

**VIVA**  
HOLIDAYS

# *Banff & Lake Louise*

CANADA



BANFF  
& LAKE  
LOUISE  
ALIVE

# *This place is alive* **BANFF & LAKE LOUISE**

The first dusting of snow brings endless possibilities. As lakes freeze and snow piles up, Banff and Lake Louise have a plethora of winter magical moments of pure joy, wonder and discovery set amongst the Canadian Rocky Mountains. Enjoy ice walks in frozen canyons, snowshoeing, winter wildlife tours, dogsledding, horse sleigh rides, hot springs, gondola rides, and spectacular ice sculptures during the Ice Magic Festival held annually in January.

In Banff National Park you feel truly immersed in nature.

Combine Banff and Lake Louise with multi destinations in Western Canada including Vancouver city or aurora viewing in Yellowknife Northwest Territories, where there are daily flights from Calgary or Vancouver to connect all areas in building a holiday of a lifetime.



# ESSENTIAL EXPERIENCES

Winter (November to April)

**HORSE SLEIGH RIDES:** Sleigh rides are a classically romantic way to enjoy the winter wonderland of Banff and Lake Louise. Join a public tour or indulge in a private ride, either way it's sure to be a memorable experience. Sleigh rides are available both in the town of Banff and in Lake Louise.

**DOG SLEDDING:** A dog sledding adventure lets you combine exploring the stunning winter landscapes of Lake Louise while travelling by the power of these beautiful creatures.

**SNOWMOBILING:** The ultimate adrenaline buzz through winding powdery alpine trails, witnessing incredible mountain vistas along the way.

**SNOWSHOEING:** Winter is a great time to get outside in Banff & Lake Louise. The air is fresh

and crisp and the snow-blanketed landscape so beautiful and quiet. Snowshoeing is a great choice for a fun winter activity because it's easy to learn, inexpensive, and can be enjoyed by people of all ages, fitness levels, and experience.

**SKI & SNOWBOARD:** Banff and Lake Louise are a paradise for skiers and snowboarders. Three world-class resorts, the rugged terrain of the Rocky Mountains, light and fluffy snow, and the most stunningly scenic backdrop you'll ever experience all add up to a must-visit location for snow lovers.

**BANFF SIGHTSEEING GONDOLA:** A breathtaking accent to the pinnacle of Sulphur Mountain for an awe-inspiring 360-degree panorama of sheer mountain majesty.

**ICE WALK:** Explore thundering waterfalls turned to ice as you navigate the catwalks and trails of the Johnston canyon.

**SHOPPING:** The town of Banff has a wide variety of shops, with everything from big brand clothing and technical outerwear, to local art and must-have souvenirs. Spend time on Banff Avenue browsing the latest in men's and women's fashions, or make a quick stop to pick up some new gear on the way to your next adventure.

**BANFF UPPER HOT SPRINGS:** Soak in steamy hot mineral water surrounded by stunning mountain scenery, where visitors have come to "take the waters" for over a hundred years.

# EVENTS & FESTIVALS

Ice Magic Festival © Jason Stang

## **SNOW DAYS FESTIVAL:**

*Typically around January 15 - 26*

In the heart of the winter months, Banff National Park invites visitors to embrace the cold, vigour, and fun that winter brings. The silence that comes with falling snow, the glowing crackle of a fire, and the joy of snowball fights: it is a magical time of year. Come see winter artistry in action during SnowDays, the festival of snow in Banff National Park. Occurring the same time as the Ice Magic festival in Lake Louise.

## **ICE MAGIC FESTIVAL:**

*Typically around January 15 - 26*

Set in the spectacular surroundings of Lake Louise, the Ice Magic Festival is a world-class ice carving event. Watch as talented ice artists

from around the world skillfully combine gruelling physicality with precision artistry in the ice carving competition, or marvel at the finished sculptures over the nine days. Lake Louise comes alive during the 12-day Ice Magic Festival. Walk through a winter wonderland and explore ice castles, ice bars, and ice carvings at the iconic Fairmont Chateau Lake Louise.

