

4 DAYS IN BANFF NATIONAL PARK, ALBERTA, CA

This itinerary uses links to Google Maps and AllTrails to help with navigating on the ground. The final page contains a table with all locations including recommendations and locations.

TRAVEL DAY

- 1) Arrive in **Calgary (YYC)** and pick up your rental car.
- 2) Stop for dinner at **Holy Shakes** in Calgary on your way out of the city.
- 3) Check-in at an **Airbnb in Canmore**.
- 4) Head to **Safeway in Canmore** to pick up hiking essentials like waters, snacks, breakfast, and lunch.

DAY 1

LAKE LOUISE AND DOWNTOWN BANFF

- 1) Have breakfast at the Airbnb. Head out, remembering to bring your bear spray, Canadian National Parks Pass, and everything else in our recommended packing list.
- 2) Pick up coffee at **Beamer Coffee** in Canmore.
- 3) Use Parks Canada reservation to park at **Lake Louise Ski Resort** within the 7-8am departure window. Remember to download your reservation receipt beforehand.
- 4) Walk around the Lake Louise boardwalk. Take the main trail up to Mirror Lake and the **Lake Agnes Teahouse** (4 miles roundtrip / 1600 ft of gain). Eat your packed lunch outside the teahouse. From the teahouse either:
 - a. Hike the **Big Beehive Trail** (3 additional miles roundtrip / 400 ft of additional elevation gain – difficult but worth it!)
 - b. Hike the **Little Beehive Trail** (1 additional mile, easier alternative)
- 5) Head back to the **shuttle drop off** to return to the park and ride.
- 6) Drive to Banff. Park for free at the **Banff Train Station**.
- 7) Grab coffee at **Wild Flour Café**.
- 8) Walk down Banff Ave toward **Cascade Gardens**. Keep walking to **Bow Falls Viewpoint** (~1.5miles / 45 minute roundtrip)
- 9) Turn back to Banff and have dinner downtown at **Eddie Burger + Bar** on the way back to your car.
- 10) Treat yourself to some ice cream at **Lovely** in Canmore on the drive home.

DAY 2

LAKE MINNEWANKA, ICEFIELDS PARKWAY, AND MORaine LAKE

- 1) Pick up breakfast at **Rocky Mountain Bagel Company** in Canmore on your way to Banff.
- 2) Head to the **Lake Minnewanka Scenic Drive Loop**. You'll take the scenic drive "clockwise" and stop at multiple trails and viewpoints:
 - a. Begin at **Cascade Ponds**. Take a walk on the **short loop**.
 - b. Drive north to **Lake Minnewanka**. Arrive early to beat the crowds. Take the out and back hike to the **Stewart Canyon** bridge (3.6 miles round trip / 685 ft of gain)..
 - c. Drive south to **Two Jack Lake**. Stop for some photos on the shoreline or walk as far as you'd like on the **out and back trail** (2.6 miles round trip / 708 ft of gain).
 - d. Drive south to **Johnson Lake**. Stop for some photos on the shoreline.
- 3) Stop in Banff Town for lunch at the **Bar Burrito**. Park at the **Banff Train Station**.
- 4) Pick up coffee in Banff at **Banff National Perk**.
- 5) Get back in the car and head north on Route 1 to the Icefields Parkway:
 - a. Navigate to **Peyto Lake**. Short but steep **hike up to a viewing platform** for photos.
 - b. Head to **Bow Lake** and take the short trail around the lake for more photos.
- 6) Make your way back to the **Lake Louise Winter Ski Resort** park and ride area to catch the 5-6pm shuttle to **Moraine Lake**. Remember to download your reservation receipt beforehand.
 - a. Take the short **Shoreline Trail** and **Rock Pile Trail** for iconic photos.
- 7) Head back to the shuttle pickup area. Stop at the **Vermillion Lakes Viewpoint** on your way back to Canmore.
- 8) Hop in the car and drive back to Canmore for dinner at **Canadian Pizza Unlimited**.

<p><u>DAY 3</u></p> <p>MT NORQUAY VIA FERRATA</p>	<ol style="list-style-type: none"> 1) Have a quick breakfast at the Airbnb. 2) Head up <u>Mount Norquay to the Via Ferrata</u>. Make sure to bring layers, hiking boots, a raincoat, a pack, sunglasses, water, and snacks. 3) Enjoy your packed lunch at the top of the mountain with an epic view. 4) After the climb, drive into Banff town for a quick coffee at <u>Whitebark Café</u>. 5) Take an afternoon trip to <u>Johnston Canyon</u>. Hike to the <u>Lower Falls</u> and continue on to the <u>Upper Falls</u>. The trip is about 3.5 miles and should take approximately 2 hours. 6) Eat your heart out at <u>Grizzly Paw Pub</u> in Canmore for dinner.
<p><u>DAY 4</u></p> <p>YOHO NATIONAL PARK</p>	<ol style="list-style-type: none"> 1) Enjoy breakfast at <u>Summit Café</u> in Canmore. Get there early so you can beat the crowds at the trails. 2) Check out of the Airbnb and remember to check in for your next day flight. 3) Head to <u>Emerald Lake</u> and complete the 3 mile <u>loop around the lake</u>. 4) Stop at <u>Natural Bridge</u> just off the side of the road on the way out of the Emerald Lake parking area. 5) Drive to <u>Takakkaw Falls</u> and take the short <u>trail to see the falls up close</u>. 6) Enjoy your packed lunch before heading back to Banff town. 7) Pick up some <u>Beavertails</u> and to go with your coffee from <u>Evelyn's Coffee</u>. 8) Drive back to Calgary for the night to catch your departing flight the next day. 9) Sit down for a great bowl of ramen at <u>Ramen Ichinen</u>.