



Summer Activity Guide & Dining

The Post Hotel

Due to COVID, the opening and closing hours are subject to change

Activities

Guided Hiking

Hiking or snowshoeing against the dramatic backdrop of Canada's Rockies, you will discover the stories behind the scenery of Lake Louise and beyond.

Every trail has a tale to tell. With a guide you will see more and understand more – things you would have missed on your own.

These companies weave together wildlife, wildflowers, glaciers, history, and the big picture processes that reveal the “why” of it all. In addition the guides are professionals and are knowledgeable in mountain conditions, weather and avalanches, and other potential dangers to keep you safe.

Front Desk can assist you with making a booking.

<http://www.greatdivide.ca/>

<https://www.forestfix.ca/hiking-snowshoeing/>

<https://www.whitemountainadventures.com/daily-guided-hike-banff-and-lake-louise>





Biking

Post Hotel Bicycles – our hybrid Devinci bikes are perfect for the trails and roads around the Lake Louise village and are available – at no charge – for Post Hotel guests.

For full Mountain Bicycle Rentals, Wilson Mountain Sports is a short 2 minute walk from the Post Hotel www.wmsll.com
Note that they offer **electrical bikes** as well.



☎ 1-866-929-3636

Dining at The Post Hotel & Spa



The Fine Dining Room - Savour the exquisite talents of the Post's international cooking team led by European-trained Executive Chef Hans Sauter. The "Grand Award" winning wine cellar with more than 25,000 bottles and over 2,500 selections offers the perfect complement. Open Daily from 5.30pm – 9pm, reservations required.

Fondue Stübli - Stübli translates to small, cozy room – just like this is. A charming 24 seat specialty restaurant, located next to the main Dining Room featuring traditional Swiss style fondues including: cheese fondue, fondue "bourguignonne", fondue "chinoise" and the classic Swiss chocolate fondue. Two seatings daily: 5:30pm & 8:00pm, reservations required.



Sir Norman Watson Lounge - Relaxed atmosphere by the fireside. Après ski, après hike, before or after dinner. Serving a light menu from 2:00pm daily with easy listening piano entertainment on weekend evenings.

The Outpost - A comfortable, "English Style Pub" setting with a lovely fireplace offering a pub-fare menu and sports events on TVs. Open on weekends from noon and weekdays from 4:30 pm. No reservations.

Tea Time – Served in the Hotel Lobby daily, in summer season service extends out to the patio and front lawns. Selection of black and herbal teas, coffees, along with fresh pastry and cakes from the dessert cart. Daily between 2pm to 5pm.

Menus available from our website <http://posthotel.com/cuisine/dining/>

Temple Mountain Spa at The Post Hotel



Let go and indulge at Temple Mountain Spa. A soothing, blissful sanctuary that combines – and caters to – health, wellness, beauty and therapy. The spa menu was developed using a harmonious blend of products and techniques to serve the unique needs of the Post Hotel & Spa's guests. Services range from therapeutic to luxurious with a wide selection of massage therapies, body and facial therapies and beauty services.

Take relaxation to a new level with Temple Mountain Spa's rejuvenating and luxurious treatments. Temple Mountain Spa experiences have been created using a harmonious blend of products and



techniques designed to deliver customized results. Our spa offers an array of Massages, Body Therapies, Facials, Nail and Waxing services.

Open 8am to 9pm daily.

Full Spa Treatment Menu available at this link <http://posthotel.com/lake-louise-spa/spa-treatments/>

Salt Water Pool - Take a plunge in the indoor, Roman inspired, saltwater pool; perfect for the whole family to enjoy. The whirlpool and steam room are ideal for melting away the muscle tension after an active day outdoors.

Open 6am to 9pm.

Fitness Centre - the Post Hotel & Spa's fully appointed fitness center offers a selection of Life Fitness cardio machines, Kaiser Strength training equipment and a variety of free weights. Open 6am to 9pm.

