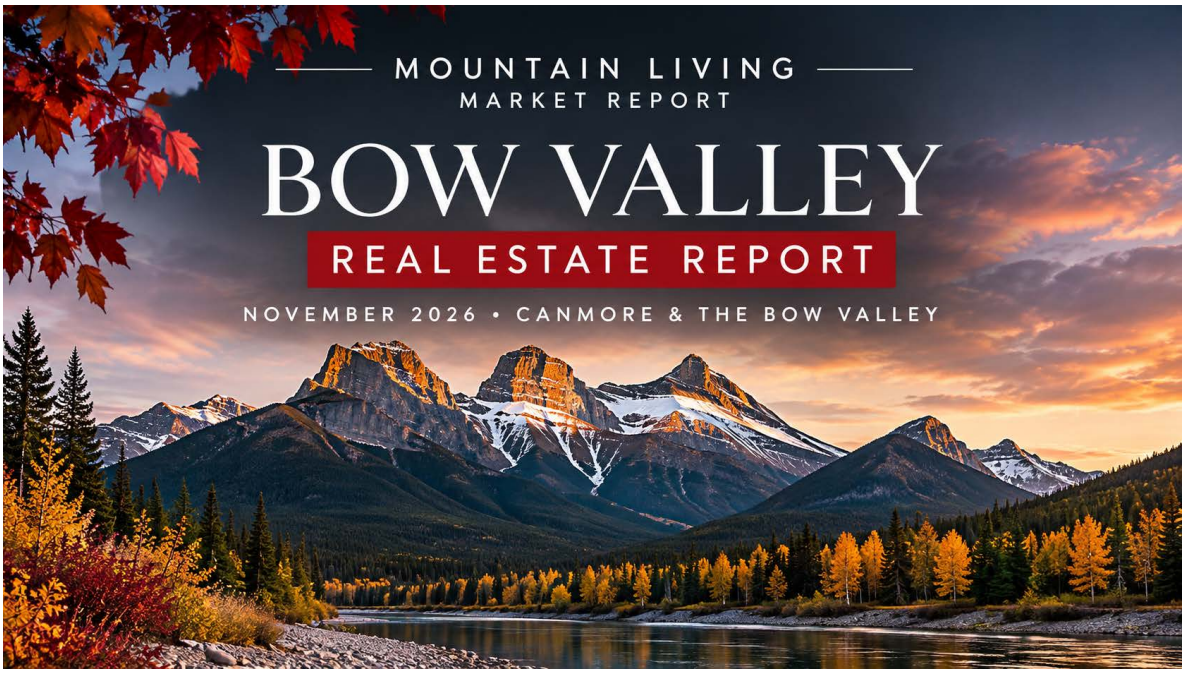
BOW VALLEY
REAL ESTATE REPORT

NOVEMBER 2026 • CANMORE & THE BOW VALLEY



November market snapshot • Financing conditions shift as the Bank of Canada raises its policy rate.

47	35	2.50%
Residential sold status*	Residential active*	Bank of Canada policy rate

*MLS Inventory Counts report dated November 13, 2026; status totals are not confirmed November-only sales. The MLS filter is Bighorn No. 8, M.D. of.

