



One Week in the Canadian Rockies – Jasper, Banff, Yoho Itineraries*

Day 1: Travel Day

- Fly Atlanta-Toronto-Edmonton
 - Drive from Edmonton to Jasper National Park
- STAY AT: [Tonquin Inn](#) , Jasper National Park

Day 2: Jasper National Park Highlights

- **Breakfast at Other Paw Bakery**
- **Maligne Lookout**
- Maligne Canyon
- Medicine Lake
- **Maligne Lake**
- Lunch at [Maligne Canyon Wilderness Kitchen](#)
- Valley of the Five Lakes trail (partial)
- **Patricia Lake**
- **Pyramid Lake** (with view of Pyramid Mountain)
- Drive east along Yellowhead Highway #16 toward Disaster Point
- Dinner to-go from Famoso Neapolitan Pizza
- **Drive at dusk to Maligne Lake**

STAY AT: Tonquin Inn

DAY 3 – Drive to Banff National Park

- Breakfast at Other Paw Bakery
- Sunwapta Falls
- Athabasca Falls
- Drive to Banff through the Icefield Parkway
- Late lunch at [Legends Restaurant](#)

STAY AT: [Lake Louise Inn](#), Banff National Park

DAY 4: Banff and Yoho

- **Drive at dawn - Bow Valley Parkway**
- Breakfast at the [Legends Restaurant](#) (kids eat free)
- Drive to town of Field
- **Emerald Lake (Yoho National Park)**
- **Takkakaw Falls (Yoho National Park)**
- **Peyto Lake overlook**
- Lunch to go from [Laggan's Mountain Bakery & Deli](#)
- Walk along Pipestone and Bow Rivers
- Minigolf at Lake Louise Inn

**Trip was taken by car in a medium SUV with small children, ages 1.5 and 4 years, from July 1-9 2023. Bold-faced items are highly recommended.*

- Dinner at [Timberwolf Pizza & Pasta Café](#)

STAY AT: Lake Louise Inn

Day 5: Lake Louise & Icefield

- **Sunrise at Lake Louise** (before 7 am parking restrictions)
- Coffee to go from [Guide's Pantry, Fairmont Chateau Lake Louise](#)
- Hector Lake viewpoint
- **Icefield Parkway – Columbia Icefield and trail to Athabasca Glacier**
- Waterfowl Lake Viewpoint
- Mistaya Canyon
- Dinner at [Timberwolf Pizza & Pasta Café](#)

STAY AT: Lake Louise Inn

Day 6 – Banff Highlights

- **Moraine Lake** (bus from Lake Louise Inn)
- **Brunch at Juniper Bistro**
- Banff Gondola up Sulphur Mountain
- **Stroll and souvenir shopping in town of Banff**
- **Drive back via Bow Valley Parkway**

STAY AT: Lake Louise Inn

Day 7: Double back

- **Canoeing at Emerald Lake**
- Lunch at Banff Ave Brewing Co
- **Souvenir shopping in town of Banff – [Frey's Gifts, Jewelry, and Currency Exchange](#)**
- Drive to Calgary through Canmore (stop at Fallen Leaf Art Gallery)
- Dinner to go from [Clay Oven Indian Restaurant](#)

STAY AT: [Sheraton Cavalier Calgary](#)

Day 8: Calgary

- Brunch at [Cora's Breakfast & Lunch](#)
- Prince Island Park
- Oasis Waterpark (Sheraton)
- Dinner at Barlow's Restaurant (Sheraton)

STAY AT: [Sheraton Calgary Cavalier](#)

Day 9: Return Travel Day

- Fly Calgary – Toronto – Atlanta

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