Gift Shop – located at Temple Mountain Spa, the gift shop stocks a wide variety of luxurious products by Valmont, Comfort Zone and Jane Iredale, apparel by Alo and Post Logo wear along with jewelry, makeup, hair accessories and much more. Open 8am – 9pm.

<http://posthotel.com/lake-louise-spa/>

Popular Hikes

Parks Canada Hikes <https://www.pc.gc.ca/en/pn-np/ab/banff/activ/randonee-hiking/lakelouise>

Trail Conditions http://www.pc.gc.ca/apps/tcond/cond_e.asp?opark=100092

Hiking app <https://www.alltrails.com/>

Please be aware that you will be entering bear territory and it is recommended to bring bear spray with you.

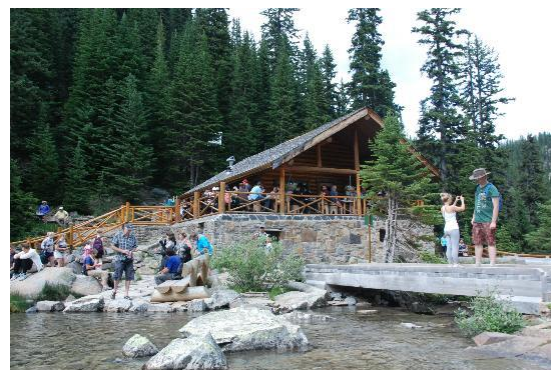
We have complimentary cans at the front desk available for Post hotel guests.





Lake Agnes Teahouse

| | |
|----------------|-------------------------------------|
| Distance | 6.8 km return |
| Elevation Gain | 385 m |
| Time Required | 2.5 - 3 hours |
| Difficulty | Moderate |
| Trailhead | The Fairmont Château Lake Louise |



The hike to Lake Agnes and the historic teahouse on its shores is a relatively easy hike through forest. A beautiful waterfall flows out of Lake Agnes just below the teahouse, where you can enjoy a cup of tea and fresh piece of pie. Continue 1.6 km around the far end of Lake Agnes and up switchbacks to the shelter at the top of the Big Beehive for views of the Bow Valley and Lake Louise

Baked Goods and lunch items change daily, check the chalk board inside for today's specials. Please be patient as all item (hot & cold beverages, sandwiches and soups or sweet desserts) are prepared individually.

Opening hours : 8am – 5 pm

Plain of Six Glaciers & Tea house

| | |
|----------------|-------------------------------------|
| Distance | 10.6 km return |
| Elevation Gain | 365 m |
| Time Required | 4 hours |
| Difficulty | Moderate |
| Trailhead | The Fairmont Château Lake Louise |



By far one of the most scenic hikes in the Canadian Rockies, the Plain of Six Glaciers trail offers expansive views of the impressive mountain features that surround Lake Louise, including Mt. Lefroy, Mt. Victoria and the Victoria Glacier. After your steady hike up, enjoy a snack at the historic Plain of Six Glaciers Teahouse before continuing 1 kilometer to talus slopes that provide a high viewpoint of Abbot Pass.

Menu: <https://p6teahouse.com/menu-ordering>

Note that they have no electricity so PREFERRED CANADIAN CASH. Otherwise there is ADDITIONAL \$4.00 fee for processing any credit card payments.



Bow River Loop

| | |
|----------------|--|
| Distance | 7.1 km return |
| Elevation Gain | 0 m |
| Time Required | 2 hours |
| Difficulty | Easy |
| Trailhead | Lake Louise Train Station parking lot. |

Travel on a pleasant trail in the rich riparian zone of the Bow River. These waters travel across the prairies to their ultimate destination in Hudson Bay, over 2500 kilometers downstream of Lake Louise. Interpretive trail.

Tramline

| | |
|----------------|----------------------------------|
| Distance | 4.5 km one way |
| Elevation Gain | 195 m |
| Time Required | 2.5 hours |
| Difficulty | Easy |
| Trailhead | Lake Louise Station parking lot. |

Follow in the footsteps - or trolley wheels - of travelers who, a century ago, were dropped off at the railway station and then ferried, by tram, on this 3% railway grade to the Chateau Lake Louise.

