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ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Lianne Viau

# Rockies Ramblin'

## Jasper, Banff, 5 Days

### Table of contents:

Guide Description	2
Itinerary Overview	3
Daily Itineraries	4
Jasper Snapshot	9
Banff Snapshot	11

# Guide Description



**AUTHOR NOTE:** We spent a wonderful week at the end of the summer exploring the great parks of the Canadian Rockies, including Banff, Jasper, and Mt. Robson Provincial Park just over the border in B.C. This was a classic "hard days, soft nights" trip where we stayed at great hotels but spent our days being super-active, doing a bunch of hiking, biking, and kayaking. We also made a real effort to explore some hidden gems.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Banff

**DAY NOTE:** On our first day, we drove all the way from Calgary to Jasper. In Banff, we stopped and went for a short hike up Johnston Canyon, along the rushing river below. Then we kept driving, since it's a long (but absolutely gorgeous) drive up the Icefields Parkway to Jasper. Once in town, we made our way to the Jasper Park Lodge, which is clearly the premier lodging option in the park. Our room was a nice suite attached to one other unit in a semi-private cabin-like setting along the lake.



### Johnston Canyon and the Ink Pots

Unbeatable mountain scenery along an easy-to-hike trail

## Day 2

**DAY NOTE:** Today we relaxed around town and drove down to see the thundering falls along the Athabasca River.

## Day 3

**DAY NOTE:** This day was quite active. We drove up to Maligne Lake, where we spent several hours kayaking on the gorgeous lake. Then we explored Maligne Canyon on the way back, before heading east just outside of the park border, where we hiked up to the top of the mountain above Miette Hotsprings for a panoramic view of endless mountains and valleys. Amazing!

## Day 4 - Jasper, Banff

**DAY NOTE:** Today we got going early, with breakfast in Jasper followed by a horseback ride into the stunning Tonquin Valley, backed by jagged peaks against an alpine lake. Afterwards, we got back on the road and drove all the way back to Banff, where we grabbed a bit and hit the sack at the Rimrock Resort.



### Bear's Paw Bakery

Great coffee and baked goods.



### Ristorante Classico

Dining with a view

## Day 5 - Banff

**DAY NOTE:** On our last day, we went for a hike up the famed Tunnel Mountain, before undoing all the caloric benefit with a huge pizza!



### Tunnel Mountain

Short, easy hike that is easily accessed from Banff

# Day 1 - Banff

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## QUICK NOTE

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**contact:**

[http://www.banff.ca/activities-events/summer/banff-hiking/johnston\\_canyon.htm](http://www.banff.ca/activities-events/summer/banff-hiking/johnston_canyon.htm)

**location:**

IA Hwy  
Banff AB



## Johnston Canyon and the Ink Pots

**DESCRIPTION:** This self-guided hiking trail 20 km west of Banff is one of the more famous hikes in the area for a reason. The trail is a good choice for any level of outdoorsman, from the energetic hiker to those looking for a casual walk through the woods. Johnston Canyon's views are breathtaking, with a creek, a series of waterfalls and beautiful rock formations. If you have more energy, continue on to the end of the 5.5 km trail where you'll find the Ink Pots, natural springs that appear to be coloured by glacial sediment. © NileGuide



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**contact:**

tel: 780 852 3233

fax: +1 780 852 5019

<http://www.bearspawbakery.com/>

**location:**

4 Cedar Ave

Jasper AB T0E 1E0

**hours:**

Winter: M-Th 6a-6p, F-Su

6a-9p; Summer: Daily 6a-9p

## 1 Bear's Paw Bakery

**OUR LOCAL EXPERT SAYS:**

Also consider The Other Paw on Connaught near the train station for a sandwich.

