

April 22-25, 2024 BANFF, ALBERTA



CANADIAN SOCIETY
FOR IMMUNOLOGY

Recommended extracurricular activities

Banff and Lake Louise have a rich heritage as some of the world's most awe-inspiring mountain destinations and natural lakes. With easy access to pristine wilderness, endless outdoor adventures, jaw-dropping sights, and a vibrant history and culture, there is a lot to do in the area. Roam Public Transit provides multiple bus routes throughout the Banff area and to most of the popular lakes and attractions in the vicinity.

1. **Lake Louise:** Lake Louise is a stunning attraction where visitors can soak in the views from the shore or ride a bright red canoe on the glacial waters. Several hikes are also accessible around the lake. Hop on to the Lake Louise-Banff Express Route 8X from the Banff Train Station, Banff High School Transit Hub, or the Lake Louise Village North to head to the lake area. Route schedule can be found [here](#).
2. **Bow Lake:** Bow Lake is approximately 30 minutes north of Lake Louise, and accessible via taxi. It is one of the largest lakes in Banff National Park, and lies at the base of Bow Summit. Great place for a picnic or a short stroll. Take the moderate-rated hiking trail that takes you on the shoreline of Bow Lake to the base of Bow Glacier Falls.
3. **Johnston Canyon:** Hop on to the Johnston Canyon Route 9 from the Banff High School Transit Hub to head to the canyon area. Route schedule can be found [here](#).
4. **Sulphur Mountain & Banff Gondola:** Take the Banff Local Route 1 to reach Sulphur Mountain, where you can take the Gondola ride to the top. Route schedule can be found [here](#). To book a Gondola ride, visit their [website](#).
5. **Mt. Norquay Sightseeing Chairlift:** This chairlift is 8 minutes from Banff and accessible via a free shuttle bus service for guests. Mt Norquay's famous Sightseeing Chairlift is a 10-minute open-air journey into the sky, where guests will soar to nearly 7,000ft elevation. To book a chairlift ride, visit their [website](#).

6. **Tunnel Mountain:** The self-guided hike/walk up Tunnel Mountain is the perfect way to explore the area. [The Tunnel Mountain trail](#) is 2.4 km one way and is considered a moderately challenging route. The elevation gain is 260m and it is a 2-hour round trip. The trail begins from the Tunnel Mountain Trailhead, which is a 6-minute walk from the Banff Centre. Safety is your responsibility. Visit pc.gc.ca/banfftrails for current trail conditions, warnings, closures, weather, and trail classifications.
7. **Canmore:** Canmore is a town in Alberta's Rocky Mountains, not too far from Banff. Take the Canmore-Banff Regional Route 3 bus to visit this quaint town. Route schedule can be found [here](#). From there, you can access the Canmore Nordic Centre Provincial Park and the Grassi Lakes Trail. The park also features cross-country ski and mountain-bike trails.
8. **Cave and Basin National Historic Site:** To fully experience the Cave and Basin National Historic Site, plan to spend at least 2-3 hours there. Combine it with a soak in the Banff Upper Hot Springs just a short drive around Sulphur Mountain. Special programs should be booked ahead of time. Details on the programs and bookings can be found [here](#) and follow these [directions](#) to arrive at the site.
9. **Banff Park Museum National Historic Site:** Banff Park Museum is the oldest natural history museum in Western Canada. The 5,000 specimens held within the museum are captivating to everyone. In addition, the log building is a National Historic Site and the oldest federal building still standing in any Canadian national park. To get there, hop onto the Banff Local Route 1 on the Roam Transit. Schedules can be found [here](#).
10. **Cascade Gardens:** The Cascade of Time Gardens, and the heritage-status Parks Administration Building above them, were built nearly a century ago with thoughtfulness and dedication that is still evident today. A look back towards downtown offers a picture-perfect view of Cascade Mountain standing proudly over Banff Avenue. To get there, either walk across downtown Banff or hop onto the Banff Local Route 1 on the Roam Transit. Schedules can be found [here](#).
11. **Downtown Banff:** The vibrant downtown streets are filled with unique restaurants, cafés, bars and stores that encapsulate the friendly, local vibe that makes it so hard to leave. Nestled deep in the rugged mountains, Banff is enveloped by dazzling snow-covered peaks and stunning natural phenomenon on all sides, offering a perfect mix of culture, nature and wildlife.

Guided Tours

There are several options for visitors to take guided tours around the Banff area and delve deeper into the history and culture. To book one of these, visit [this link](#).

1. Guided lantern tour at the Cave and Basin: Attendees can discover the origins of Banff National Park.
2. Whyte Museum: Learn about heritage homes in Banff.
3. Walking ghost tour: Explore the spooky side of Banff's history.
4. Open Top Touring: Immerse in the history of Banff with a vintage style bus tour.

Self-guided Tours

There are also self-guided tours that visitors can explore at their own pace. Walking Through Banff's History is an excellent way to experience the roots of Banff's unique community. The town of Banff has uploaded maps online for attendees to follow easily. The tours available in this category include:

1. [Downtown Discovery](#)
2. [Cemetery Circuit](#)
3. [Culture Cruise](#)
4. [Whyte Wander](#)
5. [Further Forays](#)