

## 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.

<b>TRAVEL DAY</b>	<ol style="list-style-type: none"><li>1) Arrive in <a href="#">Calgary (YYC)</a> and pick up your rental car.</li><li>2) Stop for dinner at <a href="#">Holy Shakes</a> in Calgary on your way out of the city.</li><li>3) Check-in at an <a href="#">Airbnb in Canmore</a>.</li><li>4) Head to <a href="#">Safeway in Canmore</a> to pick up hiking essentials like waters, snacks, breakfast, and lunch.</li></ol>
<b>DAY 1</b>  <b>LAKE LOUISE AND DOWNTOWN BANFF</b>	<ol style="list-style-type: none"><li>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.</li><li>2) Pick up coffee at <a href="#">Beamer Coffee</a> in Canmore.</li><li>3) Use Parks Canada reservation to park at <a href="#">Lake Louise Ski Resort</a> within the 7-8am departure window. Remember to download your reservation receipt beforehand.</li><li>4) Walk around the Lake Louise boardwalk. Take the main trail up to Mirror Lake and the <a href="#">Lake Agnes Teahouse</a> (4 miles roundtrip / 1600 ft of gain). Eat your packed lunch outside the teahouse. From the teahouse either:<ol style="list-style-type: none"><li>a. Hike the <a href="#">Big Beehive Trail</a> (3 additional miles roundtrip / 400 ft of additional elevation gain – difficult but worth it!)</li><li>b. Hike the <a href="#">Little Beehive Trail</a> (1 additional mile, easier alternative)</li></ol></li><li>5) Head back to the <a href="#">shuttle drop off</a> to return to the park and ride.</li><li>6) Drive to Banff. Park for free at the <a href="#">Banff Train Station</a>.</li><li>7) Grab coffee at <a href="#">Wild Flour Café</a>.</li><li>8) Walk down Banff Ave toward <a href="#">Cascade Gardens</a>. Keep walking to <a href="#">Bow Falls Viewpoint</a> (~1.5 miles / 45 minute roundtrip)</li><li>9) Turn back to Banff and have dinner downtown at <a href="#">Eddie Burger + Bar</a> on the way back to your car.</li><li>10) Treat yourself to some ice cream at <a href="#">Lovely</a> in Canmore on the drive home.</li></ol>

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