**DESCRIPTION:** The Bear's Paw is located in a tiny pink building just off of Connaught Drive in downtown Jasper. If you have a craving for fresh baguettes, muffins, pastries or even a simple loaf of white bread, this is the place to visit. Should someone you know be celebrating a birthday in Jasper, you can choose a sumptuous birthday cake from the storefront rack. If you intend on dining on fine baked goods, it is a good idea to arrive early; the selection is quite depleted by noon. © wcities.com

**contact:**

tel: 403 762 3356

fax: 403 762 4132

<http://www.rimrockresort.com/>

**location:**

1 Mountain Avenue

Banff AB T0L 0C0

**hours:**

6p-10p

## 2 Ristorante Classico

**DESCRIPTION:** The Ristorante Classico is located in the Rimrock Resort Hotel, which sits alongside Mountain Drive and just below the Upper Hot Springs. The dining room presents an incredible vista of Bow River, Tunnel Mountain and the North Face of Mount Rundle from the floor to ceiling windows. The setting is elegant, with overstuffed chairs and starched linens, and is a must for those who enjoy a long, reflective dining experience. The gourmet menu is one of the finest in Banff, with venison, fresh Atlantic lobster and Alberta AAA beef. © wcities.com



Photo courtesy of Ristorante Classico

# Day 5 - Banff

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QUICK NOTE

**DAY NOTE:** On our last day, we went for a hike up the famed Tunnel Mountain, before undoing all the caloric benefit with a huge pizza!

**contact:**

[http://www.banff.ca/activities-events/summer/banff-hiking/tunnel\\_mountain.htm](http://www.banff.ca/activities-events/summer/banff-hiking/tunnel_mountain.htm)

**location:**

North side, St. Julien St.  
Banff AB TOL OCO

1 **Tunnel Mountain**

**DESCRIPTION:** Even though it's called Tunnel Mountain, there is no tunnel involved. The mountain got its name when CPR proposed a train route there in 1882. But the lack of tunnel doesn't make this hike any less enjoyable. It starts within city limits so it's easily accessible – you can walk there from Banff Ave., and makes for a great day, or half-day excursion. The trail is well-maintained, heavily used and an ideal spot for visitors to get to know the area. You'll often see wildlife in and around the trail as well. The top offers a great view of the town and surrounding area, so bring your camera. © NileGuide



# Jasper Snapshot

## Local Info

The Canadian Rockies are a majestic, mountain landscape, full of peaks, glaciers, lakes, waterfalls, canyons and caves. Its Canadian leg runs from the Montana border up to the Liard River in British Columbia. Five national parks are located in the Canadian Rockies, including Banff, Jasper, Yoho, Kootenay, and Waterton Lakes, as well as numerous other provincial parks. For many, the Canadian Rockies are the iconic symbol of wild spaces, and they are deservedly famous for their beauty. Although the Rockies are not the tallest mountain range in Canada, many people mistake them for it, as their sheer ruggedness can feel overwhelming when you're up close.

To the north of Banff is Jasper National Park, which became a national park in 1930, and it is the largest national park in the Canadian Rockies. Jasper gets about 40% of the tourist volume as Banff, but it is in no way less beautiful. Jasper has more wildlife and more jagged mountains. People come to Jasper to seek isolation from the crowds and to see the magnificent beauty. Some of the highlights of Jasper are Tonquin Valley, the Athabasca Glacier, Marmot Basin ski hill (the only ski hill in Jasper), and Jasper Park Golf Club. The town of Jasper is at the junction of the Icefield Parkway and the Yellowhead Highway, connecting it to Banff and Edmonton. The Jasper Park Lodge, near Maligne Lake, is the most famous hotel in town, but there are a number of others. The Miette Hotsprings, found off the Yellowhead near Hinton, provide a welcome 104 degree natural hot pool to warm its guests. Heli-skiing in Jasper can be done in the Monashee Mountains with Mike Wiegele Heli-Skiing, considered one of the best heli-ski operators in the world, or there are also white-water rafting opportunities.  
© NileGuide

