

JET  ET  *janine*

ITINERARY PLANNER

*Banff Five Day Itinerary*



## Day 01 Begin Your Canadian Rockies Adventure

### 🕒 8:00 AM – BREAKFAST AT **TOOLOULOU'S** ☕



- Famous for hearty Canadian breakfasts.
- 📍 [Banff Town](#)

### 🕒 10:00 AM – EXPLORE LAKE LOUISE



- Enjoy the breathtaking turquoise waters and surrounding mountains.
- 📍 [Lake Louise](#)

### 🕒 2:00 PM – HIKE TO **LAKE AGNES TEA HOUSE**



- A scenic trail leading to a cozy tea house with stunning views.
- 📍 [Lake Louise](#)

### 🕒 5:00 PM – SUNSET AT MORAINE LAKE



- Capture the iconic views of the Valley of the Ten Peaks.
- 📍 [Moraine Lake](#)

## Day 02 Explore the Icefields Parkway

### 🕒 8:00 AM – BREAKFAST AT **WHITEBARK CAFE** ☕



- Great coffee and fresh pastries.
- 📍 Banff Town

### 🕒 9:30 AM – DRIVE THE **ICEFIELDS PARKWAY**



- One of the most scenic road trips in the world.
- 📍 Banff to Jasper

### 🕒 12:00 PM – STOP AT **BOW LAKE**



- A peaceful glacial lake perfect for a short break.
- 📍 Icefields Parkway

### 🕒 2:00 PM – WALK ON THE **ATHABASCA GLACIER**



- Experience an ancient glacier up close.
- 📍 [Columbia Icefield](#)

### 🕒 5:00 PM – **GLACIER SKYWALK EXPERIENCE**



- A thrilling glass-floored walkway with breathtaking views.
- 📍 [Icefields Parkway](#)

## Day 03 Adventure on the Bow Valley Parkway

🕒 8:00 AM – BREAKFAST AT **JUNIPER BISTRO** 🍳



- Panoramic mountain views with locally inspired dishes.
- 📍 Banff Town

🕒 9:30 AM – DRIVE THE BOW VALLEY PARKWAY



- A scenic route with wildlife sightings.
- 📍 Banff National Park

🕒 12:00 PM – HIKE JOHNSTON CANYON



- A thrilling walk through waterfalls and deep canyons.
- 📍 Johnston Canyon

🕒 5:00 PM – SUNSET AT **VERMILION LAKES**



- Enjoy the golden hour reflections on the water.
- 📍 Banff

## Day 04 Discover Banff and Its Surroundings

### 🕒 8:00 AM – BREAKFAST AT **WILD FLOUR BAKERY** ☕



- Freshly baked goods and organic coffee.
- 📍 Banff Town

### 🕒 9:30 AM – DRIVE THE MINNEWANKA LOOP



- Scenic drive around Banff's largest lake.
- 📍 [Lake Minnewanka](#)

### 🕒 12:00 PM – WALK BOW RIVER TRAIL TO BOW FALLS



- A peaceful riverside stroll leading to a stunning waterfall.
- 📍 Banff Town

### 🕒 2:00 PM – RIDE THE BANFF GONDOLA



- Take in panoramic mountain views from Sulphur Mountain.
- 📍 [Sulphur Mountain](#)

### 🕒 5:00 PM – DINNER AT **SKY BISTRO**



- Dine at a mountaintop restaurant with breathtaking views.
- 📍 [Sulphur Mountain](#)

## Day 05 Final Adventures in Banff

🕒 8:00 AM – BREAKFAST AT **EVELYN'S COFFEE BAR** ☕



- A cozy spot with great coffee and treats.
- 📍 Banff Town

🕒 9:30 AM – PADDLE THE **BOW RIVER**



- A peaceful canoeing experience in nature.
- 📍 Banff

🕒 2:00 PM – RIDE THE **MT. NORQUAY CHAIRLIFT**



- Enjoy panoramic views over Banff.
- 📍 **Mt. Norquay**

🕒 5:00 PM – FAREWELL DINNER AT **CLIFFHOUSE BISTRO**



- A cozy dining spot overlooking Banff.
- 📍 **Mt. Norquay**



# DON'T FORGET THESE ESSENTIALS! *checklist*

## ESSENTIALS

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- |  |  |
|--|--|
| <input type="checkbox"/> PASSPORT/ID                                   | <input type="checkbox"/> PHONE AND CHARGER     |
| <input type="checkbox"/> TRAVEL TICKETS (AIRLINE, TRAIN, ETC.)         | <input type="checkbox"/> TRAVEL ADAPTER        |
| <input type="checkbox"/> WALLET (CREDIT CARDS, CASH, TRAVEL INSURANCE) | <input type="checkbox"/> SUNGLASSES            |
|  | <input type="checkbox"/> REUSABLE WATER BOTTLE |

## CLOTHING

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- |   |   |
|---|---|
| <input type="checkbox"/> TOPS (T-SHIRTS, BLOUSES, SWEATERS) | <input type="checkbox"/> SHOES (CASUAL, FORMAL, WALKING, OR SPECIALTY FOOTWEAR) |
| <input type="checkbox"/> BOTTOMS (PANTS, SHORTS, SKIRTS)    | <input type="checkbox"/> ACCESSORIES (HATS, BELTS, SCARVES)                     |
| <input type="checkbox"/> UNDERGARMENTS AND SOCKS            | <input type="checkbox"/> OUTERWEAR (JACKETS, COATS, RAIN GEAR)                  |
| <input type="checkbox"/> SLEEPWEAR                          |   |
| <input type="checkbox"/> SWIMSUIT                           |   |

## TOILETRIES AND PERSONAL CARE

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- |  |  |
|--|--|
| <input type="checkbox"/> TOOTHBRUSH, TOOTHPASTE, FLOSS                     | <input type="checkbox"/> DEODORANT         |
| <input type="checkbox"/> SHAMPOO, CONDITIONER, AND BODY WASH (TRAVEL SIZE) | <input type="checkbox"/> HAIRBRUSH OR COMB |
| <input type="checkbox"/> SKINCARE  | <input type="checkbox"/> MEDICATIONS       |
| <input type="checkbox"/> MAKEUP AND REMOVER WIPES                          | <input type="checkbox"/> FIRST AID KIT     |

## ELECTRONICS

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- |   |   |
|---|---|
| <input type="checkbox"/> SMARTPHONE AND CHARGER | <input type="checkbox"/> LAPTOP OR TABLET       |
| <input type="checkbox"/> POWER BANK             | <input type="checkbox"/> HEADPHONES OR EARBUDS  |
| <input type="checkbox"/> TRAVEL ADAPTER         | <input type="checkbox"/> CAMERA AND ACCESSORIES |



## Must-Know Travel Tips

### **Bring Cash**

Some remote locations may not accept cards, so always have Canadian Dollars on hand.

### **Be Wildlife Aware**

Banff is home to bears, elk, and other wildlife; keep a safe distance and never feed them.

### **Drive Carefully**

Mountain roads can be winding and icy in winter, so drive cautiously and follow speed limits.

### **Download Offline Maps**

Cell service may be limited in remote areas; offline maps can help you navigate.

### **Respect Nature**

Stay on designated trails and pack out all trash to help preserve Banff's natural beauty.

### **Dress in Layers**

Weather in the mountains can change quickly; be prepared with warm clothing and rain gear.

# Daily Planner

## TOP PRIORITY

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## DATE

## IMPORTANT REMINDERS

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## PLAN OF ACTION

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

## MEAL PLAN

BREAKFAST

LUNCH

DINNER

WATER INTAKE 

## NOTE TO SELF