Lake Louise Lakeshore

| | |
|----------------|--------------------------------|
| Distance | 2 km one way |
| Elevation Gain | 0 m |
| Time Required | 1 hour |
| Difficulty | Easy |
| Trailhead | Upper Lake Louise Parking Area |

This accessible stroll allows visitors of all abilities to explore Lake Louise. At the end of the lake you'll discover the milky creek that gives the lake its magical color.



Moraine Lake Shoreline / Rock Pile

| | |
|----------------|--------------------------|
| Distance | 3 km return |
| Elevation Gain | 0 m |
| Time Required | 45 min |
| Difficulty | Easy |
| Trailhead | Moraine Lake Parking Lot |

The hike around the Moraine Lake Shoreline is the easiest way to appreciate the beauty of this famous alpine lake. A flat, easy trail weaves its way through shoreline trees and offers extraordinary views of the Ten Peaks, a series of encircling summits all over 10,000 feet. Hike up the Rock Pile for an alternative view of these turquoise waters and the nearby Tower of Babel.

Consolation Lakes

| | |
|----------------|--------------------------|
| Distance | 2.9 km one way |
| Elevation Gain | 65 m |
| Time Required | 2 hours |
| Difficulty | Easy |
| Trailhead | Moraine Lake Parking Lot |

Hiking to Consolation Lakes requires much less effort than most of the Moraine Lake trails, but rewards the hiker with views of high alpine meadows, enormous talus slopes and the Quadra Glacier.



Summer Gondola



The Best Grizzly Bear Viewing and Scenery in the Canadian Rockies

Cruise for fourteen glorious minutes, in an open chair or a fully enclosed gondola, to one of the Banff National Park's greatest views! From 2088m (6850ft), the spectacular scenery is yours to explore at will – there are ambitious hikes to the summit of Mt. Whitehorn for the hardy, or equally lovely short, leisurely strolls for those with more modest exercise goals.

Whatever your fitness level, Lake Louise will quickly capture your heart, so be sure to bring your camera to save your own special memories of soaring peaks, stunning glaciers, lush carpets of alpine wildflowers fed by clear bubbling springs, and-often-delightful glimpses of wildlife surrounded by the unspoiled beauty of summer.

<https://www.skilouise.com/>

| <u>Gondola Ride</u> | | <u>Ride & Dine Lunch</u> | <u>Gondola & Gourmet</u> |
|------------------------|---------|------------------------------|------------------------------|
| Adult (18+) | \$54.99 | \$59.99 | \$74.99 |
| Youth (13-17) | \$24.99 | \$34.99 | \$49.99 |
| Child (6-15) | \$9.95 | \$19.99 | NA |
| (5 & Under) | FREE | \$4.99 | NA |

Please note that they offer discounted prices for Albertan residents

<https://www.skilouise.com/tickets-passes/summer-tickets/summer-gondola-lift-tickets/>



Guided Hikes at the Lake Louise Summer Gondola

Trail of the Great Bear

| | |
|--------------|--------------------------------------|
| Duration | 45 minutes |
| Difficulty | Easy |
| Dates & Time | Every day on the hour during opening |
| Group Size | 2 to 9 |
| Cost | \$16.95 |

A 45 minute easy, guided informational walk that addresses a question most of us have here in bear country, "What should I do if I see a bear?" You'll learn about bear behavior and how to stay safe.

Trail of Ice & Fire

| | |
|--------------|--------------------------------|
| Duration | 2 hours |
| Difficulty | Moderate |
| Dates & Time | Every day from June 21 at 2 pm |
| Group Size | 2 to 9 |
| Cost | \$29.95 (ages 8+) |

Take in the spectacular views from the upper mountain and witness the evidence of ice and fire that shaped the landscape over thousands of years. A two hour moderate hike with an interpretive guide will ignite your imagination as to how this landscape would have looked during the last Ice Age.