## History

First created as a trading post for the Hudson's Bay Company in 1824, Jasper has an older, but more humble history, than Banff. The flood of tourists flocking to Banff is thanks in large part of the railway and the Trans-Canada Highway, and as a result, Jasper has developed a reputation among

big game hunters, glacier trekkers, and naturalist, as opposed to the more posh European tourists found in Banff. Marmot Basin ski area is the only one in Jasper, but it is well liked for its shorter lift lines.  
© NileGuide

## Hotel Insights

Jasper has an incredible amount of hotels for its size, yet it still fills up on long weekends and Christmas holiday. Booking in advance is necessary. Some of Jasper's hostels cater to the adventurous traveler by offering minimal modern comforts (some don't have running water or electricity, for example). This can be a unique experience in a rugged landscape! Of course, the luxury crowd will find the Jasper Park Lodge more than suitable. It has an amazingly isolated feel to it, since it is 10 minutes out of town. Possibly the nicest thing about staying in Jasper, especially compared to Banff, is that none of the major hotel chains operate in the area, leaving the market to small independent lodgings with distinct charm and personality.  
© NileGuide

## Restaurants Insights

In Jasper, most of the big chain restaurants have been kept out of town, and the independent restaurants can mostly be found on Patricia Street or Connaught Drive in the heart of downtown. The De'd Dog Bar & Grill is a cozy hangout with fast service. You can find Greek at Kontos or Italian at Michenellis or Japanese at Denjiro. The White Stop Pub is less popular than De'd Dog, but it is known for hosting daredevils and adventurers.  
© NileGuide

## Nightlife Insights

Jasper is known for its outdoor activities and has few places to be entertained by others, but the bars are lively from December to April. Shopping is excellent in Jasper. There are about 100 small shops in between Patricia Street and Connaught Drive. The Jasper Aquatic Centre has a full-sized pool and hot tub, but the Miette Hotsprings is the choice option for soothing aching muscles. The Yellowhead Museum

has a large collection of artifacts, and The Den is a museum of stuffed wildlife.  
© NileGuide

## Things to Do Insights

The Canadian Rockies are best enjoyed outside! This region offers year-round activities for those who want to experience life to the fullest with adventure or with luxury.

Summers are for hiking, biking, spelunking, white-water rafting, horse-back riding, camping, rock climbing, fishing, scuba diving, and sight-seeing. Winters offer skiing (alpine, cross-country, heli, back-country), skating, dog-sledding, ice fishing, ice climbing, snow shoeing, and shopping.

Jasper's Maligne Lake is majestic. Marmot Basin provides lots of room and smaller crowds. Heli-skiing is also a popular choice, especially in the Monashee Mountains with Mike Wiegele Heli-Skiing. The Jasper golf course is on par with the world-famous Banff Springs.

Of course, shopping in both Jasper and Banff is a treat with 100s of little, quaint and unique shops vying for your dollar, and the restaurants in the area are excellent.  
© NileGuide

## Travel Tips

### Getting There:

#### By Air:

Jasper-Hinton Airport (YJA) (+1 780 865 4474/<http://www.airjasper.com>) located about 60 minutes from the town of Jasper, can accommodate small commercial and charter planes. Peace Air (+1 800 563 3060/<http://www.peaceair.net/>) is probably your best bet if you want to charter a plane.

Many hotels in Jasper now provide shuttles to and from the airport; check with your hotel to see if this service is available.

Most visitors typically prefer to use Edmonton International Airport (YEG) (+1 780 890 8900/<http://www.edmontonairports.com/>), which is roughly 2.5 hours from Jasper and the

## Jasper Snapshot continued

neighboring park regions. The following providers offer service:

