



BANFF
& LAKE
LOUISE

BANFF AND LAKE LOUISE SAMPLE SPRING ITINERARY

Spring is a time of rejuvenation in Banff and Lake Louise. As the days grow longer and the sunshine warmer, the valleys come alive with birdsong and fresh growth, while snow still lingers on the mountain slopes.

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 DISCOVER BANFF AND LAKE LOUISE

Enjoy a guided sightseeing tour to some of Banff National Park's most iconic locations, there are many activity operators and tour companies in Banff and Lake Louise that can help enhance your experience when visiting the must-see sights, such as Lake Louise, Tunnel Mountain, and Sulphur Mountain.

fantastic terrain, a strikingly scenic setting, and a happening après scene.



DAY 2 SPRING SKIING

Sunny days, great snow and après-ski on the patio make spring the locals' favourite time to ski. Until mid-May, make the most of our ski resorts which all offer

fantastic terrain, a strikingly scenic setting, and a happening après scene.



DAY 3 LONG BRUNCHES AND RETAIL THERAPY

Blissfully tired from the previous day, you relish a guilt-free sleep-in. Wrapped in warm blankets, it takes some convincing to get a

freshly brewed cup of coffee. A long, lazy brunch is just what you had in mind and the chef doesn't disappoint.

In the afternoon, wander around the downtown streets lined with local handmade shops and iconic views of Mt. Rundle and Cascade Mountain.



DAY 4 EASY SIGHTSEEING WALKS AND HIKES IN BANFF

Spring is a beautiful time for hiking in Banff and Lake Louise — the air is cool and fresh, the views of the

snow-capped peaks will stop you in your tracks, and you'll have the trails to yourself.



DAY 5 SCENIC DRIVES & LOCAL WILDLIFE

There is no better way to see scenery and wildlife in a short time span than by driving the roadways of Banff National Park. Take a short

cruise up Tunnel Mountain or an all-day adventure down the Icefields Parkway (Highway 93). From the road, view the local wildlife and stunning landscape, and take the time to stop and explore the many easily accessible roadside attractions and activities. Don't have a car? No problem! There are other ways to get around and explore Banff National Park car-free.



DAY 6 CYCLING AND BIRD'S EYE VIEWS

Two wheels are the perfect way to explore, whether you want to take the family for a lakeside spin, tackle gruelling 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. If you need some extra pedal power, e-bikes are a great way to clock up those kilometres in a more leisurely fashion. Visit one of our rental providers in Banff or Lake Louise.

For a unique and memorable evening after your big day, climb onboard the Banff Gondola to watch the sunset turn to a starscape from high above the twinkling lights of Banff.



DAY 7 CONNECT WITH NATURE

Find a deeper connection on your visit to Banff National Park with yourself, nature, and those around you. Expert local guides and wide-open spaces are just a couple of

ways you can expect to find natural wellness during your stay. Join a knowledgeable guide for a medicine walk and learn about indigenous culture, history, traditions, and teachings from the land.

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.