Trail of 7 Wonders

| | |
|--------------|-----------------------------------|
| Duration | 3.5 hours |
| Difficulty | Moderate |
| Dates & Time | Every day from June 21 at 10:30am |
| Group Size | 2 to 9 |
| Cost | \$55.95 (ages 8+) |

Discover 7 Wonders of Lake Louise. This 3.5 hour moderate hike with an interpretive guide showcases seven endangered and valued species that live and grow here in the Park.

During the fall experience the picturesque colors of the larch trees and learn about the survival strategies of the larches in the harsh alpine environment.



Wildlife Interpretive Centre

Wildlife Interpretation Centre located at the top of the Summer Gondola is the perfect place to discover what makes life in Banff National Park uniquely spectacular.

We offer interactive presentations for all ages, short themed [Guided Walks](#) around the center and interactive displays to learn about our native wildlife and endangered species native wildlife. The Centre provides guests the opportunity to learn how to stay safe during their visit while exploring the area.

There will be interactive stations, ongoing short films and presentations in the theatre for your viewing pleasure. We provide a complimentary, interactive game where you can learn about our endangered species on the path to the Wildlife Interpretive Centre. Completion of the game comes with a certificate and the title of Junior Ranger of the Lake Louise Ski Resort.





Columbia Icefields

Glacier Adventure

Discover the power of nature on the Glacier Adventure – the must-do experience in the Canadian Rockies. At the heart of the incredible Icefields Parkway is one of the largest non-polar ice fields in the world. Here, you'll travel on a massive Ice Explorer to a place where you can walk on, feel and drink from the Athabasca Glacier. Then, take a jaw-dropping walk along the glass-floored Glacier Skywalk at the cliff's edge.



- Advanced booking prices: Adults from \$92.00; Ages 6-15 from \$59.80; Ages 5 & under ride for free but require a ticket.

<https://www.banffjaspercollection.com/attractions/glacier-adventure/>



Glacier Skywalk

Step out on a cliff-edge walkway where giant glaciers perch above you and the spectacular Sunwapta Valley spreads out below. The Glacier Skywalk experience features waterfalls, wildlife, fossils and more on an exciting 1-kilometre walkway that leads to a platform where glass is all that separates you from a 918-foot (280 m) drop. The walk is presented in an interpretive storytelling format that will connect you to the natural world in a deep and meaningful way.

Advanced booking prices: Adult from \$30.00; Ages 6-15 from \$19.50; Kids Ages 5 & Under Free

<https://www.banffjaspercollection.com/attractions/columbia-icefield/skywalk/>



Trail Rides

Brewster Adventures Lake Louise Trail Rides

Contact: 403 762 5454

horses@brewsteradventures.com

An extraordinary combination of nature and human history has created the glory that is Lake Louise – wild, beautiful, and unforgettable. In the world’s

imagination, this is Canada. Through Brewster Lake Louise Stables, today’s visitors can relive the experience of the original visitors to Lake Louise. A summer trail ride to a mountain guide teahouse, your Brewster adventure is sure to be unforgettable.

<http://www.brewsteradventures.com/summer-trail-rides>



Destination Lakehead Ride

Departure times: 9:30 am, 10:30 am, 1:30 pm & 3:00 pm

The Destination ride travels along the northwest edge of the Lake through a century old sub-alpine forest of spruce and fir trees. As you travel to the end of the Lake, Mount Fairview can be seen to the east, with Mount Victoria to the south. The emerald color of the Lake can be seen through the trees as your ride progresses. At the end of the Lake, the final destination, you can look back to view the Chateau Lake Louise and have the opportunity for breathtaking photos.

- \$135.00 per person – Approximately 1.5 to 2 hour Ride

Lake Agnes Tea House Half-Day Ride

Departure times: 9:00 am and 1:00 pm

Known as one of the most popular trails in the Canadian Rockies, the Lake Agnes teahouse ride will climb to an elevation of 7000 feet to a tarn nestled in a valley high above Lake Louise. This historic mountain teahouse, named after the wife of Canada’s first Prime Minister, was originally built in 1901, and rebuilt in 1981.



