



BANFF AND LAKE LOUISE SAMPLE WINTER ITINERARY

Just like the snow that piles up on evergreen branches, the options for winter activities in Banff and Lake Louise are much deeper than you might think. Spend a week seeking out winter's surprises, and you'll find that every day spent in the company of snowy mountain peaks is different from the last.

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 WINTER WALKS IN LAKE LOUISE

Begin your week of winter wonder by heading straight to the village of [Lake Louise](#) in the heart of the Canadian Rockies. Stretch your legs

along the iconic Lake Louise shoreline trail, glide over the frozen lake backdropped by the magnificent Victoria Glacier or bundle up in the traditional [wooden sleigh](#) and listen to the faint jingling of the horses' harnesses and the stories of your local guide.



DAY 2 SNOWSHOEING AND NIGHTRISE AT THE BANFF GONDOLA

Wake up well-rested and meet your guide from [Discover Banff Tours](#) or [White Mountain Adventures](#).

With snowshoes strapped to your feet, explore the serene snowy forest, and learn about the flora and fauna that thrive here.

For a unique and memorable evening, climb onboard the [Banff Gondola](#) after 5 pm to enjoy [Nightrise](#). In partnership with the Stoney Nakoda Nation, Nightrise transforms Sulphur Mountain into an immersive, interactive experience after dark through dynamic lights, projections, original soundscapes and more.



DAY 3 SKIING THE BIG 3

Banff and Lake Louise are a paradise for skiers and snowboarders. [Three world-class resorts](#) are a short distance from the town of Banff and the hamlet of Lake

Louise and offer a wide variety of terrains for skiers and riders of all ages and abilities. No need to bring your gear, there are many options in Banff and Lake Louise where you can [buy or rent anything you need](#).



DAY 4 EXPERIENCE MOUNTAINS FROM ABOVE

By now, you'll be well acquainted with the steep slopes of the mountains that surround Banff and

Lake Louise. Get a whole new perspective on the immensity of the Rockies with a [helicopter tour](#) that [soars high](#) above the peaks.



DAY 5 FATBIKING ADVENTURE

After a day of restful exploration, it's time to stretch your mountain legs. [Winter fat bikes](#) are the newest way to explore Banff

National Park. The snow-covered trails in Banff and Lake Louise are now accessible year-round thanks to fat bikes which have wide tires that are perfect for riding on snow. Fat bikes are available to rent in town.

In the afternoon, [reward yourself](#) with a deep tissue massage treatment, bathe in the mineral-rich [hot springs](#), or indulge in an aromatherapy massage to ease the tension from your days of activities.



DAY 6 SNOW TUBING AND ICE WALKING

Head up to Mt. Norquay for [snow tubing](#); enjoy the easy access with a short ride up the tube park, and then feel the rush of cruising down

the carefully groomed snow tube lanes.

Take an afternoon drive from Mt. Norquay to [Johnston Canyon](#) with plenty of time for scenic stops like the Mt. Norquay viewpoint and Morant's Curve. Join a [guided tour](#) or rent your ice cleats and venture into the unearthly realms of this frozen canyon.



DAY 7 A FINAL DAY OF TASTING IN BANFF

[The food scene](#) in Banff and Lake Louise is vibrant, diverse and open for all to enjoy. With modern restaurants in the downtown

core, elegant dining rooms in grand hotels, and cozy intimate bistros in backcountry lodges, there is something for everyone. Or join the [Eat the Castle tour](#) inside the iconic Fairmont Banff Springs Hotel with Alberta Food Tours.

