



BIKE BANFF AND LAKE LOUISE IN 5 DAYS

Banff National Park features some of Canada's most scenic roads and trails. Two wheels are the perfect way to explore, whether you want to take the family for a lakeside spin, tackle grueling road climbs, or enjoy the thrill of a tree-lined downhill trail. There are many options, both on-road and off-road, for cyclists of all ages and abilities.

Airport Gateway: [Calgary](#)

Distance from airport: 1.5 hours

Airport transfers: [Banff Airporter](#), [Brewster Express](#), [Car hire](#)

Getting around: [Explorethepark.ca](#)

Average weather temperatures:



SUMMER
28/11



FALL
7/-5



WINTER
-2/-12



SPRING
10/4



DAY 1 STRETCH THOSE MUSCLES

After arriving by car or plane, your biking legs are going to need some stretching. Start your visit with a leisurely cruise along the Bow River

Trail and around the Banff Springs Golf Club loop. To extend your day, bike back through town and head towards [Vermilion Lakes](#) for an unbeatable view of Mount Rundle.



DAY 2 FOLLOW THE RIVER

Peddle a little farther today on a stunning subalpine route to [Sundance Canyon](#). This meandering paved trail follows the Bow River past the [Cave and Basin](#)

[National Historic Site](#) where beavers and birds are often spotted (along with the odd canoer). At the end of the route, dismount and explore the canyon trails by foot.



DAY 3 RIDE WITH THE LOCALS

Join the morning commuters for a ride on the Legacy Trail to Canmore and back. If you're not up for the return journey, keep in mind that the [Roam bus](#) can drive you

back to Banff if there's room for you and your bike.



DAY 4 HEAD DOWN HISTORY LANE

This full-day route takes you along the historic highway ([Bow Valley Parkway](#)) to Castle Junction or Lake Louise, depending on how far

you want to go. There are plenty of lookouts along the way to stop and see the sights all of which have interpretive signage explaining the significance of the route.

The eastern section of the parkway will be closed to vehicles seven days a week in the spring and fall from May 1 to June 25, and from September 1 to September 30.



DAY 5 BIKE AND BOAT

Instead of packing up and leaving first thing, head out on the [Minnewanka Route](#). It's a short distance from Banff so you can take your time with a relaxing

brunch in the morning before one last ride out to the lake. Here, you can hop on longer routes or take the [Lake Minnewanka Cruise](#) for happy hour craft beers to cheers to a successful trip.

MORE INFORMATION:

Visit our [website](#) for more information on [mountain biking](#) or [road cycling](#).

If you need some extra pedal power, [e-bikes](#) are a great way to clock up those kilometres in a more leisurely fashion.

Visiting in winter? Read our ultimate guide to [fat biking](#) in Banff national Park.

There are plenty of rental options available in Banff and Lake Louise: [Banff Adventures](#), [Banff Cycle](#), [SkiBig3 Adventure Hub](#), [Snowtips-Bactrax](#), [Ultimate Sports](#), [Wilson Mountain Sports](#).

For guided tours, visit our local experts from [Banff Cycle](#) or [White Mountain Adventures](#) and choose from a selection of daily guided tours or get in touch to book a custom tour that's exactly right for you.