The trail follows along the tree line of Lake Louise through a large growth of sub-alpine forest rich with Spruce and Fir trees. You will see Lake Louise below and the lower level of Fairview Mountain. As the trail climbs steadily to your teahouse destination you will soon view the base of Big Beehive Mountain and Mirror Lake. Mirror Lake is often referred to as “the goat’s looking glass” as mountain goats till populate this area.

Climbing above Mirror Lake, the massive peaks of Mount St. Piran, Mount Aberdeen and the glacial peaks of Mount Temple will all come into view. Mount Temple is the third highest peak in Banff National Park, at 3544 m/ 11,500 feet high.

- \$195 per person – Approximately 3 Hour Ride

Plain of Six Glaciers Tea House Ride

Departure time: 1:00 pm

The mountain trail ride to the Plain of Six Glaciers is a continuation of the trail that takes you to the end of Lake Louise. You travel to the base of Victoria Glacier where you can view numerous breathtaking glacial fields as well as Mount Victoria.

The trail travels beneath spectacular rock faces, and through sub-alpine forest, and across large avalanche paths along the slopes of Mount Whyte. You next travel to a viewpoint where the ‘Plain’ can be observed. This is a long glacier at the base of the lower Victoria Glacier.

From horseback you will view six other glaciers: Lower Victoria, Upper Victoria, Aberdeen, Lefroy, Upper Lefroy, and Popes. The splendor that is Lake Louise was created by the flow of these glaciers millions of years ago.

Traveling the last leg of your trip your guide will take you to the Plain of Six Glaciers Teahouse, built in 1924, at 7000 feet as a base for Swiss Guide mountaineers. This trail gives you grand views of Lake Louise and the lower valley floor as you descend in elevation.

- \$260.00 per person – Approximately 4 Hour Ride
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Full Day Expedition Ride

Paradise Valley, Giant Steps, Lake Annette and the Horseshoe and Glacier

Departure times: 9:00 am (Full Day Ride)

The all-day ride to Paradise departs Brewster Lake Louise Stables at 9:00 am and travels along the east side of Mount Fairview.

You ride through alpine forest and gradually climb through a tree line forest of Larch. Larch trees grow only at tree line and normally only about 7000 feet. The needles on these trees turn a golden yellow in the fall or late summer. As we approach Temple Mountain we turn on to the trail to Lake Annette where we have our lunch stop. We continue on the High Line Trail going by the Giant Steps Waterfall.

Once your guide takes you up above tree line you will have a spectacular view of the massive Wenkchemna Peaks, or the "Valley of Ten Peaks". Wenkchemna is a Stoney First Nation word that means 'ten'.

The high alpine meadows you traverse are filled with mountain wild flowers as well as a small group of little lakes called Minnestimma Lakes, another Stoney word that refers to "sleeping waters".

This is an amazing high alpine ride, and a special place in the Canadian Rockies.

"Longest day ride at our Lake Louise Stables, suitable for intermediate to experienced rider only and includes a nutritious lunch".

- \$365.00 per person – Approximately 7 Hour Ride

Similar tours by **Timberline Tours**

Contact: (403) 522-3743 or timberline@timberlinetours.ca

<http://www.timberlinetours.ca/>



Additionally to similar tours as above they offer Introductory Trail Rides like a 10 min themed loop for \$15.00 or the 45 min Peyto trail loop for \$50.00.



Banff Sunshine Meadows

Banff Sunshine Summer Gondola

Spend some time with us & find out why the Banff Sunshine meadows experience is 7,000 feet above ordinary.

Ride the Standish Chairlift to over 2,400 m (7,875 feet) — the highest lift-accessed sightseeing elevation in the Banff and Lake Louise area! It's also the only gondola with sightseeing access to 4 pristine alpine lakes.

Surrounded by the iconic peaks of the Canadian Rocky Mountains, experience stunning 360 degree views. From there, catch even more breathtaking scenery from the Standish Viewing Deck and take in the vistas of three high-alpine lakes; Laryx, Grizzly, and Rock Isle.

