



# Cactus Chronicles

TRAVEL

## banff itinerary

*destination:* Banff & Lake Louise

*best time to visit:* Summer

*trip length:* 5 Days



### day 1: EXPLORE BANFF

#### MORNING

Ride the Banff Gondola to the top of Sulphur Mountain. Walk the summit boardwalk to Sanson's Peak for panoramic views of the Canadian Rockies.

#### AFTERNOON

Explore downtown Banff and stroll the Bow River Trail. Stop for the Banff Avenue photo spot and visit the playground near Central Park.



### day 2: BANFF ADVENTURES

#### MORNING

Hike Johnston Canyon, one of Banff's most popular family-friendly trails, featuring waterfalls and canyon views along the route.

#### AFTERNOON

Visit Bow Falls, then take the scenic Lake Minnewanka Loop Drive. Spend the evening exploring shops and restaurants along Banff Avenue.



### day 3: BANFF TO LAKE LOUISE

#### MORNING

Grab coffee and donuts at Tim Hortons, then stop for a photo at the Banff sign near Fenlands Recreation Centre.

#### AFTERNOON

Drive about 45 minutes to Lake Louise. Spend the afternoon canoeing on Lake Louise or walking along the lakeshore trail.



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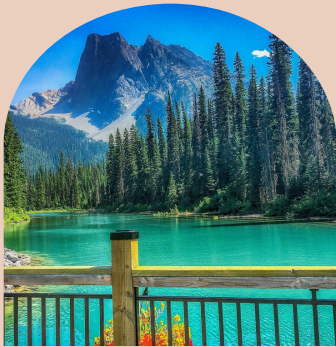
## day 4: MORAINE LAKE

### MORNING

Take an early Moraine Lake sunrise tour for one of the most iconic views in the Canadian Rockies.

### AFTERNOON

Walk the Lake Louise Lakeshore Trail or hike toward the Lake Agnes Tea House. Relax by the lake or explore the nearby Lake Louise Gondola.



## day 5: SCENIC STOPS / TRAVEL DAY

### MORNING

If heading toward Calgary or continuing your trip, consider one last scenic stop near Lake Louise.

### AFTERNOON

Visit Emerald Lake (Yoho National Park) or Peyto Lake, both known for stunning turquoise water and mountain views. Choose one stop to keep the day relaxed before continuing your drive.



## my recommendations

### WHERE TO STAY

- Peaks Hotel & Suites
- Banff Park Lodge
- Fairmont Chateau Lake Louise

### RESTAURANTS

- Three Bears Brewery
- Bluebird Wood-Fired Steakhouse
- Banff Social

### ADDITIONAL ACTIVITIES

- **Explore Calgary** – visit Prince's Island Park, Calgary Tower, or the Calgary Zoo before or after your Banff trip
- **Columbia Icefield Adventure** – ride onto the Athabasca Glacier in a massive Ice Explorer vehicle

### TRAVEL TIPS

- **Book early** — hotels, tours and restaurants fill quickly in summer.
- **Start hikes early** to avoid crowds and limited parking.
- **Bring layers** — temperatures in the mountains can change quickly.
- **Pack water, snacks, and sunscreen** for long hiking days.
- **Carry bear spray when hiking** and know how to use it.
- **Download offline maps** — cell service can be limited in the park.
- **Arrive early at Lake Louise** or use the shuttle to avoid parking issues.

notes:

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