

TWIN BUTTE GENERAL STORE
 403.558.3960
 Best general store ever! Groceries, post office, liquor store, gift shop, Mexican restaurant (buy a bottle of their famous house-made hot sauce) and saloon!
 The bar has bands every weekend, like actually good ones! check twinbuttestore.com for listings!

twin butte
 25 minutes south of Pincher Creek

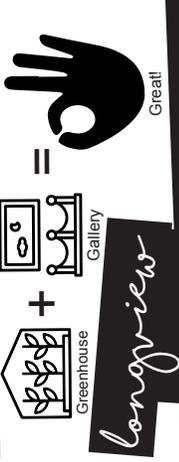
KOOTENAI BROWN PIONEER VILLAGE
 1037 Bev Macleanlin Drive • 403.627.3684
 Established in 1966, this Western Canadian Frontier Village is filled with artifacts, a pond, a waterfall, and I heard a rumor there's goats! kootenai/brown.ca

pincher creek
 Pinch 'er creek? Have you seen 'er creek?!!
sterrawestcabins.com

SIERRA WEST CABINS + RANCH
 18km N of Lundbreck on HWY 22 • 403.628.2431
 A working cattle ranch where you can join in on cattle drives, round ups, branding or just chill in their little "Cowtown" (there's a saloon!) Rent a private cabin or stay in a bunkhouse with shared facilities, or camp! Oh, and the Bachelor Canada once filmed here! Rates are super reasonable - check out their website for info.

lundbreck

VALE'S GREENHOUSE
 301 3 Street SW • 403.933.4814
 It's a greenhouse! It's an art gallery! It's a gift shop! It's a great place to stop!



TWIN CITIES SALOON
 105 Morrison Road • 403.558.3787
 Roll up on any given weekend of the summer, and you're guaranteed a good time. They often host live bands and open jams, have a great patio, and there's an attached hotel which makes the Twin Cities a great destination for an over-nighter! Super friendly staff and locals, too! Get ready to party.

LONGVIEW BEEF JERKY
 148 Morrison Road • 403.558.3960
 When I was in high school I had a friend who spent her summers in Longview, and she had some beef jerky store boyfriend who would send her home with SO MUCH BEEF JERKY! Times have changed, and I think the owners have too, but this place still pumps out some damn fine jerky!

*Side note : currently looking for my own beef jerky boyfriend, so if you know anybody let me know!

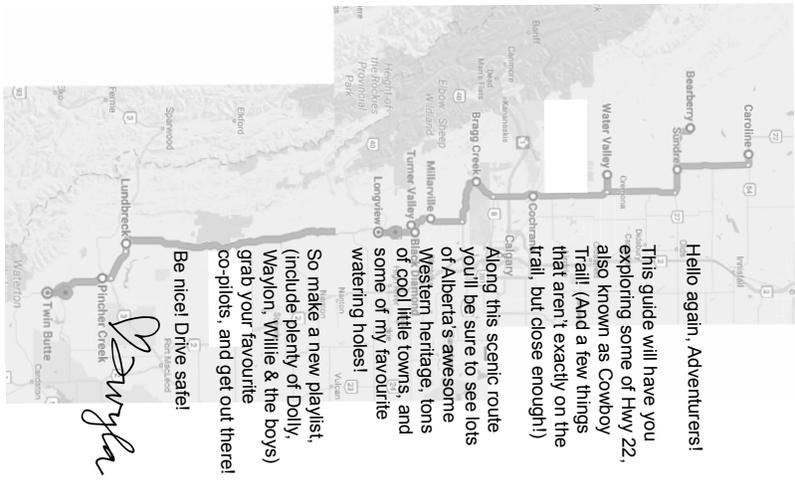


turner valley
MOTOBURRITO
 202 Sunset Blvd • 403.463.9962
 Located on the greenspace beside Motobrad Motorcycle shop, this little burrito trailer is a real treat. Delicious food (Fish Taco Fridays!) and lots of chairs/picnic tables around to sit at. A total gem.

black diamond

COOL HAND LUC'S TREASURE SHOP
 109 Center Ave West • 403.933.5016
 This place is a trip. Luc's collection of goods is a mix of "I've been looking for one of these forever!" to "wif is this" to "Why are there so many walnuts in jars with googly eyes glued onto them in here". I buy something I don't need every time I visit this perfect shop.

