

Disclaimer:

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Recommended apps/ sites

[iOverlander](#) - great for finding spots to park overnight.

[Alltrails](#) - awesome for finding hikes in the area, you can filter based on the length, difficulty, type of hike you are looking for, and see fellow hiker reviews.

[Banff & Lake Louise](#) - this site is amazing for building a trip itinerary in Banff and Lake Louise! With hike, sleep, and restaurant recommendations. Parking info is also included, which is super helpful for the Parks!

Banff

Eat

Wild Flour Bakery

[@wildflourbanff](#)

They have an assortment of pastries, including some that are V, GF, DF and soups, and sandwiches. The almond croissant is highly praised, but be sure to call a few days in advance to reserve one because they always sell out!

The Fudgery

[@thefudgerybanff](#)

If you love sweet treats, this is a must! The Fudgery has an endless amount of fudge and other delicious treats. The best part is you can often watch them make the treats through the large front windows. Our recommendation is the bear claw treat.

Hike

Sulphur Mountain

If you are looking for a hike right in the town of Banff, this is the one! Be prepared for a moderate hike with lots of switchbacks. Our favorite part is the view at the top - overlooking the beautiful mountain range. There is also the option to take the Gondola up, just make sure to book tickets in advance.

[Cascade Mountain](#)

Not for the faint of heart, it is a serious hike with lots of distance and elevation. It has stunning views of the Banff townsite valley and at the top you'll get the best possible view of Lake Minnewanka.

Sleep

Overnight parking is no longer allowed in Banff National Park; we recommend using one of the recommended apps to find a place outside of the park or book a campsite in advance - they can fill up quickly in the summer!

[Two Jack Lakeside](#)

We recommend walking the trail around the lake while there to explore or rent paddle boards/canoes to get out onto the lake itself! Beware it is cold!

[Tunnel Mountain Campground](#)

Another great spot, and it's in the town of Banff!

Bragg Creek

Eat

[The Italian Farmhouse](#)

A bit more on the expensive side but worth it for a special occasion, in a rustic and cozy setting, it's a perfect stop before or after a hike!

The Heart

[@theheartofbraggcreek](#)

A mindful cafe with lots of healthy and delicious options for lunch, a snack, or coffee to go.

Hike

[West Bragg Creek Day Use Area](#)

Often regarded as a go-to hiking spot year-round when you need a breath of fresh air but don't have the time to drive farther from the city! Park on the west side of the parking lot and choose a trail based on the map by the trail head. These trails are awesome because you can make them as long or short as you like!

Sleep

[Sibbald Lake Campground](#)

Nice spot, close to Calgary. Note: the sites are un-serviced.

Calgary

Sleep

Check out the [iOverlander](#) app for up-to-date recommendations!

Eat

Posto Pizzeria and Bar

[@postocalgary](#)

Amazing pizza place with the best crust! After 9pm pizzas are half priced until the dough runs out.

[Dairy Lane Cafe](#)

A small restaurant that we love for their cozy atmosphere and yummy locally sourced food.

Made By Marcus

[@madebymarqus](#)

If you are an ice cream lover, this is a must-stop spot! Even in the winter months there is often a line up around the block. Make sure you sample the flavor before you scoop!

Phil and Sebastian's - Bridgeland location

[@philandseb](#)

A modern coffee shop with donuts that are baked fresh every day.

[Sought X Found Coffee Roasters](#)

Every beverage is made with excellence at Sought X Found!

Hike

Hike is a bit of a strong word when you're within the city of Calgary! But we have lots of beautiful walking paths - Glenmore Park, Fish Creek Park, and Nose Hill Park are all solid choices, depending on what area of the city you find yourself in.

Canmore

Eat

There are tons of great food options in Canmore! We love Communitéa Cafe ([@thecommutitea](#)) for a healthy snack or meal, or Rocky Mountain Flatbread Co ([@rockymountainflatbread](#)) for something heartier.

Sleep

The town of Canmore no longer allows overnight street parking, however there are a few campsites in the area worth checking out! Three Sisters Campground is a 10 min drive to the town and first come, first serve.

Hike

Check out this [blog post](#) for awesome hikes near Canmore

Kananaskis

Eat

[Wild Orchid](#)

A sushi lover's dream, but there's plenty of other offerings to make everyone happy. Sit indoors or outside, there are some amazing mountain views.

Sleep

[Interlakes Campground](#)

Some experienced van-lifers call this their all-time favorite campground! Located on Interlakes, this campground is first-come first-serve; the biggest challenge is securing a spot as it is popular! Try going early, between 8-9am.

If you aren't into trying your luck, there are many campgrounds in the area that you can book in advance!

Hike

The trails are endless in Kananaskis! We would recommend searching the [Alltrails](#) app to find the best hikes for you! You can filter based on length, difficulty, and see other people's reviews! Here are just a few community favorites:

[Mist Mountain](#)

Super fun hike with rewarding views. Natural hot springs halfway up.

[Ribbon Creek to Ribbon Falls and Ribbon Lake](#)

Really cool valley hike along the creek. Stunning waterfall and if you are feeling REALLY adventurous you can climb to the lake. The hike between the falls and the lake is challenging but worth it!

[Prairie View Trail](#)

Great views of Kananaskis as well as foothills. Not too challenging but gets steep towards the end.

Lake Louise

Sleep

There are many campgrounds in the Banff / Lake Louise Area! We recommend booking in advance as they tend to fill up quickly in the summer months.

Hike

Parking at Lake Louise has changed over the years - check online in advance for your best option as you may be required to book a shuttle seat for access to Lake Louise and Moraine Lake.

[Fairview Mountain](#)

This mountain is on the southside of Lake Louise. Not too difficult, however it has some exposure above the tree line. Known for its amazing views of the lake and the chateau.

[Tea House Hikes](#)

Lake Agnes Tea House and Plain of Six Glaciers Teahouse are some of our favorite hikes with both rewarding views and treats along the way! The tea houses are open seasonally so check online before you go.

Waterton

Waterton is a beautiful mountain town open only during the summer months. A true hidden gem!

Eat

[Wiener's of Waterton](#)

Amazing hot dogs customized with your choice of toppings and sauce. The owners are some of the kindest, most friendly people you will ever meet!

[Trappers Mountain Grill](#)

Great restaurant with smoked meat + fish.

*Our Favorite Spots/ Recommendations -
Banff, Lake Louise, Waterton, and in-between!*

Alpine Vans

See

[Red Rock Canyon - Blakiston Falls](#)

Drive up a long windy road to a beautiful canyon and paved boardwalk.

[Cameron Lake \(Akamina Parkway\)](#)

A beautiful drive through a canyon that leads to the scenic Cameron Lake.

[Waterton Shoreline Cruises](#)

Choose your own adventure! With options for short or long cruises along Waterton Lake, you even have the option to venture into the USA and get your passport stamped. If you are up for a challenging hike, you can take the ferry to [Crypt Lake Hike](#), but make sure you are done in time to catch the ferry back!