

Alberta Rockies – Banff, Lake Louise & Moraine Lake

A calm, nature-forward trip through Banff, Lake Louise and the surrounding Rockies. It's more about fresh air, turquoise lakes and quiet mornings than ticking off big cities.

Day 1 – Arrive in Calgary & Drive to Banff

- Pick up a rental car at Calgary airport.
- Drive to Banff (about 1.5 hours on an easy highway).
- Check into a lodge or hotel close to town.
- Stroll Banff Avenue and have a simple dinner.

Day 2 – Banff Gondola & Town

- Take the Banff Gondola up Sulphur Mountain for panoramic views.
- Lunch in town or at the top of the gondola.
- Afternoon at the Banff Upper Hot Springs or a gentle riverside walk.
- Early night or drinks with a mountain view.

Day 3 – Easy Hiking & Photo Spots

- Choose an easy trail such as Johnston Canyon or Fenland Trail.
- Pack snacks and take your time – this is about being outside, not pushing limits.
- Afternoon free for shopping or reading with a view.
- Second night in Banff.

Day 4 – Drive to Lake Louise

- Scenic drive along the Bow Valley Parkway towards Lake Louise.
- Stop at viewpoints and short walks along the way.
- Check into Lake Louise accommodation (or nearby).
- Evening walk along the lake if energy allows.

Day 5 – Lake Louise & Canoes

- Morning by the lake before the day visitors arrive.
- Optional canoe rental (weather dependent).
- Afternoon at a viewpoint such as Fairview Lookout (short hike) or just coffee with a view.
- Quiet evening – board games, reading or journaling.

Day 6 – Moraine Lake & Yoho National Park

- Visit Moraine Lake using a shuttle or tour (parking is controlled now).
- Take photos and a short lakeside walk.
- Optional extension into Yoho National Park – Emerald Lake or Takakkaw Falls.
- Return to Lake Louise / Field for the night.

Day 7 – Free Day in the Mountains

- Choose your own mix of favourites: another lake, a short hike, or just slow time.
- Lunch somewhere with mountain views.
- Pack and drive back towards Calgary for an airport hotel if you prefer an easy morning.

Day 8 – Departure

- Return the rental car and fly home, hopefully feeling calmer than when you arrived.

Why this trip fits your answers

- You wanted peace, open space and somewhere that feels completely different from your everyday environment.
- The focus is on scenery, not on checking off a list of attractions.
- You can control the level of activity day by day – from lakeside benches to simple hikes.
- Driving is straightforward and not in busy cities.
- This is made for deep breaths, photos and simple conversations.