

SMS Special Conference Banff Things to do in Banff

White Water Rafting

Hydra Rafting has been operating on the Kicking Horse River for over 30 years. The Kicking Horse Classic is a half day trip that departs @ 9:15am and again @ 1pm. The Classic takes you through class 1-4 rapids, includes about 2-2.5hrs of rafting time and drops you off 20km downstream. It also includes a BBQ lunch. The price is \$135p.p. Transportation can be arranged for the Classic tour at the cost of \$20p.p.

ATV'ing

Paradise Mine Half Day Tour. \$219/driver (16+), \$109/passenger (14+), \$79/passenger (5-13) The Paradise Mine Half Day Tour will take you up to the remnants of an early 1900's Silver Mining Town located on top of a mountain @ 8,000ft. On the way to your destination you will get to experience breathtaking mountain views, plenty of wildlife, a beautiful waterfall setting, a spectacular alpine bowl, wildflowers and of course the fun that comes with taking control of your own machine (or as a passenger). Tour start times are 930am & 1pm, and last for 3hrs. There is no transport available for this tour and the tour departs from close by Panorama Ski Resort – roughly a 2hr drive from Banff.

Paradise Ridge Full Day Tour. \$268/Driver (16+), \$135/passenger (14+), \$99/passenger (5-13), 2-seat side-by-side (2 or 4 seaters avail) add \$140 With the power of your ATV at your fingertips you will get a chance to partake in this fun and adventurous tour that takes you through some of the Canadian Rockies most scenic terrain. The tour starts at 4,200ft near the remains of a historic silver mine. Steadily climbing, you will ascend Paradise Ridge which provides stunning mountain views. Along the journey you will visit two historic mining settlements, trappers cabins and see beaver ponds in the middle of the wilderness. This tour will take you to points overlooking two different mountain valleys. The finale never disappoints – reaching the summit of the mountain at 9,000ft where a barbeque lunch is waiting! Tours begin @ 10am daily and last for roughly 4.5hrs. The tour departs from close by Panorama Ski Resort which is approximately a 2hr drive from Banff. Transportation is available for this tour at an extra cost.

Forest & Falls Half Day Tour. \$199/Driver (16+), \$100.50/Passenger (5+) On this tour you will start on the boundary of Yoho National Park, Canada's second National Park, and you will drive yourself into the oldest mountains in the Canadian Rockies. During the tour you will get a chance to explore the Canadian Rockies, cross the thrilling Kicking Horse River and view the breathtaking Wapta Falls. Tours start at 930am & 1230pm daily and last for 3hrs. Transportation from Banff can be arranged at an extra cost.

Forest & Falls Full Day Tour. \$259/driver (16+), \$130.50/Passenger (5+)

As with the half day tour you will begin on the boundary of Yoho National Park, Canada's second National Park, and you will drive yourself into the oldest mountains in the Canadian Rockies. During the tour you will get a chance to explore the Canadian Rockies, cross the thrilling Kicking Horse River and view the breathtaking Wapta Falls. The full day tour then takes you further into the mountains where the extra elevation and trails provide you with some truly amazing mountain vistas and photo opportunities. Not to mention the great fun you will have navigating the extra trails. Full day tours begin at 930am daily and last for 5hrs. Transportation from Banff can be arranged.

Nature Tour. \$109/driver (16+), \$59/Passenger (5+)

Anyone that is stuck for time can still enjoy a brief albeit exciting ATV tour that allows you to experience the natural beauty that Golden has to offer. You will get the chance to take in the gorgeous forest views and even get to explore a sub alpine bowl all the while, riding your very own ATV. Tour start times are 10am, 1pm & 4pm. Transportation is not available to the tour.

The Ultimate Tour. \$245/driver (16+), \$99/Passenger (16+), \$59/Passenger (5-15)

If you want the ultimate ATV experience in Golden you will want to take this tour! This trip will take you out to spectacular Susan Lake for lunch before heading up to the lookout for 360 degree views of the Rocky and Columbia mountain ranges. You will experience stunning mountain vistas, panoramic view points, beautiful wildflowers and majestic wildlife. These things will all come together to make for a truly unforgettable experience. The tour begins at 10am daily and lasts for 5hrs. Transportation from Banff can be arranged.

ATV Requirements/Restrictions:

- Sturdy footwear
- Change of clothes
- Sunscreen
- Camera
- Min. Age for a driver: 16 years
- Min. Weight for a driver: 100lbs/45kg
- Min. Age for a passenger: 5 years
- Helmets are provided for all tours

Wildlife Tour:

On this tour you will get to visit the Bow Falls, Surprise Corner, Hoodos and Bow Valley viewpoint and Lake Minnewanka. While watching for wildlife your guide will share stories about their behaviours, habitat and National Park initiatives to protect all animals big and small. Adults are \$65p.p and children (6-15) \$35p.p. The tour picks up from the Rimrock @ 815am and goes for 3hours.

Athabasca Glacier & the Icefield Parkway

This will be one of the most stunning drives you will ever do. There are two companies that do tours to the Icefields. Explore Rockies tours take in Lake Louise, Bow Lake, Peyto Lake, Icefields Parkway, a tour on to the Athabasca Glacier and a ticket onto the Glacier Skywalk. Along the way you will get to see some awesome glaciers and scenery. There is also a pretty good chance you will see some wildlife on the Icefields Parkway such as Big Horn Sheep, Elk, Deer, Mountain Goats, Black Bears and Grizzly Bears. The tour includes your tickets to all the attractions, transport, a knowledgeable guide and lunch. It is a full day tour that picks up at 815am. The price is \$238/ad and \$121/ch.

