO DOWNTOWN / TO THREE SISTERS / TO DOWNTOWN / TO COUGAR CREEK

*This stop is drop off only

AM PM

● Real Time Bus Information Available at Stops with Grey Dot

Route 5 – Saturdays

STOP LOCATION		37 Min. Frequency															
9th Street ●	7:50	9:05	9:42	10:19	10:56	11:33	12:10	12:47	13:24	14:01	14:38	15:15	15:52	16:29	17:06	18:21	19:36
Shoppers Drug Mart ●	7:52	9:07	9:44	10:21	10:58	11:35	12:12	12:49	13:26	14:03	14:40	15:17	15:54	16:31	17:08	18:23	19:38
Elevation Place South	7:53	9:08	9:45	10:22	10:59	11:36	12:13	12:50	13:27	14:04	14:41	15:18	15:55	16:32	17:09	18:24	19:39
Benchlands Overpass South	7:55	9:10	9:47	10:24	11:01	11:38	12:15	12:52	13:29	14:06	14:43	15:20	15:57	16:34	17:11	18:26	19:41
Paliser Trail South	7:57	9:12	9:49	10:26	11:03	11:40	12:17	12:54	13:31	14:08	14:45	15:22	15:59	16:36	17:13	18:28	19:43
Cougar Point Road	7:58	9:13	9:50	10:27	11:04	11:41	12:18	12:55	13:32	14:09	14:46	15:23	16:00	16:37	17:14	18:29	19:44
Grizzly Crescent	7:59	9:14	9:51	10:28	11:05	11:42	12:19	12:56	13:33	14:10	14:47	15:24	16:01	16:38	17:15	18:30	19:45
Summit Cafe East	8:00	9:15	9:52	10:29	11:06	11:43	12:20	12:57	13:34	14:11	14:48	15:25	16:02	16:39	17:16	18:31	19:46
Benchlands Trail @ Elk Run	8:01	9:16	9:53	10:30	11:07	11:44	12:21	12:58	13:35	14:12	14:49	15:26	16:03	16:40	17:17	18:32	19:47
Lady Macdonald Crescent	8:02	9:17	9:54	10:31	11:08	11:45	12:22	12:59	13:36	14:13	14:50	15:27	16:04	16:41	17:18	18:33	19:48
Canyon Close South	8:03	9:18	9:55	10:32	11:09	11:46	12:23	13:00	13:37	14:14	14:51	15:28	16:05	16:42	17:19	18:34	19:49
Grotto Terrace	8:04	9:19	9:56	10:33	11:10	11:47	12:24	13:01	13:38	14:15	14:52	15:29	16:06	16:43	17:20	18:35	19:50
Glacier Drive	8:05	9:20	9:57	10:34	11:11	11:48	12:25	13:02	13:39	14:16	14:53	15:30	16:07	16:44	17:21	18:36	19:51*
Kananaskis Way South	8:08	9:23	10:00	10:37	11:14	11:51	12:28	13:05	13:42	14:19	14:56	15:33	16:10	16:47	17:24	18:39	
Kananaskis Way North	8:10	9:25	10:02	10:39	11:16	11:53	12:30	13:07	13:44	14:21	14:58	15:35	16:12	16:49	17:26	18:41	
Elevation Place North	8:13	9:28	10:05	10:42	11:19	11:56	12:33	13:10	13:47	14:24	15:01	15:38	16:15	16:52	17:29	18:44	
Canmore Shopping Area South	8:14	9:29	10:06	10:43	11:20	11:57	12:34	13:11	13:48	14:25	15:02	15:39	16:16	16:53	17:30	18:45	
Canmore Shopping Area North	8:15	9:30	10:07	10:44	11:21	11:58	12:35	13:12	13:49	14:26	15:03	15:40	16:17	16:54	17:31	18:46	