<https://www.banffsunshinemeadows.com/>





Canoeing



Lake Louise

Paddle on the beautiful and always breath-taking Lake Louise. Enjoy stunning scenery, aquamarine water and the dramatic peaks of the Victoria Glacier. Canoe rentals are available at the boathouse, located on the west shore of the lake.

Each canoe may be rented at an hourly rate and can hold either three adults or two adults and two small children under 55 pounds (25 kilograms) each.

Opening hours: 8:30 am to 6:00 pm

Pricing: from 125+tax/30 minutes, 135\$+tax/1h

<http://www.fairmont.com/lake-louise/promotions/canoeing/>

Emerald Lake

Emerald Lake is the largest lake located in Yoho National Park in the province of British Columbia. It is a 20 minute drive west from Lake Louise. With a beautiful green hue it truly stands up to it's name. The color is most intense in early summer when there is a high amount of glacial silt flowing from the surrounding mountains. Due to the high elevation of the lake it remains frozen from November to early June.



Opening hours: June - 10am-6pm, July & August - 9am-7pm, September until Thanksgiving - 10am-6pm

Pricing: from \$80 per hour; No reservations; 3 adults per boat; call ahead for groups of 20+ <https://sites.google.com/theboathousetradingco/emeraldcanoes>



Moraine Lake

Moraine Lake is only half the size of its nearby neighbor Lake Louise, but perhaps even more scenic. It's situated in the beautiful Valley Of The Ten Peaks in Banff National Park. This glacier-fed lake becomes the most intense and vivid shade of turquoise blue. The setting of the surrounding majestic mountain peaks makes the scene almost surreal.

The canoes available can accommodate two or three people. They can't be reserved, the availability is on a first come, first served basis and guests of the Moraine Lake Lodge take priority. The operation of the canoe dock is weather dependent and subject to being closed without notice.

Closed till lake melts, please refer to front desk if needed

Hours: 9am – 5pm (last canoes leaves at 4pm), mid-June until mid-September

Pricing: from \$115 plus taxes per hour per canoe

<https://morainelake.com/day-visits/>



Fly Fishing



World famous fly-fishing on the Bow River and abundant lake fishing as well. Contact **Wilson Mountain Sports** for information and equipment www.wmsll.com

HAWGWILD Fly Fishing Guides

Contact: 403 678 7980

Website: www.banffflyfishingguides.com

Prices:



| | | |
|---------------|----------------|----------------|
| One Angler | \$395 Half Day | \$450 Full Day |
| Two Anglers | \$495 Half Day | \$550 Full Day |
| Three Anglers | \$595 Half Day | \$650 Full Day |
| Four Anglers | \$695 Half Day | \$750 Full Day |

Let's go fly fishing!!! Big Jim, Banff's resident fly fishing, spin fishing and ice fishing guide, would be happy to guide you on a fun filled fishing adventure whilst on your vacation to Banff. Our client friendly Bow River fishing trips include all the gear; Wardell breathable waders, Skagit boots, spare rain and bomber jackets, G. Loomis rods, all the flies and tackle, ala carte food and drink, transportation and entertaining guide



White Water Rafting

Wet N' Wild Adventures

Contact: 1 877 344 7238 /

Local: 250 344 6521

<http://www.wetnwild.bc.ca/>

Wet N' Wild Rafting Adventures was established in 1990 on the Kicking Horse River, renowned as one of the

premier whitewater rafting destinations in British Columbia and Canada. We love the water and the thrill it provides and we want to share it with you!



Wild Water Adventures

Contact: 1 888 647 6444

Local: 403 522 2211

<http://wildwater.com/>

Kicking Horse river rafting is renowned as the best white water rafting Banff has to offer and is the premiere destination for all Canadian Rockies rafting! For 25 years, Wild Water has

proven to be your trusted and locally owned Kicking Horse rafting outfitter.

Our Banff rafting trips are perfect for singles, couples, families and groups, and all abilities and ages, from 8 to 88 and make for the ideal rafting trips in Canada.