Air Canada(+1 800 247 8726/http://www.aircanada.ca) Air North(+1 800 764 0407 in the U.S./+1 800 661 0407 in Canada/https://www.flyairnorth.com/) Air Transat(+1 866 847 1112/http://www.airtransat.com/) Canadian North(+1 800 661 1505/http://www.canadiannorth.com/) Central Mountain Air(+1 888 865 8585/http://www.flycma.com/) Continental(+1 800 525 0280/http://www.continental.com) Jetsgo(+1 866 440 0441/http://www.jetsgo.net/en/) MartinAir(+1 800 627 8462/http://www.martinairusa.com/) MyTravel(+1 866 698 7285/http://www.mytravel.ca/) Northwest(+1 800 225 2525/http://www.nwa.com) Northwestern Air Lease(+1 877 872 2216/http://www.nwal.ca) Skyservice(+1 800 701 9448/http://www.skyserviceairlines.com/) United(+1 800 241 6522/http://www.ual.com) US Airways(+1 800 428 4322/http://www.usairways.com) WestJet(+1 800 538 5696/http://www.westjet.com/) Zoom(+1 866 359 9666/http://www.flyzoom.com/)

### Taxi companies include:

#### From Jasper-Hinton Airport:

Mountain Express Taxi& Touring(+1 780 852 4694)

#### From Edmonton International Airport:

Barrel Taxi(+1 780 489 7777) Prestige Cabs(+1 780 462 4444) Prestige Limousines(+1 780 463 5000) Yellow Cab(+1 780 462 3456)

### Rental Car companies include:

Avis(+1 800 831 2847/http://www.avis.com) Thrifty(+1 866 857 4545/http://www.thrifty.com) Hertz(+1 800 654 3131/http://www.hertz.com) National(+1 800 227 7368/http://www.nationalcar.com)

### Limousine companies include:

Ultimate Limousine Ltd.(+1 800 205 5466/http://www.albertalimo.com)

### By Train:

VIA Rail(+1 888 VIA RAIL/http://www.viarail.com)

Rocky Mountaineer Railtours(+1 800 665 RAIL/http://www.rockymountaineer.com) offers seasonal service(April-Oct; Dec-Jan).

Snowtrain to Jasper(http://www.snowtrainjasper.com)

### By Bus:

Greyhound Canada Transport(+1 800 661 8747/http://www.greyhound.ca) Brewster Transport Company(+1 780 852 3211/http://www.brewster.ca) Laidlaw Transit Services(+1 913 345 1986/http://www.laidlawtransit.com)

### By Motor home:

Motor home rental(+1 800 RV4 RENT/http://www.cruiseamerica.com) from Edmonton, Calgary and Vancouver.

### Other Transportation:

Sundog Tour Co./Rocky Mountain Unlimited(+1 888 786 3641/http://www.sundogtours.com) provides luxury transportation and tour packages.

Maligne Lake Shuttle Service(+1 866 MALIGNE/http://www.malignelake.com)

### Getting Around:

#### By Bus:

Brewster Transport Company(+1 780 852 3211/http://www.brewster.ca)

### Rental Car companies include:

Avis(+1 800 831 2847/http://www.avis.com) Thrifty(+1 866 857 4545/http://www.thrifty.com) Hertz(+1 800 654 3131/http://www.hertz.com) National(+1 800 227 7368/http://www.nationalcar.com)

### Bicycle rental companies include:

Source for Sports(+1 780 852 3654) Vicious Cycle(+1 780 852 1111) Freewheel Cycle(+1 780 852 3898) On-line Sport& Tackle(+1 780 852 3630)

### Other transportation services:

Alberta Transportation(+1 780 427 2731/http://www.tu.gov.ab.ca)

Jasper Treks& Travel(+1 888 437 2483/http://www.jaspertreksntravel.com) ©

## Fun Facts

### Jasper

**Province:** Alberta

**Country:** Canada

### Jasper by the Numbers:

Population: 2167

Elevation: 3480 feet

Average Annual Rainfall: 13.1 inches

Average Jan. Temperature: 12 degrees F

Average July Temperature: 59 degrees F

### Quick Facts:

Major Industries: tourism

Major Tourist Destinations: Jasper National Park

Ethnic Mix: 91.74% Caucasian, 4.38% African American, 3.23% Hispanic, 0.74% Asian

Time Zone: GMT-5

Country Dialing Code: 1

Area Code: 780

### Did You Know?

Jasper National Park is Canada's largest national park, consisting of 10,878 square km of breathtaking beauty in the Rocky Mountains.

