

## ***Hikes***

### ***Easy***

Grassi Lakes in Canmore

Hoodoos trail in Banff

Sulphur mountain if you take the gondola up (even easier if you take it down too!)

Johnston Canyon (first part where a boardwalk exists) on Highway 1A by Banff

Lake Minewanka (first part mostly flat)

Morraine Lake in Lake Louise

Marble Canyon in BC (yes in BC, border is very close!)

### ***Intermediate***

Ha Lin in Canmore

Sulphur Mountain without the gondola help

Johnston Canyon up to ink pots

Lake Minewanka along the lake

Sunshine Meadows up the gondola

### ***Harder but not crazy***

Rundle in Canmore

Lake Agnes Tea House in Lake Louise

Valley of Ten Peaks in Lake Louise

### ***What else to do?***

Rec center in Canmore has awesome pool with slide and lazy pool, great climbing wall with reasonably priced lessons for all

Ghost tours as Banff Springs is known to be haunted

Sally Borden building in Banff arts center (BIFC) has pool and climbing wall, great facility to eat on site with breathtaking views

Gondola up and or down from Sulphur allows for great views of the area using a well-built boardwalk at top (little ones and grandpa can join)

Hot Springs in Banff are nice on a lousy day

Via Ferrata at Norquay

Road cycling loops from Banff include Norquay, Minewanka as well as Tunnel Mountain (all 3 add to about 100km if you travel them roundtrip to Banff therefore riders can choose to stay or leave the peloton)

Golf (aside from Banff) in Canmore (SilverTip and Canmore and Stewart Creek)

Bow River rafting from Banff to Canmore (many companies offer it)

Biking the Legacy Trail between Banff and Canmore (27km one way), possibility to return on Roam bus, easy ride all paved

### ***Food***

Sushi at Sushi house in Banff

Bear Street Tavern has great pizzas and beers

Juniper Bistro has great reviews

MacLab at Banff arts Center-very kid friendly, good food, again the views...

Earl's is undeniably a great choice with diversified menu and reliable taste/quality

The Bison a bit loud (echo) yet food is very good

Eden at Rimrock hotel has outstanding reviews

Trough in Canmore my all-time fav

Crazyweed in Canmore most interesting inventive menu and wine list

Murietta in Canmore great views good diversified menu

Blake in Canmore my latest discovery out of this world patio creative menu good wine and beers selection