Canmore Collegiate High School	8:17	9:32	10:09	10:46	11:23	12:00	12:37	13:14	13:51	14:28	15:05	15:42	16:19	16:56	17:33	18:48	
Canmore Seniors Lodge ●	8:18	9:33	10:10	10:47	11:24	12:01	12:38	13:15	13:52	14:29	15:06	15:43	16:20	16:57	17:34	18:49	
9th Street ●	8:20	9:35	10:12	10:49	11:26	12:03	12:40	13:17	13:54	14:31	15:08	15:45	16:22	16:59	17:36	18:51	
Bow River Bridge North	8:22	9:37	10:14	10:51	11:28	12:05	12:42	13:19	13:56	14:33	15:10	15:47	16:24	17:01	17:38	18:53	
Rundle Drive North	8:23	9:38	10:15	10:52	11:29	12:06	12:43	13:20	13:57	14:34	15:11	15:48	16:25	17:02	17:39	18:54	
Prospect Heights West	8:25	9:40	10:17	10:54	11:31	12:08	12:45	13:22	13:59	14:36	15:13	15:50	16:27	17:04	17:41	18:56	
Rundleview Drive	8:26	9:41	10:18	10:55	11:32	12:09	12:46	13:23	14:00	14:37	15:14	15:51	16:28	17:05	17:42	18:57	
Canmore Nordic Centre	8:29	9:44	10:21	10:58	11:35	12:12	12:49	13:26	14:03	14:40	15:17	15:54	16:31	17:08	17:45	19:00	
Quarry Park	8:31	9:46	10:23	11:00	11:37	12:14	12:51	13:28	14:05	14:42	15:19	15:56	16:33	17:10	17:47	19:02	
Carey West	8:33	9:48	10:25	11:02	11:39	12:16	12:53	13:30	14:07	14:44	15:21	15:58	16:35	17:12	17:49	19:04	
Walker West	8:34	9:49	10:26	11:03	11:40	12:17	12:54	13:31	14:08	14:45	15:22	15:59	16:36	17:13	17:50	19:05	
Miskow Close	8:38	9:53	10:30	11:07	11:44	12:21	12:58	13:35	14:12	14:49	15:26	16:03	16:40	17:17	17:54	19:09	
Dyrgas Gate	8:40	9:55	10:32	11:09	11:46	12:23	13:00	13:37	14:14	14:51	15:28	16:05	16:42	17:19	17:56	19:11	
Crossbow Place	8:41	9:56	10:33	11:10	11:47	12:24	13:01	13:38	14:15	14:52	15:29	16:06	16:43	17:20	17:57	19:12	
Walker East	8:45	10:00	10:37	11:14	11:51	12:28	13:05	13:42	14:19	14:56	15:33	16:10	16:47	17:24	18:01	19:16	
Carey East	8:46	10:01	10:38	11:15	11:52	12:29	13:06	13:43	14:20	14:57	15:34	16:11	16:48	17:25	18:02	19:17	
Rundleview Drive	8:47	10:02	10:39	11:16	11:53	12:30	13:07	13:44	14:21	14:58	15:35	16:12	16:49	17:26	18:03	19:18	
Canmore Nordic Centre	8:49	10:04	10:41	11:18	11:55	12:32	13:09	13:46	14:23	15:00	15:37	16:14	16:51	17:28	18:05	19:20	
Quarry Park	8:52	10:07	10:44	11:21	11:58	12:35	13:12	13:49	14:26	15:03	15:40	16:17	16:54	17:31	18:08	19:23	
Prospect Heights East	8:53	10:08	10:45	11:22	11:59	12:36	13:13	13:50	14:27	15:04	15:41	16:18	16:55	17:32	18:09	19:24	
Rundle Drive South	8:54	10:09	10:46	11:23	12:00	12:37	13:14	13:51	14:28	15:05	15:42	16:19	16:56	17:33	18:10	19:25	
Bow River Bridge South	8:55	10:10	10:47	11:24	12:01	12:38	13:15	13:52	14:29	15:06	15:43	16:20	16:57	17:34	18:11	19:26	

