## Flight to Calgary

| **FLIGHT NUM** | **FROM** | **DEPARTURE** | **TO** | **ARRIVAL** |
| --- | --- | --- | --- | --- |
| UA419 | Washington (IAD) | 8:15am | Denver (DEN) | 10:03am |
| UA2459 | Denver (DEN) | 11:22am | Calgary (YYC) | 1:53pm |

*Confirmation Number: AT9Z8V*

## Hotel Information

**Canalta Lodge**

545 Banff Ave #1B5, Banff, AB T1L 1B5, Canada | Approximately 1.5 hour drive from Calgary International Airport

Confirmation: 73022774416687

Check in: September 24, 2025, After 4:00 pm  
Check Out: September 29, 2025, Before 11:00 am

1 Room, 5 Nights | King Room with Balcony  
Breakfast included for 2 per day

## Rental Car Information

**Alamo Rent A Car**Pickup: Calgary Airport (YYC)

Vehicle: Intermediate SUV (Toyota RAV4 or similar)  
Confirmation: #1785932383  
Pickup Date: September 24, 2025  
Return Date: September 29, 2025

## September 24 (Wednesday): Arrival Day

* **2:00pm** - Arrival at Calgary Airport
* **2:15pm - 3:15pm** - Pick up rental car and departure
* **3:15pm - 4:45pm** - Scenic drive to Banff (1.5 hours)
* **4:45pm - 6:15pm** - Hotel check-in and unwind at Canalta Lodge
* **6:15pm - 7:45pm** - Dinner Open [Options: Farm & Fire or Lupo, Banf]
* **7:45pm+** - Relaxation at lodge (hot tub, fireplace lounge)

## September 25 (Thursday): Banff Exploration

* **8:00am - 9:00am** - Breakfast at Canalta Lodge or Whitebark Café
* **11:30am - 2:30pm** - Banff Gondola experience
  + Uplift at 11:30am to Sulphur Mountain Summit
  + **12:30pm - 2:00pm** - Lunch at Sky Bistro (reservation at 12:30pm)
  + Explore summit boardwalk and scenic views
* **3:00pm - 3:45pm** - Rest break at hotel
* **4:15pm - 5:15pm** - Couples' Massage at Cedar + Sage Co (60 minutes)
* **6:00pm - 7:30pm** - Dinner Open [Options: Bear Street Tavern]
* **7:30pm+** - Evening at lodge (hot tub or early night)

## September 26 (Friday): Emerald Lake & Local Experiences

* **7:00am** - Early departure from hotel
* **7:00am - 8:00am** - Scenic drive to Emerald Lake
* **8:00am - 10:00am** - Explore Emerald Lake
* **12:00pm - 1:00pm** - Lunch around Banff area
* **3:30pm - 4:30pm** - Park Distillery tour in Banff
  + Tour + Make Your Own Gin
  + *Arrive 5-10 minutes early for check-in*
* **6:30pm - 8:30pm** - Dinner at 1888 Chop House, Fairmont Banff Springs
  + *Reservation at 6:30pm*
* **8:30pm+** - Wind down at Canalta Lodge

## September 27 (Saturday): Lakes and Scenic Views

* **8:00am - 9:00am** - Breakfast at Canalta Lodge
* **12:00pm - 1:00pm** - Lake Minnewanka Cruise
  + *Arrive at dock by 11:45am*
* **1:00pm - 2:00pm** - Lunch near Minnewanka or packed picnic
* **2:00pm - 2:30pm** - Return to hotel and brief rest
* **2:30pm - 6:30pm** - Lake Louise Visit
  + *1 hour drive each way, 2 hours at the lake*
* **7:30pm - 9:00pm** - Dinner at The Bison
  + *Reservation at 6:30pm*
* **9:00pm+** - Evening rest at lodge

## September 28 (Sunday): Mountain Adventures

* **9:00am - 10:00am** - Breakfast at Canalta Lodge
* **10:00am - 11:15am** - Scenic drive to Peyto Lake via Icefields Parkway
* **11:15am - 12:00pm** - Short walk to Peyto Lake Viewpoint
  + *Easy paved walk to iconic viewpoint*
* **12:00pm - 1:15pm** - Drive to Field, BC
* **1:15pm - 2:45pm** - Lunch at Truffle Pigs Bistro, Field BC
* **2:45pm - 3:15pm** - Drive to Takakkaw Falls
* **3:15pm - 4:00pm** - Visit Takakkaw Falls, Yoho National Park
  + *Easy 300m paved walk to base of falls*
* **4:00pm - 5:00pm** - Return drive to Banff
* **5:00pm - 6:30pm** - Optional rest/spa time at hotel
* **6:30pm - 8:00pm** - Last dinner in town
* **8:00pm+** - Final evening wind-down at lodge

## September 29 (Monday): Departure

* **8:30am - 9:30am** - Breakfast and packing at Canalta Lodge
* **9:30am - 11:15am** - Drive to Calgary International Airport
  + *1 hour 45 minute drive with traffic buffer*
* **11:15am - 11:45am** - Return rental car at Calgary Airport
* **11:45am - 1:55pm** - Security and boarding process
* **1:55pm** - Flight departure

## Flight to Washington, D.C.

| **FLIGHT NUM** | **FROM** | **DEPARTURE** | **TO** | **ARRIVAL** |
| --- | --- | --- | --- | --- |
| UA750 | Calgary (YYC) | 1:55pm | Toronto (YYZ) | 7:04pm |
| UA2224 | Toronto (YYZ) | 7:50pm | Washington (DCA) | 11:50pm |

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## Things to Pack

* Travel Documents (Passport, etc.)
* Warm Weather Clothes (layers recommended)
* Hiking/Walking Gear (comfortable shoes)
* Camera Equipment (for scenic photos)
* Daypack (for excursions)
* Toiletries

## Weather Notes

September in Banff can be cool, especially in early morning and evening. Daytime temperatures typically range from 15-20°C (59-68°F). Pack layers and a warm jacket for early morning activities and evening outings.