Up the Mountain & Down the River Package



Gondola and rafting package available from the Wild Water adventures. Prices starting from \$152.00 for Gondola, Lunch and Gentle Rafting. Minimum age is 8 years old.

<https://wildwater.com/canada-rafting-specials/>



Alternative Dining Options in Lake Louise



The Station Restaurant – Located a short 5 minute walk from the Post Hotel in the Heritage Railway Station, The Station Restaurant offers a unique dining experience for Lunch and Dinner in either the Great Room, East Room, outdoor patio or heritage garden. Please consult the website for summer hours.

<http://www.lakelouisestation.com/>

Fairmont Chateau Lake Louise – located near the lake, the Fairmont Chateau Lake Louise offers a wide selection of dining options including

- Walliser Stube
- Poppy Brasserie
- Lakeview Lounge
- Alpine Social
- The Guide's Pantry – Grab'N'Go
8-4 Sunday-Thursday
8-8 Friday-Saturday
- Fairview Bar & Restaurant



<http://www.fairmont.com/lake-louise/dining/>



Deer Lodge – Located a short 7 minute drive from The Post Hotel, serving up hearty Rocky Mountain cuisine such as Bison & Elk, sustainable seafood, prairie-grown grains and locally sourced vegetables. Dine in the Mount Fairview Dining Room for breakfast, lunch or dinner; Caribou Lounge for Lunch out on the Patio in the sun. <https://crmr.com/resorts/deer-lodge/dining/>



Banff Activities

Cave & Basin - Banff

Visit the Cave and Basin National Historic Site to experience the birthplace of Canada's national parks and learn about the natural and cultural history of the mountains. Touch the hot water that seeps from the rocks, smell the minerals and explore the trails. Discover it on your own or enjoy one of the many guided tours.

<https://www.pc.gc.ca/en/lhn-nhs/ab/caveandbasin>



Banff Gondola

Experience a world of adventure and beauty at the summit of Banff's Sulphur Mountain. Indoors, the experience is equal parts excitement and exploration, with an interpretive center and theatre to captivate the child in all of us. It's also where culinary expectations rise to new heights, with menus that rival the views. Outside, the epic views are truly endless from the rooftop deck or with a stroll along the mountain boardwalk. Top it off with seasonal programs and exciting events for the ultimate mountaintop adventure.

Admissions from: Adult (15+) \$60; Child (6-15) \$40; Kids (0-5) Free

<https://www.banffjaspercollection.com/attractions/banff-gondola/>



Lake Minnewanka - Banff

See the Rocky Mountains from a new perspective while touring beautiful Lake Minnewanka on a panoramic 1-hour interpretive cruise. Beginning from the western end of the largest lake in Banff, the Banff Lake Cruise sets sail under towering peaks. Take in breathtaking mountains and emerald-green water as you keep a watchful eye on forested slopes and rocky shorelines for wildlife and waterfalls.

Adults from \$62; Child (6-15) \$41; Kids ages 5 and under FREE

<https://www.banffiaspercollection.com/attractions/banff-lake-cruise/>



Johnston Canyon & Ink Pots

Your adventure begins with your choice of an easy 20 minute stroll to the lower falls at Johnston Canyon or 45 minutes to the upper falls at one of the most spectacular discoveries in Banff National Park. Your scenic trail is well groomed and winds its way through Johnston Canyon towards seven sets of waterfalls. The lower falls are an easy 1.1K walk, the second set of falls are 2.7K. To the ink pots it is a total of 6 km one way.

To get there

The eastern section of the Bow Valley Parkway from the junction of the Bow Valley Parkway and Highway 93 South to Fireside day-use area will continue to be closed throughout the summer to public vehicles. Access to Johnston Canyon day-use area will be available by **public transit** via Roam Transit Route 9. Roam Transit Route 9 can be accessed from the Town of Banff.