### Orientation:

Located in the Rocky Mountains in Alberta Canada, Jasper is southwest of Edmonton and near British Columbia. From the United States, Jasper is north of Washington, Idaho and Montana.

©

# Banff Snapshot

## Local Info

The Canadian Rockies are a majestic, mountain landscape, full of peaks, glaciers, lakes, waterfalls, canyons and caves stretching from the Montana border up to the Liard River in British Columbia. Five national parks are located in the Canadian Rockies, including Banff, Jasper, Yoho, Kootenay, and Waterton Lakes, as well as numerous other provincial parks. For many, the Canadian Rockies are the iconic symbol of wild spaces, and they are deservedly famous for their beauty. Although the Rockies are not the tallest mountain range in Canada, many people mistake them for it, as their sheer ruggedness can feel overwhelming when you're up close.

Dating back to 1885, Banff National Park was Canada's first national park and only the second national park in the world. In the 1888, the Canadian Pacific Railway built the Banff Springs Hotel to encourage tourism to Western Canada. Now, it is a world-famous icon, visited by almost 5 million tourists per year. CPR also built Chateau Lake Louise on the shores of the beautiful, emerald lake. Banff National Park is a year-round tourist destination, offering majestic scenery to hikers and skiers alike. Located only 100 kilometers west of Calgary, Banff offers its many visitors quaint shops, world-class restaurants, luxurious hotels, and curious wildlife, such as elk, deer, bighorn sheep, mountain goats, and black bears. Banff Avenue is the heart of the town, but across the river are the Banff Springs Hotel, the Upper Hot Springs, and the famous Banff Springs Golf Course. Banff National Park has three ski hills: Lake Louise, Sunshine, and Mount Norquay. The Icefield Parkway to Jasper and Highway 93 to Radium are possibly the most beautiful scenic highways in the world.

© NileGuide

## History

Originally inhabited by First Nations, such as the Kootenay, Cree, Sarcee, and Blackfoot tribes, the Canadian Rockies became a tourist destination in the late nineteenth century because the Canadian Pacific Railway built through the Rogers Pass in the 1880s. During construction of the railway, three workers discovered the hot springs at the Cave and Basin

National Historic Site, near the modern day Banff townsite. The Federal government designated the area around the hot springs as Canada's first national park, Rocky Mountains Park. In order to facilitate tourist traffic, the Railway built the Banff Springs Hotel and Chateau Lake Louise to draw people westward. Banff quickly gained a reputation for its luxury and revitalizing mineral pools.

In 1962, the Federal government built the Trans-Canada Highway, which opened up the park even more. The Sunshine Village and Lake Louise ski areas joined Mount Norquay as destinations, and the popularity of down hill skiing soared. Banff became a thriving resort destination, full of world-class restaurants, hotels, and shops, and it is now one of Canada's top tourist attractions.

© NileGuide

## Hotel Insights

In Banff, the hotels are plentiful. Nevertheless, during both the summer and winter months it is wise to reserve a room in advance due to the crowds. The town has something for every type of traveler. The Banff Springs Hotel is fit for royalty, the Samesun Backpacker Lodge is fit for the broke student ski-bum, and there's the whole range in between. Norquay's Timberline Inn is in a beautiful location, close to town but away from the hustle and bustle. Lake Louise has a smaller number of hotels, which runs the gamut from a comfortable lodge to the palatial Chateau Lake Louise. Sunshine Village Inn accommodates the type of skier that wants to ski as soon as they wake.

