**Banff**

Restriction on Banff:

To coincide with the annual spring wildlife closure from **March 1 through June 25**, all modes of human travel along the 17 km stretch of the parkway **will be restricted overnight from 8:00 p.m. to 8:00 a.m.**

[Cycling the Banff Legacy Trail in Banff National Park - Travel Banff Canada](https://www.travelbanffcanada.com/banff-legacy-trail/)

(Cycling orientation in Canmore, Banff, Louise Lake)

[Exploring Calgary and Banff without a Car (visitcalgary.com)](https://www.visitcalgary.com/things-to-do/stories-from-calgary/exploring-calgary-and-banff-without-a-car)

**Arriving:**

[Brewster Express: Shuttle Schedule Banff Airport Express (banffjaspercollection.com)](https://www.banffjaspercollection.com/brewster-express/schedule-locations/#tab_westbound)

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[Banff Airporter | Banff to Calgary Shuttle | Travel Alberta Canada](https://banffairporter.com/) （**Banff Airporter**）

Only 18:30 & 22:30 on Friday by **Banff Airporter**.

**Bike Rental** **in Banff**

[Ultimate Sports Banff - Bike Rental and Retail Shop in Banff, Alberta (ultimatebanff.com)](https://ultimatebanff.com/summer/)

[Snowtips-Bactrax Reservations - (rentitbiz.com)](https://web.rentitbiz.com/snowtips-bactrax/rental/1068448)

**Transportation:**

Roam transit timetable for **route 3**(Canmore to Lake Louise)

[Route-3-Schedule-All-Week-2022.pdf (roamtransit.com)](https://roamtransit.com/wp-content/uploads/2022/04/Route-3-Schedule-All-Week-2022.pdf)

**Bike Rental** **in Canmore**

[Bike rental & burley trailer hire, Canmore | Gear Up Sports](https://www.gearupsport.com/bikes-rental-canmore)

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Map

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**Cycling in Banff**

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[Bow Valley Parkway Cycling Experience 3-Year Pilot - Banff National Park (pc.gc.ca)](https://www.pc.gc.ca/en/pn-np/ab/banff/info/gestion-management/cyclisme-cycling)

Considering this bike trail from Canmore to Banff is in the heart of the Canadian Rocky Mountains, it is surprisingly **flat**. You’ll only gain approximately 250m of net elevation biking from Canmore to Banff, most of which is over long, almost imperceptible uphill stretches. You’ll still encounter a few short, steeper hills, but they are manageable.

Plan for 2-3 hours round trip for just cycling of the Rocky Mountain Legacy Trail. Add on time for stops in Banff, Canmore or along the way.

[Banff Legacy trail - Banff National Park (pc.gc.ca)](https://www.pc.gc.ca/en/pn-np/ab/banff/activ/cyclisme-biking/cyclismeroute-roadcycling/Heritage-Legacy) Map

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**Bow Valley Parkway**

[Road rides in the Banff area - Banff National Park (pc.gc.ca)](https://www.pc.gc.ca/en/pn-np/ab/banff/activ/cyclisme-biking/cyclismeroute-roadcycling/Banff#bow)

**57.5 km one way (Banff to Lake Louise)  
Elevation gain 340 m, elevation loss 177 m  
Starting Points: From downtown Banff, access the trail via Vermillion Lakes Drive and the Banff Legacy Trail or begin at Fireside (49 km one way).**

The Bow Valley Parkway (Hwy 1A) ride is a classic, gently rising and falling as it meanders through the Bow Valley to Castle Junction, and beyond to Lake Louise. On your trip, stop and enjoy the many picnic areas and rest stops along the way. This narrow road ride is often done **from Banff**, return, **for a solid 115 km round trip**, and can also be done as shorter trips. From Banff, ride to Johnson Canyon (50 km return), Castle Junction (65 km return), or Baker Creek (90 km return). For a multi-day trip, consider a guided or self-guided ride to Jasper (290 km one way). Whatever your route, wildlife sightings are common, so keep a look out and be prepared.

In the spring and fall, the eastern section of the [Bow Valley Parkway](https://www.pc.gc.ca/en/pn-np/ab/banff/activ/cyclisme-biking/saisonintermediaire-shoulderseason) has limited vehicle traffic.

Map

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**Accommodation**

[Lake Louise Hotel Packages | Lake Louise Hotel Ski Packages (lakelouiseinn.com)](https://www.lakelouiseinn.com/special-offers/?gclid=CjwKCAjw3cSSBhBGEiwAVII0Z5fZl0fZpgAdGSwccYVtKDuUeUVXKWxjS_OuTRumX7Bpgdh0w1mFmRoChwIQAvD_BwE)

[HI Lake Louise, 班夫 - 2022 价格, 评论 - Hostelworld](https://www.chinese.hostelworld.com/pwa/hosteldetails.php/HI-Lake-Louise/Banff/2141?from=2022-06-04&to=2022-06-05&guests=1&origin=microsite)

(青年旅馆 58加币/晚)

[班夫国家公园2018交通攻略之不自驾篇 - 北美旅游\_新浪网 (sina.com)](http://travel.sina.com/article/post/12462)

[Banff Via Ferrata Tours | Discover Banff Tours](https://www.banfftours.com/things-to-do/via-ferrata/)

[Banff & Lake Louise Guided Hikes | Discover Banff Tours](https://www.banfftours.com/activities/guided-hikes/)

[Brewster Express - Details (banffjaspercollection.com)](https://bookings.banffjaspercollection.com/RKY/transportation/details/2/STR/Transportation#/select-transportation-ticket/book-transportation-adventure)

[Columbia Icefields Parkway Tour | Discover Banff Tours](https://www.banfftours.com/activities/columbia-icefield-parkway/)