

## VISITING CANMORE, BANFF AND THE CANADIAN ROCKIES IN 2023

*We'd suggest booking as quickly as you can because these are popular spots.*

Driving west to the mountains is easy. Canmore is 1.25 hours by car. Banff is another 30 minutes beyond Canmore. Lake Louise is 2 hours total.

**Canmore** is before the national park. It has a great couple of main streets with galleries, shopping and restaurants. Their public art is fun too. There are nice ambles and then more serious hikes within Canmore along the river, up through various benches of land or even up some peaks (bring your boots!). The 1988 Olympic Nordic Centre is there. We can point you at hiking maps and more info of all kinds on Canmore.

[www.canmore.ca](http://www.canmore.ca)

**Banff** is within a national park so you enter the Banff Park gates along the TransCanada just past Canmore. You will have to buy a pass for your car that includes details of your time and occupants. It is easy to do at the small wood huts the road will take you to. Its roughly \$25 per 24 hours for your car.

**Banff** is more 'touristy' but also steeped in history and really breathtaking. The Whyte Museum has an interesting collection of mountain historical photos and other cool things including a lovely gift shop.

[www.whyte.org](http://www.whyte.org)

The **Banff Springs** is an original CP hotel that looks like a castle, has a terrific (I'm told) spa and is just fun to climb around in. It is worth a visit at least. Not far away is a gondola to the top of Sulphur Mountain. You can ride both ways or walk one of them.

[www.fairmont.com/banff-springs](http://www.fairmont.com/banff-springs)

**The Banff Centre** is basically an arts campus up from the town. It is our preferred place to stay as its quiet, less pricey and a healthy wander from the town site. Parking is also free.

[www.banffcentre.ca](http://www.banffcentre.ca)

All of Banff is walkable. Leave your car and wander.

We can give you tips for eating, good coffee and trails. And loan you bear spray. Ha.

[www.banff.com](http://www.banff.com)

You can also keep driving to **Lake Louise**. It is unbelievably beautiful but gets crowded so you may find yourself out of your car climbing onto a bus for the trip up the mountain from the small town centre. There are two hotels up by the lake...the **Chateau Lake Louise** and **Deer Lodge**. The first is very grand and worth exploring while the second is more rustic with lovely dining and oozing atmosphere. Hiking around the

lake or up to the Beehive or the Tea House are hikes you won't forget. Renting a canoe is also an option.

[www.discoverlakelouise.com](http://www.discoverlakelouise.com)

[www.fairmont.com/lakelouise](http://www.fairmont.com/lakelouise)

The **Canadian Rocky Mountain Resorts** owns a few rustic hotels through this area including Deer Lodge at Lake Louise, Emerald Lake Lodge just into BC and Buffalo Mountain Lodge in Banff.

[www.crmr.com/deer](http://www.crmr.com/deer)

**Kananaskis** Park is closer than Banff and involves a left turn off the Trans Canada before the mountains get super steep. It is a provincial park with great camping, trails and a hotel or two of its own.

[www.kananaskis.com](http://www.kananaskis.com)

There are lodges and cabins for rent too so just ask so I can send you some links. Some of these cabins and lodges are strung along the road to Louise and even into the BC mountains near the little town of **Field**, BC. We like **Storm Mountain Lodge**....log cabins across from Field. The main lodge is charming and has great dinners and breakfasts.

[www.stormmountainlodge.com](http://www.stormmountainlodge.com)

If you really have time then keep driving west and north up the **Icefields Highway** past Lake Louise and past turn-offs in to B.C. The Icefields are beautiful, there is great hiking and you eventually (4-5 hours past Lake Louise) end up in **Jasper Park Lodge** which is actually also 4 hours west of Edmonton. It is worth booking if you are going to venture up there. Jasper is smaller and more modest than Banff.

P.S. from the airport there is a hotel shuttle that can deliver you to the ALT or really close. Also to/from the airport there is a shuttle to both Canmore and to Banff. It is fairly regular and quite affordable.

QUESTIONS?

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