Banff is the name of a legendary national park, and the name of a charming alpine town in the heart of the majestic Rockies at an altitude of 1,380 metres. Look around you: with its backdrop of mountains, glaciers, forests, rivers and alpine meadows, you will quickly understand why Banff is considered a “must-see” destination.

**BANFF NATIONAL PARK★★★★**

**Season:** Open year-round, 24 hours a day.

**Visitor Centres:** The Banff Visitor Centre (224 Banff Avenue, Banff) is open May 18-October 8 from 8 a.m. to 8 p.m. and the rest of the year from 9 a.m. to 5 p.m. (closed on December 25).

The Banff Visitor Information Kiosk (327 Railway Avenue, Banff) is open May 18-October 8 from 8 a.m. to 8 p.m. and the rest of the year from 9 a.m. to 5 p.m. (closed on December 25)

**Admission fee:** In 2019, the admission fee is $9.80/day/adult and free for youth 17 and under. An annual Parks Canada Discovery Pass is $67.70/adult.
WHAT TO DO

THE TOWN OF BANFF ★★
The town’s main thoroughfare, Banff Avenue, is teeming with boutiques and restaurants. With the impressive Cascade Mountain looming in the background, you will feel like you have stepped into a picture postcard.

HIGHWAY 1A (BANFF TO LAKE LOUISE) ★★
Along the way to Lake Louise you have a good chance of seeing wildlife beside the road, such as black bears, elk and grizzly bears. For the best chance of sightings, try to travel early in the morning or at the end of the day, when the animals come closer to the road to feed.

JOHNSTON CANYON ★★
Johnston Canyon, one of the most popular day hikes in Banff National Park, is 30 minutes from the Town of Banff. Its easily accessible location close to Highway 1A, as well as the beauty of Johnston Creek and its waterfalls, makes it a choice destination for visitors and hiking enthusiasts. You will be able to appreciate the power of the water as it rushes and plunges through the canyon. This 2.2-km round-trip hike to the lower falls is considered easy (elevation gain of 30 metres) and takes about 1 hour (round trip).

CAVE AND BASIN NATIONAL HISTORIC SITE ★
Cave and Basin is the birthplace of Canada’s National Park system, created in the early 1900s after three railway workers stumbled upon a cave full of “liquid gold” in 1883. Pay a visit to this fascinating site with more than 13,000 years of history, where you will have the chance to walk through a magnificent underground cave and admire its natural beauty. Experience nature, culture and history and learn about the origins of the region’s hot springs. You can even dip your hands in the steamy mineral waters. The site offers free discovery tours led by naturalist guides (daily at 11 a.m. to 2:30 p.m. from May to September). You can also take a guided lantern tour after dark (Saturday nights from June to September). The site is open daily from May 15-October 15, 2018, from 9 a.m. to 5 p.m. In low season, open Wednesday-Sunday from 11 a.m. to 5 p.m.

BANFF GONDOLA – END OF MOUNTAIN AVENUE, BANFF
403-762-7475
WWW.BREWSTER.CA/ATTRACTIONSSIGHTSEEING/BANFF-GONDOLA

UPPER HOT SPRINGS ★
Soak in the steamy hot mineral waters where travelers have come to “take the waters” for more than a century. Upper Hot Springs is a public pool filled with natural hot springs water. Located just outside of Banff on the slopes of Sulphur Mountain, the springs offer spectacular views of the Bow Valley, from an elevation of 1,585 metres. Early in the morning is the best time for a truly relaxing experience! Open daily from May 18 to October 15, 2018, from 9 a.m. to 11 p.m. The site is closed for annual maintenance from October 16-28 and reopens October 29, 2018 to May 16, 2019, Sunday-Thursday from 10 a.m. to 10 p.m. and Friday-Saturday from 10 a.m. to 11 p.m. Warning, parking is limited!

1 MOUNTAIN AVENUE, BANFF
403-762-1515
WWW.HOTSPRINGS.CA/BANFF-UPPER-HOT-SPRINGS

GETTING AROUND BANFF
For the sake of the environment and to avoid parking problems, take advantage of Banff’s public transit options:

1. Roam Public Transit services the Town of Banff and popular Banff Attractions. The hybrid Roam buses cover several routes including:
   • Roam Route 1, providing service to Upper Hot Springs and Sulphur Mountain (Banff Gondola) from Banff Avenue
   • Roam Route 2, providing service between Tunnel (Village I and Village II), downtown Banff and the Banff Springs Hotel
   • Roam Route 4, providing service between the Banff Train Station and Cave and Basin Historic Site

2. A Parks Canada shuttle service operates daily from May 18 to October 8, 2019 between the Banff Train Station and Lake Louise (Samson Mall). Price: $10/person (free for youth 17 and under).

For further information, visit the following websites:
www.pc.gc.ca/fr/pn-np/ab/banff/visit/parkbus
www.pc.gc.ca/fr/pn-np/ab/banff/visit/parkbus/banff

警告，停车场有限！
WHERE TO EAT

1. **WILD FLOUR BANFF’S ARTISAN BAKERY CAFÉ ($-$)$**
   This bustling bakery is a favourite gathering spot for locals and visitors alike. Open for breakfast and lunch, it offers excellent value for money. Customers come for the artisan bread, freshly-baked pastries and organic, local, healthy, and nourishing food. For breakfast, try the breakfast frittata sandwich or the housemade granola with a great cup of coffee. At lunch, a tantalizing array of fresh soups, salads and sandwiches will make your mouth water. Open daily from 7 a.m. to 4 p.m.
   101-211 BEAR STREET, BANFF
   403-760-5074
   WWW.WILDFLOURBAKERY.CA

2. **THE BEAR STREET TAVERN ($$$-$)$**
   The Bear Street Tavern may not offer the best service, but it certainly has the best pizza in town. Try the Tatanka with smoked bison, caramelized onions and blue cheese or the Hawaiian with pulled pork, roasted pineapple, bell pepper, caramelized onions and apple BBQ sauce. The Pork Belly Mac & Cheese is another favourite, garnished with cauliflower, bacon cream sauce, herbed breadcrumbs and aged white cheddar. Also serves soups, salads and sandwiches: there’s something for everyone! Open daily from 11:30 a.m.
   231-1211, BEAR STREET, BANFF
   403-762-2021
   WWW.BEARSTREETTAVERN.CA

3. **THE JUNIPER BISTRO ($$$)**
   The Juniper Hotel restaurant has one of the best views in Banff. Ask for a table near a window or on the patio for the best possible vistas. The menu offers handcrafted cuisine prepared with fresh local ingredients and features smoked duck breast, beef, lamb and fish dishes. Vegetarian and gluten-free options at every meal. Ranked one of the Top 100 Best Restaurants in Canada by Open Table. Open for brunch every day from 7 a.m. to 2 p.m. and for dinner, Sunday-Thursday from 5 p.m. to 9 p.m. and Friday-Saturday from 5 p.m. to 10 p.m.
   1, JUNIPER WAY, BANFF
   403-763-6219
   WWW.THEJUNIPER.COM/DINING

4. **EDEN ($$$)$**
   Located within Rimrock Resort Hotel, Eden is one of only five 5-diamond restaurants in Canada. Enjoy one of Banff’s finest dining experiences featuring delicately crafted French cuisine influenced by fresh local ingredients. Expect to spend 3 hours over dinner. Reservation required. Open from June-September: open daily from 6 p.m. to 9:30 p.m. / October-May: open Wednesday-Sunday from 6 p.m. to 9 p.m.
   300, MOUNTAIN AVENUE, BANFF
   403-762-3356
   WWW.BANFFEDEN.COM