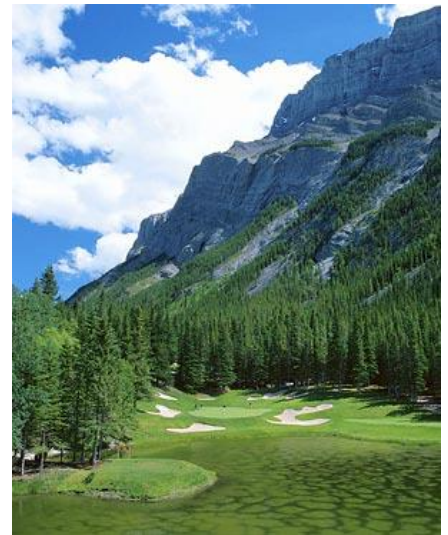
<https://www.banfflakelouise.com/johnston-canyon>



Golf - Banff Springs

The spectacular Banff Springs Golf Course, located along the scenic Bow River at the foot of Mount Rundle, is the only course in Banff. It is both breathtaking and challenging. Banff Springs offers the 18-hole Stanley Thompson course, and the 9-hole Tunnel Mountain course. Total length of the 27 holes is over 7,000 yards (6,363 metres).

<https://banffspringsgolfclub.com/>





Dining in Banff



GRILL AND LOUNGE

Located on Banff Avenue's busiest corner, The Maple Leaf has become an iconic landmark in downtown Banff. The Maple Leaf features Canadian cuisine including Alberta beef, game, fresh fish and seafood.

<http://www.banffmapleleaf.com/>

The Maple Leaf

Ticino Restaurant



Welcome to Ticino Swiss-Italian Restaurant. It is a locally owned and family operated business since 1979. The warm ambiance blends Swiss, Italian and Canadian influences and serves food and drinks with local ingredients.

<https://www.ticinorestaurant.com/>



The Bear Street Tavern

The signature pizzas, sandwiches & cast iron specialties will satisfy any hungry Banff adventurer. Make yourself at home in a cozy booth for 2, or bring your friends & family and take over a table for 20! Enjoy a beer, or a Bear sized cocktail and finish with a ridiculously good pizza.

<https://www.bearstreettavern.ca/>



Chuck's Steakhouse



Alberta-raised Wagyu beef grilled over hardwood and mesquite, abundant ranch-style dinners, and the perfect cocktails and brews to wet your mouth. Chucks Steak House trumps with in-house dry-aged beef and a fantastic mountain view.

<https://www.chuckssteakhouse.ca/>



THE BISON
restaurant + terrace

The Bison

Live music. Seasonal Dishes. Summer Patio. Local Farming. The farm to table approach means you'll be eating the very best our region has to offer. The menu changes with the seasons, so each time you dine at The Bison you can try something fresh and exciting.

<https://www.thebison.ca/>

Eden

Eden

Chad Greaves, Eden Manager and Sommelier, welcomes you to enjoy Banff's finest dining experience. Eden is renowned for its delicately crafted French cuisine, influenced by fresh local ingredients. We offer a 5-course Chef's Tasting Menu, and a 3-course Table D'hote menu. Foodies will love our 8-course Grand Degustation menu designed to offer you the ultimate in dining experiences.

<https://www.rimrockresort.com/EDEN/index.html>



SKY BISTRO

Sky Bistro

Arriving here is part of the experience

Your Sky Bistro journey begins with a stunning 8-minute gondola ride to the top of Sulphur Mountain. Relax, take in the views and feel the rush of the alpine.

Fresh ideas inspired by local producers

We partner with the top farmers, suppliers, food artisans and producers in Western Canada. Their friendship and dedication inspire our kitchen, and you can taste the difference!

https://www.banffiaspercollection.com/dining/sky-bistro/?utm_medium=cpc&utm_source=google&utm_term=sky%20bistro&utm_campaign=s-skybistro-brand-world&utm_content=&gclid=EAlaIQobChMlgurYIK_58AIV5R6tBh24Hw_IEAAYASAAEgJHn_D_BwE#a



Three Bears Brewery

From the chicken wing to the sour pizza dough, from the burger to the Alberta striploin, from the baby kale salad to the avocado melt. Our food was created to pair with beer made here.

<https://threebearsbanff.com/restaurant>