TO COUGAR CREEK / TO DOWNTOWN / TO THREE SISTERS / TO DOWNTOWN

*This stop is drop off only

● Real Time Bus Information Available at Stops with Grey Dot

Route 5 – Sundays and Statutory Holidays

STOP LOCATION		75 Min. Frequency							
9th Street ●	7:50	9:05	10:20	11:35	12:50	14:05	15:20	16:35	17:50	19:05
Shoppers Drug Mart ●	7:52	9:07	10:22	11:37	12:52	14:07	15:22	16:37	17:52	19:07
Elevation Place South	7:53	9:08	10:23	11:38	12:53	14:08	15:23	16:38	17:53	19:08
Benchlands Overpass South	7:55	9:10	10:25	11:40	12:55	14:10	15:25	16:40	17:55	19:10
Paliser Trail South	7:57	9:12	10:27	11:42	12:57	14:12	15:27	16:42	17:57	19:12
Cougar Point Road	7:58	9:13	10:28	11:43	12:58	14:13	15:28	16:43	17:58	19:13
Grizzly Crescent	7:59	9:14	10:29	11:44	12:59	14:14	15:29	16:44	17:59	19:14
Summit Cafe East	8:00	9:15	10:30	11:45	13:00	14:15	15:30	16:45	18:00	19:15
Benchlands Trail @ Elk Run	8:01	9:16	10:31	11:46	13:01	14:16	15:31	16:46	18:01	19:16
Lady Macdonald Crescent	8:02	9:17	10:32	11:47	13:02	14:17	15:32	16:47	18:02	19:17
Canyon Close South	8:03	9:18	10:33	11:48	13:03	14:18	15:33	16:48	18:03	19:18
Grotto Terrace	8:04	9:19	10:34	11:49	13:04	14:19	15:34	16:49	18:04	19:19
Glacier Drive	8:05	9:20	10:35	11:50	13:05	14:20	15:35	16:50	18:05	19:20
Kananaskis Way South	8:08	9:23	10:38	11:53	13:08	14:23	15:38	16:53	18:08	19:23
Kananaskis Way North	8:10	9:25	10:40	11:55	13:10	14:25	15:40	16:55	18:10	19:25
Elevation Place North	8:13	9:28	10:43	11:58	13:13	14:28	15:43	16:58	18:13	19:28
Canmore Shopping Area South	8:14	9:29	10:44	11:59	13:14	14:29	15:44	16:59	18:14	19:29
Canmore Shopping Area North	8:15	9:30	10:45	12:00	13:15	14:30	15:45	17:00	18:15	19:30
Canmore Collegiate High School	8:17	9:32	10:47	12:02	13:17	14:32	15:47	17:02	18:17	19:32
Canmore Seniors Lodge ●	8:18	9:33	10:48	12:03	13:18	14:33	15:48	17:03	18:18	19:33
9th Street ●	8:20	9:35	10:50	12:05	13:20	14:35	15:50	17:05	18:20	19:35
Bow River Bridge North	8:22	9:37	10:52	12:07	13:22	14:37	15:52	17:07	18:22	19:37
Rundle Drive North	8:23	9:38	10:53	12:08	13:23	14:38	15:53	17:08	18:23	19:38
Prospect Heights West	8:25	9:40	10:55	12:10	13:25	14:40	15:55	17:10	18:25	19:40
Rundleview Drive	8:26	9:41	10:56	12:11	13:26	14:41	15:56	17:11	18:26	19:41
Canmore Nordic Centre	8:29	9:44	10:59	12:14	13:29	14:44	15:59	17:14	18:29	19:44
Quarry Park	8:31	9:46	11:01	12:16	13:31	14:46	16:01	17:16	18:31	19:46
Carey West	8:33	9:48	11:03	12:18	13:33	14:48	16:03	17:18	18:33	19:48
Walker West	8:34	9:49	11:04	12:19	13:34	14:49	16:04	17:19	18:34	19:49
Miskow Close	8:38	9:53	11:08	12:23	13:38	14:53	16:08	17:23	18:38	19:53
Dyrgas Gate	8:40	9:55	11:10	12:25	13:40	14:55	16:10	17:25	18:40	19:55
Crossbow Place	8:41	9:56	11:11	12:26	13:41	14:56	16:11	17:26	18:41	19:56
Walker East	8:45	10:00	11:15	12:30	13:45	15:00	16:15	17:30	18:45	20:00
Carey East	8:46	10:01	11:16	12:31	13:46	15:01	16:16	17:31	18:46	20:01
Rundleview Drive	8:47	10:02	11:17	12:32	13:47	15:02	16:17	17:32	18:47	20:02
Canmore Nordic Centre	8:49	10:04	11:19	12:34	13:49	15:04	16:19	17:34	18:49	20:04
Quarry Park	8:52	10:07	11:22	12:37	13:52	15:07	16:22	17:37	18:52	20:07
Prospect Heights East	8:53	10:08	11:23	12:38	13:53	15:08	16:23	17:38	18:53	20:08
Rundle Drive South	8:54	10:09	11:24	12:39	13:54	15:09	16:24	17:39	18:54	20:09
Bow River Bridge South	8:55	10:10	11:25	12:40	13:55	15:10	16:25	17:40	18:55	20:10

TO COUGAR CREEK / TO DOWNTOWN / TO THREE SISTERS / TO DOWNTOWN

*This stop is drop off only

AM PM

● Real Time Bus Information Available at Stops with Grey Dot