



# BANFF AND LAKE LOUISE SAMPLE AUTUMN ITINERARY

Autumn in Banff and Lake Louise is a time for invigorating adventures and nourishing connections. As the air becomes crisper, the trees come alive with radiant colours and the serenity of autumn replaces the buzz of summertime. It's the perfect time to connect with the beauty of our natural environment for a trip full of vibrant and tranquil experiences.

**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 in Banff and Lake Louise, such as Lake Louise, Moraine Lake, Tunnel Mountain, and Sulphur Mountain.



## DAY 2 CANOE, KAYAK, OR SUP WHERE THE BOW RIVER BEGINS

Discover more of Banff National Park off the beaten path. Driving west from Banff on Highway 1, take the exit to

the Icefields Parkway/93 North. About 20 minutes down the road, turn off at Bow Lake to enjoy a paddle with a view of the Bow Glacier. There are several places in Banff and Lake Louise where you can rent or purchase your gear. Extend your stay on the Icefields Parkway and explore more of the park, and see Peyto Lake, Mistaya Canyon, and the Athabasca Glacier.



## DAY 3 EXPLORE THE TRAILS

Autumn in Banff National Park is that special time of year when larch trees sweeping across the Canadian Rockies bring the landscapes alive, as they

begin to change coats for winter and turn a brilliant yellow hue. Numerous trails will immerse you in the experience on your own two feet. However, there are several other ways to enjoy the golden larches in all their glory.



## DAY 4 BIRD'S EYE VIEWS

One of the most breathtaking ways to see the larches in Banff National Park is from high in the sky. You can truly see it all from the heights of a helicopter passenger

seat. These tours will take you to places inaccessible any other way, unblemished by human impact.



## DAY 5 CYCLE ALONG THE BOW VALLEY PARKWAY

Cycling is the ultimate outdoor activity to do with your family or friends. Enjoy a car-free, biking experience along the Bow Valley Parkway

(1A). 17km of pristine pavement welcomes all kinds of bikes and cyclists of all ages and abilities. This section of the parkway will be closed to vehicles seven days a week from September 1 to September 30, offering people a fresh perspective on our magnificent place. 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 or join a guided tour for your convenience.



## DAY 6 EXPERIENCE HORSE- BACK RIDING IN BANFF NATIONAL PARK

Take yourself for an adventure on horseback. Embrace the changing seasons and venture to

the backcountry or stay close to Banff and Lake Louise. Following trails through vibrant alpine pastures, traversing mountain passes, or fording rushing rivers, horseback riding in Banff and Lake Louise is a strikingly memorable experience.



## 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. Join the Eat the Castle tour inside the iconic Fairmont Banff Springs Hotel with Alberta Food Tours for the ultimate mouth-watering experience.