BLACK DIAMOND HOTEL+BAR
 105 Ave Ctr SW • 403.933.4656
 Good food, cold beer etc etc but the best thing about this bar is on Karaoke nights when the real life old man ranchers come in and do seriously beautiful renditions of I Can't Go For That by Hall & Oates. Ok, that only happened once and I don't even know if this place does Karaoke anymore, but I still keep going just in hopes that I can one day relive that.



Be nice! Dive safe!
 So make a new playlist, (include plenty of Dolly, Waylon, Willie & the boys) grab your favourite co-pilots, and get out there!

Hello again, Adventurers! This guide will have you exploring some of Hwy 22, also known as Cowboy Trail! (And a few things that aren't exactly on the trail, but close enough!)
 Along this scenic route you'll be sure to see lots of Alberta's awesome Western heritage, tons of cool little towns, and some of my favourite watering holes!

cochrane (kinda)
GRIFFIN VALLEY RANCH
 273019 Beaupre Creek Rd • 403.932.7433
 Located 20 minutes west of Cochrane, Griffin Valley Horse Camp is where I spent most of my teenage summers. With over 4500 acres of beautiful forest, valley & streams, Griffin Valley is a great place to go for a trail ride (guided or unguided) and is good for riders of all skill levels. Just don't bring home a live mouse at the end of camp like I did or your mom will make you keep it in a shoe box & return it the next day.

bragg creek

POWDER HORN SALOON
 7 Balsam Ave • 403.949.3946
 Beer, live music, food! The usual saloon-type stuff.

Bragg Creek has good names for businesses: Creekers! Wild Texan! Snack Mania!
millarville
MILLARVILLE FARMERS MARKET
 306097 192 Street West • 403.931.3411
 If you're hitting the road on a Saturday, stop in for some of the freshest veggies around. 9am - 2pm, \$3/car.

SWAMP DONKEYS
 250 Main Ave • 403.638.2882
 Swamp Donkeys is a great bar that sells drinks in a plastic beach pail. Their juke box is great, and the food is pretty good, and by the end of the night you'll have cattle the next morning.

sundre
THE CHESTER MJDLSNESS WORLD OF WILDLIFE
 211 - 1st Ave SW • 403.638.3233
 Ok, get ready to have your mind blown. Located inside the Sundre Museum is this wonderful world of wildlife. A Sundre man named Chester gave his collection of mounts to the museum and even though I know it's bad to like this kind of thing, I really, really love this kind of thing. If you're not into the taxidermy, you will probably enjoy the beautifully painted scenery at least.

LONGBRANCH SALOON
 4908 50th Ave • 403.722.2588
 I recently had the cheapest bottle of beer of my adult life in this saloon. They have a great menu, live music, great decor, and great service. But mostly it's the cheap beer that I think is important to share.

caroline

hamlet of beaerberry

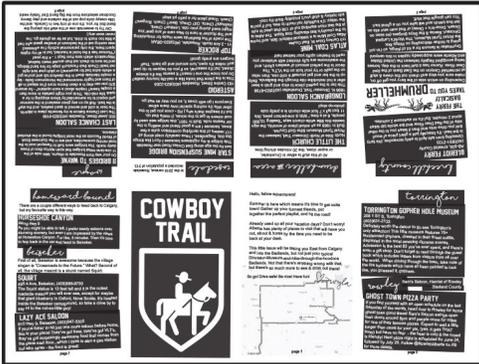
BEARBERRY SALOON
 AB-584, James River Bridge • 403.638.9858
 "2 legs, 4 wheels, 2 wheels, everyone is welcome!" Even though this saloon is sort of in the middle of nowhere, it's totally worth the trip if you're looking for a cold beer and a bite. If you want to make a night of it, there's a campground there too!

water valley

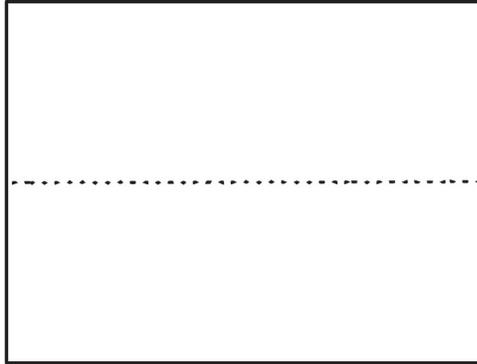
FALLENTIMBER MEADERY
 west end of Big Prairie Road • 403.637.2667
 Located on the Ryan Family farm, Fallentimber Meadery loves to share their story and their boozy brews. Head over for a tour of the brewing side & the honey house, and yep, there are samples! Call ahead or check fallentimbermeadery.ca for tour info.
WATER VALLEY SALOON
 5210 Main Street • 403.637.2284
 Steak sandwiches, Country Sized paralyzers, jukebox, friendly locals, karaoke, vlt's, Name That Tune, wing night Wednesdays, hotel rooms upstairs. Sound good?

