

Banff, Alberta



Time Frame: 4 days + 2 travel days

Destinations: Calgary, Banff National Park, Yoho National Park

Travel Day

Arrive in Calgary, Canada

Fly to Calgary International Airport (YYC) & pick up rental car

Drive to Canmore, Alberta & check in to your airbnb

Grab some essentials at the grocery store (hiking snacks, breakfast, & lunch)

DAY 1

Lake Louise and Downtown Banff

Park at Lake Louise Ski Resort for an early Parks Canada shuttle reservation to **Lake Louise**

Walk on the Lake Louise boardwalk, take the main trail up to **Mirror Lake** and the **Lake Agnes Teahouse** (4 miles roundtrip/1600 ft of gain).

Continue on to either: **Big Beehive trail** (3 add'l miles round trip/difficult) or **Little Beehive trail** (1 add'l mile round trip/easy).

Drive to downtown Banff and park in the free lot at the train station

Walk around the Banff Ave shops and to the **Cascade Gardens**

Keep walking to the **Bow Falls viewpoint/Art in Nature trail** (1.5 miles round trip/easy)

Dinner in downtown Banff

DAY 2

Lake Minnewanka, Icefields Parkway, and Moraine Lake

Drive the **Lake Minnewanka Scenic Drive Loop**:

Cascade Ponds (short trail) → **Lake Minnewanka** (10 miles around lake, but stop at Stewart Canyon) → **Two Jack Lake** (short trail around lake) → **Johnson Lake** (short trail around lake)

Drive to the **Vermillion Lakes** viewpoint

Stop in downtown Banff for lunch

Drive north 1.5 hours on the **Icefields Parkway**: Stop at **Peyto Lake** (<1 mile uphill trail to viewpoint) and **Bow Lake** (short trail around lake)

Park at Lake Louise Ski Resort for a late Parks Canada shuttle reservation to **Moraine Lake**

Walk the **Lakeshore trail** and the **Rock Pile trail** (0.5 miles)

Dinner in Canmore

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DAY 3

Mt Norquay and Johnston Canyon

Drive to **Mount Norquay** for the Ridgewalker **Via Ferrata** tour

Eat a packed lunch after your 4 hour tour

Drive to **Johnston Canyon**: Hike the **Lower and Upper Falls trails** (3.5 miles roundtrip)

Dinner in Canmore

DAY 4

Yoho National Park and Calgary

Check out of airbnb and check in for flight tomorrow

Drive 1.5 hours to **Yoho National Park, British Columbia**:
Emerald Lake (3 mile loop around lake, go early for parking) → **Natural Bridge lower falls** (roadside stop) → **Takakkaw Falls** (short trail)

Stop in downtown Banff for lunch, coffee, and Beavertails

Drive to Calgary and check in to a hotel near the airport

Dinner in Calgary

Travel Day

Travel Back Home

Breakfast at the hotel and check out

Return rental car

Hop on your flight home!

Banff, Alberta



Tips	Currency	Canadian Dollar - only needed to tour guide tips, credit cards accepted everywhere
	Apps	ArriveCan (use within 72 hours of flight to expedite customs), Google Maps (download offline maps due to no cell service in much of the park), AllTrails (download hikes due to no cell service)
	Essentials	Bear spray (required on trails, know how to use!), Discovery Pass (Parks Canada National Park entry pass required to enter parks and drive through Banff. Buy online ahead of time, priced per day per adult or Discovery Pass is for a year)
	Good to Know	<p>Parks Canada Lake Louise shuttle reservations → 40% of tickets released in April (sell out immediately), other 60% released 8am MT 2 days prior. Other options: self-park by 6am (\$37) or utilize other private shuttle services.</p> <p>Always be prepared for sudden rain and don't let the forecast deter you → crowds can really clear out during rain showers but rain may not last long!</p> <p>Trails are very crowded in the summer → utilize early mornings and late afternoons to avoid crowds.</p>
	Save \$\$	<p>Cook breakfast in airbnb and pack lunches</p> <p>Book an airbnb that includes bear spray (\$50) and a Discovery Pass (\$150)</p>
	Remember	Leave no trace!

Recs	Stay	Canmore - less expensive & crowded than downtown Banff, only 20 minutes away with good downtown area of restaurants & shops
	Eat	Eddie Burger + Bar, Rocky Mtn Bagel Company, Summit Cafe, Grizzly Paw Pub, Wild Flour Cafe, Lovely Ice Cream
	Try	Poutine, Beavertails
	Other Things To Do	Banff Gondola to Sulphur Mtn & Banff Skywalk (book ahead of time), Tunnel Mtn hike, Canmore trails (Grassi Lakes, Policeman's Creek Boardwalk, Canmore Engine Bridge), Banff Hot Springs