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#### The Bow Valley

# Crag & Canyon

(RE)DISCOVER OUR SUMMER SIDE.

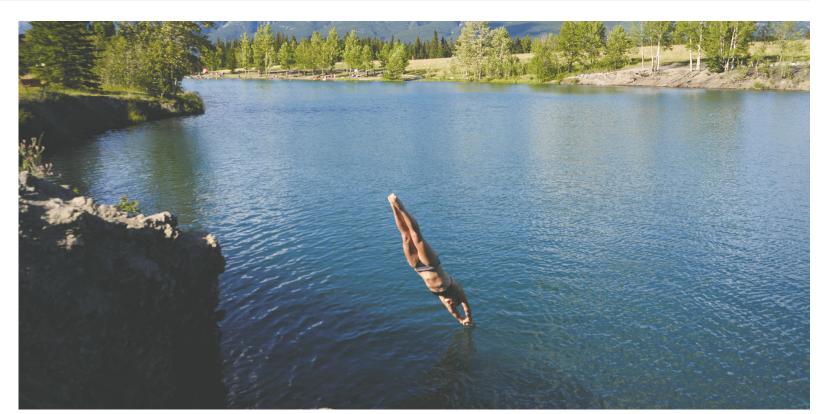
## INSIDE

#### PLAN AHEAD

**Visitors** encouraged to plan for long weekend visit to Banff Page 2

#### HUMANS OF THE ROCKIES

Wanda Bogdane, mountain biker Page 7



Sarah Marie Pullman takes a deep dive into the cooler waters at Quarry Lake on July 20, 2022. MARIE CONBOY/POSTMEDIA NETWORK

## STIME DIVE

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