© NileGuide

## Restaurants Insights

Banff sets high standards for its restaurants. Most hotels have restaurants, but for the most part the best options are found on Banff Ave. If you want to try Italian- Giorgio's; Greek- Balkan; Canadian- The Maple Leaf; French- Bistro; Chinese- Silver Dragon; Steak- The Saltlik; or Traditional Pub- St. James Gate. The Rimrock Hotel has a AAA five-diamond

restaurant, Eden. The only thing missing is a Tim Horton's.

© NileGuide

## Nightlife Insights

Nightlife in Banff is pretty famous. The Aurora Nightclub is the top of the class. Outtabounds caters to the ski and snowboarding crowd; it's dance floor can get quite raucous. The Pump and Tap Tavern is the best place to find soccer or rugby on TV. St. James Gate is a traditional Irish pub, which oftentimes has live music. Wild Bill's is a western bar with huge glasses of beer.

Shopping along Banff Ave will satisfy your need for an eclectic mix of souvenirs, Christmas ornaments, and athletic gear. The best are the candy stores, of course. Welch's is very famous in Calgary, as most people have experiences of it from childhood. The Fudgery will put you into a sugar high.

The Banff Mountain Film Festival is world-famous, particularly for its National Geographic movies. Movie-goers can enjoy blockbusters at the Lux, or you can attend the Banff Centre for live performing arts. The Whyte Museum of the Canadian Rockies, the Museum of the Rockies, and the Banff Museum of Natural History are open year-round.

© NileGuide

## Things to Do Insights

The Canadian Rockies are best enjoyed outside! This region offers year-round activities for those who want to experience life to the fullest with adventure or with luxury.

Summers are for hiking, biking, spelunking, white-water rafting, horse-back riding, camping, rock climbing, fishing, scuba diving, and sight-seeing. Winters offer skiing (alpine, cross-country, heli, back-country), skating, dog-sledding, ice fishing, ice climbing, snow shoeing, and shopping.

The mountain lakes provide much of the spectacular scenery, and they are well worth visiting. In Banff, Lake Louise, Lake Minnewanka, and Moraine Lake are breathtaking. Lake Minnewanka even has scuba diving tours!

## Banff Snapshot continued

The ski hills in this region are world-class. Lake Louise is one of the most famous ski resorts in the world. Sunshine Village is mere minutes from Banff and offers the longest ski season in the Rockies (November to May).

At Lake Louise, guests can skate around ice sculptures on the lake in winter. They also offer dog-sledding around the lake. Dog-sledding is quite popular around the Spray Lakes, near Canmore, as well. The Spray Lakes are good places to ice fish, too. Snow shoeing allows for a peaceful hike in a winter climate, and it is one of the more traditional activities done in the mountains and can be enjoyed along most of Banff's hiking trails.

There's thousands of kilometers of hiking trails in the Rockies. In Kananaskis, there are a number of operators for horse-back rides, such as Boundary Ranch. Camping is also plentiful for those who want to experience the great outdoors more fully. Especially in Kananaskis, rock climbing is a popular form of recreation. Spelunking is a unique experience most people never try. Castleguard caves in the Northwest corner of Banff are Canada's longest cave system, but spelunking should only be done with the guidance of a professional tour operator. Rat's Nest Cave in Canmore is a local favorite.

The Rockies have a lot of great golf courses in the summer. Kananaskis Golf Course is, in my opinion, the best value for your dollar in Alberta, but the Banff Springs Golf Course is world famous for good reason, too. Silvertip and Stewart Creek in Canmore are gorgeous and challenging.

Of course, shopping in both Jasper and Banff is a treat with 100s of little, quaint and unique shops vying for your dollar, and the restaurants in the area are excellent.