Athabasca Glacier Icewalks

Glacier Walk: The only accessible glacial walk without getting into a helicopter is Athabasca Glacier. This glacier is located a 3hr drive from Banff along the amazing Icefields Parkway, one of the most spectacular drives you will ever take. The company that provides these glacial hikes is Athabasca Glacier Hikes and all their guides are certified and members of Canadian Mountain Guides equipped with senior first aid and two way radios. They provide two tours with groups usually around 10-15 people and last between 3 and 5 hours. Tours run every summer from 28th May – 2nd October.

Ice Cubed – This tour takes between 3-4hrs and departs twice daily, (the afternoon tour doesn't always go ahead so make sure to book in advance) beginning at the carpark at the toe of the glacier. After the guides have spoken to each individual to assess their level of fitness and experience as well as equipping everyone with the required gear (crampons/spikes, poles etc) they will lead you up a steep ascent onto the glacier where you will get to witness active glaciation. These tours meet @ 940am every day for a 10am sharp departure and 130pm for a 145pm sharp departure except Sunday and Thursday (see deluxe tours). The price is \$105/adult and \$60/child (7-16).

Fishing:

Jim Dykstra has been fishing the Bow Valley and surrounding areas for over 30 years. He will supply everything you will need, waders, lures, flies, snacks, lunch (full day), drinks, rods and pretty much anything else you can think of. He will pick you up at the Rimrock Resort around 7am and usually finish up at 1pm for a half day or 5pm for a full day. If you are out fishing and decide to call it a day early Jim is there for YOU and will pack up the gear and bring you back, you aren't obligated to stay out for the full amount of time if you don't want too. Prices are as follows:

	Half Day	Full Day
One Angler –	\$375	\$450
Two Angler –	\$450	\$550
Three Angler –	\$575	\$650
Four Angler –	\$650	\$750

Trail Rides

Full Trail Day Ride: The only trail riding company that operates in Banff is Banff Trail Riders and they have many different trail lengths. They do have full day trail options along the Spray River and below the imposing and beautiful Mt Rundle. This tour departs from the Spray River Corrals @ 9am daily and will last 7.5hrs. It includes a full lunch that is prepared trailside. The price is \$259p.p. Alternatively Banff Trail Riders do offer shorter 1, 2 & 3hr trail riding options that are as follows:

1hr Trail Rides:

Bow River Ride – On this ride you will depart from the Warner Stables and walk along the Bow River, past the natural sulphur hot springs and through the interesting Marsh Loop. Price per person is \$59 and departs every hour on the hour between 9am – 6pm.

Spray River Ride – Along this trail you will ride past the Bow Falls where you will cross through the Spray River. Continuing along the Spray River shoreline you will skirt the Fairmont Banff Springs and the base of Rundle Mountain until you return to cross through the Spray River once more. The river is never high enough to get your shoes wet so no need to worry about that. Price per person is \$79 and departs every hour on the hour from the Spray River Corrals 9am – 5pm.

2hr Trail Rides:

Sundance Loop – This ride is an extension of the Bow River Ride above that follows a trail up to Sulphur Mountain to the Windy Knoll viewpoint that looks out to the Vermillion Lakes and Bow River. On your way back to the stables you will ride through the Marsh Loop and along the riverfront. Price per person is \$109 and tours depart @ 9:30am, 12pm & 2:30pm.

3hr Trail Rides:

Bow Valley Loop – Here you will get to experience the greatest variety of scenery from horseback in Banff National Park. You begin at Warner Stables and work your way along the trail by the Cave & Basin, the birthplace of Canada's National Park system. From here you will head up to the Windy Knoll viewpoint and ride through the tranquil woods where wildlife is often spotted. Once you have climbed halfway up Sulphur Mountain the tour turns around and heads back to the stables via the Marsh Loop and Bow River. Price per person is \$149 and tours depart daily @ 930am & 130pm.

Sulphur Mountain Ride – Your guide will be happy to introduce you to the backcountry of Banff National Park on this trail ride. Here you will climb up Sulphur Mountain going by Rimrock Resort and under the Banff Gondola. After this you will head down to the Spray River, which you will cross to walk along the base of Mt Rundle to cross the Spray River once again. Price per person is \$149 and tours depart daily @ 930am & 230pm.

Cowboy Cookout:

Lunch or Dinner? – One of their most popular tours is the Cowboy Cookouts. These tours consist of 2hrs riding 1hr eating & activities. They begin at Warner Stables and take you out to 3 Mile Cabin via the Sundance Loop Trail. Lunch and Dinner time are great times to be on the lookout for wildlife as well and they are often spotted. At 3 Mile

Cabin you will get to partake in some western-style games such as horseshoes and lassoing. The meal consists of BBQ steak, Baked Potato, Cowboy Baked Beans, Caesar Salads, Lunch Buns, Dessert Squares, Juice, Coffee, Tea & Hot Chocolate. If you choose not to ride there is a wagon option available as well. Prices for Riders are \$139 for lunch and \$149 for dinner. If a wagon is more your style prices are \$89/lunch & \$99/dinner for adults and \$74/lunch & \$99/dinner for children (4-12). Lunch rides depart @ 11am and dinner departs @ 5pm.

Lake Louise & Moraine Lake Tour

If you would like to avoid the parking headaches that can sometimes occur at Lake Louise there is a tour that will take you. It's called Discover Lake Louise & Moraine Lake Tour. The tour departs once daily and lasts for 4hrs with a pickup time of 115pm. The tour will take you from Banff along the Bow Valley Parkway (great scenic alternate route to highway 1) up to Lake Louise where you will have roughly 60mins to take it all in. The shuttle will then take you to Moraine Lake and you will have another 60mins to wonder around after which the shuttle will depart and bring you back to Banff. This tour is \$76/adult and \$35/child.