YOU GOTTA KNOW ~~WHEN~~ HOW TO FOLD EM

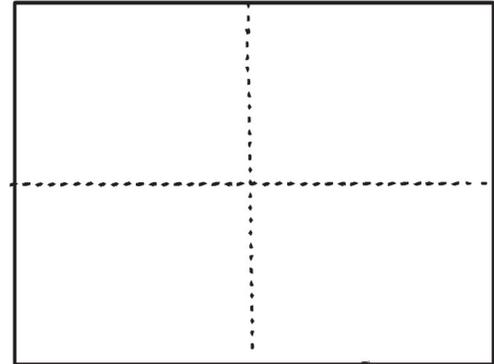
download & print the PDF on a regular piece of 8.5" x 11" paper, and follow these easy steps to fold into a tiny six-page book!



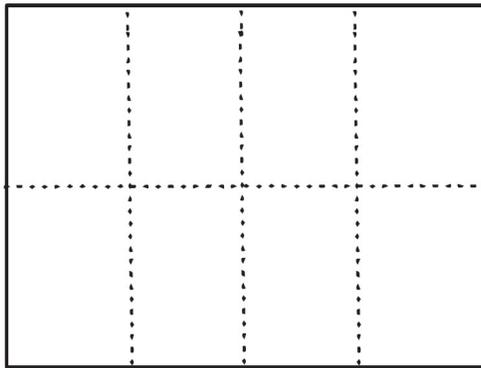
1 this is what your piece of paper should look like.



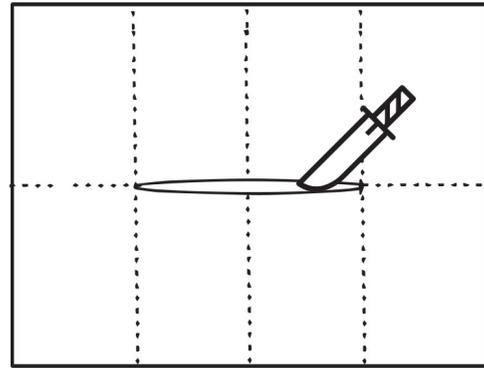
2 fold it in half.



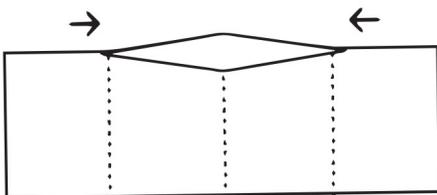
3 fold it in half the other way.



4 fold it in half two more times so you have 8 sections.

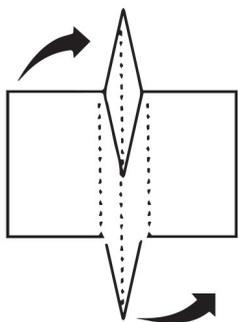
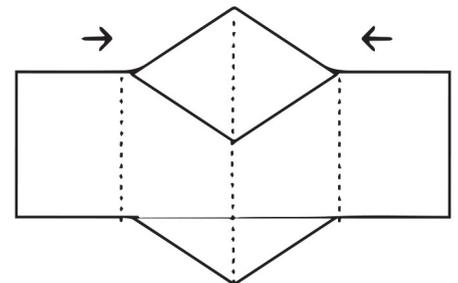


5 get a blade and slice the page in the middle. look at the picture so you don't screw it up!



6 fold it in half and push edges towards the middle so the sliced part opens up like a diamond.

7 keep pushing the edges together until the diamond does a weird thing and looks like this



8 now you gotta try to sort of flatten it out and push it down like a little booklet. pay attention to the page numbers, that will help for real.

9 now it should look like a book! go over the creases to make them sharp. I use a boning tool (best name) but you can use anything that's kinda hard/soft.



ok! that's it! you're done! now put it in your wallet or your bag and have it ready for the next time you're itchin' to get outta town!