© NileGuide

### Travel Tips

Getting There: By Air:

Banff is serviced by Calgary International Airport (+1 403 735 1200/<http://www.calgaryairport.com>), located approximately 80 miles away. Its terminals house the following airlines:

Alaska Airlines (+1 800 426 0333/<http://www.alaskaair.com>) Air Canada (+1

800 776 3000/<http://www.aircanada.ca>) American Airlines (+1 800 433 7300/<http://www.aa.com>) Canadian North (+1 800 661 1505/<http://www.canadiannorth.com>) Continental (+1 800 525 0280/<http://www.continental.com>) Delta (+1 800 221 1212/<http://www.delta.com>) Jetsgo (+1 866 440 0441/<http://www.jetsgo.net>) Northwest (+1 800 225 2525/<http://www.nwa.com>) QuickAir (+1 800 551 7845/<http://www.quikair.ca>) United (+1 800 241 6522/<http://www.ual.com>) US Airways (+1 800 428 4322/<http://www.usairways.com>) WestJet (+1 800 538 5696/<http://www.westjet.com>)

The Banff Airporter (1 888 449 2901/<http://www.banffairporter.com>) and the Banff Canmore Airport Express (+1 877 992 2633/<http://banffairporttaxi.com>) offer transit options to and from the airport.

Rental Car companies include: Tilden Rent-A-Car (+1 403 762 2688) Banff Rent A Car (+1 403 762 3352) Avis (+1 800 831 2847/<http://www.avis.com>) Budget (+1 800 527 0700/<http://www.budget.com>) Hertz (+1 800 654 3131/<http://www.hertz.com>)

By Train: Banff is serviced by VIA Rail Canada (+1 888 842 7245/<http://www.viarail.ca>). Royal Canadian Pacific (+1 403 508 1407/<http://www8.cpr.ca/cms/English/RCP/default.htm>) offers a Royal Canadian Rockies tour that includes Banff National Park.

By Bus: Banff can be reached by National Motor Coach Systems (+1 403 240 1992) and Greyhound (+1 800 661 8747/<http://www.greyhound.ca>). Transportation to Calgary is available on Red Arrow Motorcoach (+1 800 232 1958/<http://www.redarrow.ca/home>).

By Car: Banff can be reached from Trans-Canada Highway 1.

Getting Around: Public transit in Banff is limited and visitors should plan accordingly. Banff is serviced by Banff Transit, known as the "Happy Bus," which offers service to destinations along two routes. The Banff Bus (+1 403 760 8294) provides local service during the summer and passes by downtown and the major hotels.

By Bike: Bike Rental Shop (+1 403 762 4581) CanUSA Cycle Adventure Tours (+1 800 938 7986/<http://canusacycle.ca/>)

By Foot: One of the best modes of transportation in Banff is on foot.

© NileGuide

### Fun Facts

1. Interesting fact: Banff was always planned as a tourist town with the main drag, Banff Avenue, lined up with perfect views of Cascade Mountain. As the saying goes, "if you can't bring the mountains to the people, bring the people to the mountains."
2. Weird fact: Often during the months of April and May, you could go skiing in the morning and rock climbing in the afternoon.
3. Random fact: The famous Fairmont Banff Springs Hotel was actually built backwards by accident. Renovations were made to put the front desk on the appropriate side...eventually.
4. Fun fact: In the fall, you can hear (and see) elk rutting in the treed areas that surround the town and sometimes right in Central Park.
5. Interesting fact: Where does "Banff" come from? The name is derived from Banffshire, Scotland, the birthplace of two of the town's founders.
6. Cool fact: The waters of the Bow River in Banff eventually run all the way to the Hudson Bay.
7. Surprising fact: Castleguard Caves in Banff National Park are the longest cave system in Canada.
8. Neat fact: Banff is the highest town in Canada at about 4500 feet above sea level.
9. Geek fact: Banff was the first national park established in Canada and the third established in the world.
10. Random fact: Banff National Park is a UNESCO World Heritage Site.
11. Weird fact: Banff has a special law called the 'need to reside' clause which states that in order to live in the national park one has to have full time employment in Banff National Park.
12. Fun Fact: You can go scuba diving at Lake Minnewanka in Banff and visit an underwater abandoned town.

©