The Canmore Cloverleaf: Map Detail of the 'Intermission' and Loop 3: G8

Intermission (Burgundy line). Follow the river bike path past sewage treatment plant and horse corral, then bushwack up far side of the horse corral (stream crossing) to Cougar Creek, and follow bike path to the start of the G8 Loop at its top (i.e., just past the last road that crosses Cougar Creek). Option: Go through downtown, and treat yourself to lunch, then meander up to Cougar Creek. Very civilized.

Loop 3: G8 Loop (Dark Blue line). Do the Alpine Loop/G8 loop, adding Joe's extension to it at the far end. You will end up back in Cougar Creek where you started. Note: technically, the first part of the trail is called the Alpine Loop until it crosses a creek/canyon, after which it is called the G8 loop.
Options: As with the Nordic center, there are myriads of other trails that you can use to lengthen, shorten or vary this loop.