## **TRIBUTE TO CRAFT SPIRITS FESTIVAL:**

*Typically around January 15 - 26*

Tribute To Craft Spirits Festival is an event that brings together the best craft distilleries from Alberta and British Columbia and showcases the vibrant local food scene in Banff and Lake Louise. Enjoy 12 days of special cocktail menus in local bars and restaurants, culminating in a

two-day outdoor event on Bear Street with a wide range of food and drink stations.

## **BANFF CHRISTMAS MARKETS:**

*Typically around November 21 - 24*

The Banff Christmas Market is held at Warner Stables which transforms into a charming market venue, the perfect place to enjoy holiday shopping. Look for a special gift for someone or find a keepsake for yourself while you shop booths of unique, artisanal gifts. Featuring goods inspired by Rocky Mountain culture, you're bound to find one-of-a-kind treasures. Festive entertainment and culinary delights will put you in the mood for the holidays and jumpstart your Christmas season.



# FOOD & WINE

The food scene in Banff and Lake Louise is vibrant and diverse. From modern restaurants in the downtown core to elegant dining rooms in grand hotels or cozy intimate bistros in back country lodges we have something for everyone. Nestled among spectacular mountains between some of Canada's best farmlands, ranches, wineries and the Pacific Ocean, our chefs draw our regions rich food sources to create authentic and inspired dishes that rival our breathtaking scenery, and are a true reflection of this incredible place.

#### **RAVENS RESTAURANT AND WINE BAR:**

It's fitting that an arts institution like Banff Centre for Arts and Creativity would also be home to a restaurant focused on creativity in a plate. Executive Chef Sebastien Tessier delivers locally inspired French dishes, carefully imagined with organic, sustainable ingredients – Banff

**EDEN:** will have you torn between looking at the breathtaking mountain views or the work of art on your plate- Banff.

**THE JUNIPER BISTRO:** The familiar sound of a crackling fire at Juniper Bistro will make

you forget that you're in a restaurant and transport you back to your family cottage. The only difference is that, instead of your typical cottage fare, you'll be enjoying in-house baked bread and gourmet, handcrafted entrées- Banff.

#### **ROCKY MOUNTAIN FLATBREAD COMPANY:**

Delicious house made dishes; handcrafted flatbread pizzas, featuring the best regional ingredients- Banff.

**BANFF AVE BREWING COMPANY:** Banff's only brewpub, featuring craft beer brewed in-house with pure glacial water – Banff.

**THE WALLISER STUBE:** Innovative European alpine cuisine is featured nightly at the intimate Walliser Stube restaurant and wine bar. Choose from a tempting variety of classic Swiss, German and Alpine dishes influenced by regional styles, or experience our authentic Swiss Fondue - an homage to our Swiss Mountain Guide heritage – Lake Louise.

**LAKE LOUISE STATION RESTAURANT:** This unique restaurant is located within a heritage railway station with local specialties of bison, salmon and Alberta beef tenderloin – Lake Louise.

# ESSENTIAL INFORMATION

## Average weather temperatures °C



SUMMER  
28/11



FALL  
7/-5



WINTER  
-2/-12



SPRING  
10/4

**HOW TO GET THERE:** Hourly flights are available daily from Vancouver to Calgary on Air Canada and Westjet or Calgary can also be accessed from many USA cities.

**FROM THE AIRPORT:** It's a scenic 90 minute drive to Banff & Lake Louise. There are regular shuttle bus connections from the airport directly to your hotel in Banff & Lake Louise, or you could rent a car or hire a private car service.

**VISA INFORMATION:** Australians require a valid passport with at least 6 months validity and an Electronic Travel Authorization, which travelers need to apply for before traveling to Canada.

**MONEY:** The Canadian dollar is usually similar to the Australian dollar. The \$1 and \$2 coin are called the Loonie and the Toonie!

**TIPPING:** it is customary to tip 15-20% to service professionals in Canada.

**WHAT TO PACK:** The weather in Alberta can change quickly so it's best to dress in layers in any season. Warm jackets, boots, scarves, mittens and hats are a must in the winter months.

[www.vivaholidays.com.au](http://www.vivaholidays.com.au)

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