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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*

SUMMER DIVE

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