The story behind the numbers

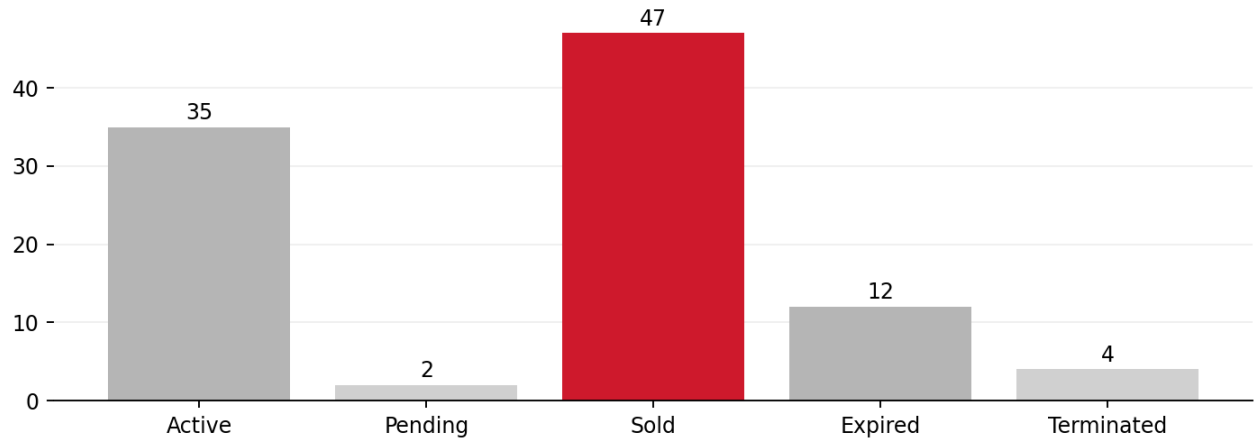
As the Bow Valley moves toward winter, the latest MLS inventory snapshot points to a market in which property-specific value remains central. The November 13 report identifies 47 residential listings in sold status, with an average sold-status price of $1,167,693 and average marketing time of 68 days. It also shows 35 active residential listings, carrying an average asking price of $1,281,003. These figures are a snapshot of the report's filtered records, rather than a complete measure of November sales or all properties across the Bow Valley.

The distinction matters. A property that is priced appropriately, well maintained and presented effectively may still attract attention, while buyers have reason to evaluate condition, comparable sales, financing and ongoing ownership costs carefully. The spread between the average active asking price and the average sold-status price should not be interpreted as an average discount: these are different groups of properties.

November 13 MLS snapshot

Residential status	Count	Average price	Average DOM
Active	35	$1,281,003	28
Pending	2	$864,450	134
Sold	47	$1,167,693	68
Expired	12	$1,429,992	174
Terminated	4	$1,644,475	27

Source: MLS Inventory Counts Report, listings as of November 13, 2026 at 1:43 p.m.; geographic filter: Bighorn No. 8, M.D. of. The report does not state a sold-status date range. The earlier October report used a residential-only filter and is not directly comparable to this multi-property-type report.



Beyond residential: land and commercial

The same MLS report records five land listings in sold status, with an average price of $1,461,980 and average days on market of 191. Commercial records include two active, one pending and two sold-status listings. These small samples can move considerably with individual transactions and should not be blended into residential averages.

Bank of Canada: rates rise to 2.50%

On October 28, 2026, the Bank of Canada increased its overnight policy rate by 25 basis points, from 2.25% to 2.50%—its first rate increase since July 2023. The Bank cited the risk that persistent energy-related cost pressures could spread more broadly through the economy. Its next scheduled policy announcement is December 9, 2026.

Policy rate	Before Oct. 28	After Oct. 28
Overnight target	2.25%	2.50%
Change	—	+0.25 percentage points

For Bow Valley purchasers, the policy increase is a reminder to confirm current mortgage quotes and qualification terms rather than assuming borrowing costs will continue falling. Variable-rate borrowing costs may respond more directly to the overnight rate, while fixed mortgage rates depend on additional market factors and lender pricing. A 0.25-point rise is not equivalent to a uniform 0.25-point change in every mortgage offer.

What this means for buyers, sellers and investors

For buyers

Focus on property-level comparables, financing sensitivity, condominium documents, and long-term affordability. The current rate environment makes a lender pre-approval and a realistic carrying-cost budget especially valuable.

For sellers

The sold-status average of 68 days on market underscores the value of strategic positioning. Clear pricing, strong photography, careful preparation and local comparable evidence remain important as buyers assess alternatives.

For investors

Look beyond headline revenue or average sale prices. Confirm zoning and permitted use, operating expenses, condominium rules, GST treatment where applicable, and the financing assumptions behind any projected return.

The Mountain Living perspective

The November snapshot does not suggest that every segment of the Bow Valley is moving in the same direction. It highlights the need to separate listing status from monthly transaction flow, to understand the local submarket, and to account for changing borrowing conditions. Mountain Living helps buyers and sellers interpret these details at the individual property level.

Sources: MLS Inventory Counts Report (November 13, 2026); Bank of Canada policy announcement (October 28, 2026), https://www.bankofcanada.ca/2026/10/fad-press-release-2026-10-28/ ; Bank of Canada policy-rate history, https://www.bankofcanada.ca/core-functions/monetary-policy/key-interest-rate/