



BANFF  
SUMMER ACTIVITIES  
THE RIMROCK RESORT HOTEL  
CONCIERGE GUIDE

# INDEX

## SIGHTSEEING ACTIVITIES

- 4 HELI SIGHTSEEING TOURS
- 5 GONDOLA SIGHTSEEING
- 6 BANFF UPPER HOTSPRINGS
- 6 GOLDEN SKYBRIDGE & ZIPLINING
- 6 CAVE & BASIN

## WATER ACTIVITIES

- 8 WHITEWATER RAFTING
- 9 BOAT CRUISES
- 10 CANOE KAYAK & SUP
- 10 FLOAT TRIPS

## SUMMER ACTIVITIES

- 12 HIKING
- 12 GUIDED HIKES & HELI HIKES
- 13 RIMROCK E-BIKE RENTALS
- 13 EQUIPMENT RENTALS
- 14 BIKING
- 15 HORSEBACK RIDING
- 15 CARRIAGE RIDES

## SUMMER ACTIVITIES CONT.

- 16 VIA FERRATA
- 17 GOLFING
- 17 FISHING

## ACTIVITIES OUTSIDE OF BANFF

- 19 THE TOWN OF CANMORE
- 19 CAVE TOURS
- 20 YAMNUSKA WOLFD OG SANCTUARY
- 21 ATV
- 22 ZIPLINING

## PHOTO CREDITS

# SUMMER SIGHTSEEING & ACTIVITIES

## A PICTURESQ SPORTS TOWN FOR A SUMMER HOLIDAY IN THE ROCKIES

### CANADAS BEST MOUNTAIN ESCAPE

The wide, sun-kissed Bow Valley is fully surrounded by The Canadian Rocky Mountains, making Banff a **wonderful** spot for **sports enthusiasts** and **nature lovers**. This incredible setting, offering numerous mountain adventures around the Bow Valley make Banff an ideal destination for mountain lovers, for sporting and relaxing holidays.

### INDIVIDUAL & GROUP OPTIONS

Some of these activities are **individual**, others can be done also **in groups**. For beginners, there are always mountain professionals who will be able to make the experience even more enjoyable and safe. In the below guide you will find all the information of these services; mountain & nature guides, hiking guides, rental shops, transfer services, etc.

Please contact The Rimrock Concierge for more details into availabilities and for assistance planning your mountain getaway.

### A WIDE VARIETY OF SUMMER ACTIVITIES

There us a **wide variety** of summer activities to be enjoyed in Banff and the surrounding area so that everyone can find the right option: from whitewater rafting and boat cruises to alpine hiking and mountain biking, from cave tours to rock climbing, from horseback trail rides to soaring to new heights on the Banff Gondola.

### A CHEFS KISS

The final touch that makes these activities unforgettable is the **local hearty cuisine**. The countless delectable restaurants scattered around town and on the mountains are not only a shelter but they can become a fundamental part of the holiday experience. Experience their traditional warm hospitality and the hearty cuisine. Find out the best options for you, whether it be after a relaxing day in the townsite or a day full of hiking or biking.



## HELI-SIGHTSEEING TOURS

A helicopter sightseeing flight is a once in a lifetime experience to fly over mountain peaks, alpine meadows, pristine lakes and to the “**Matterhorn of the Canadian Rockies**”. Flights depart in nearby Canmore, located approximately 30 minutes East of the town of Banff.

All tours are exclusive of the Goods and Services Tax (5%) and require a minimum of 2 passengers. Please contact the Concierge for detail on Heli-hiking, walking and flight packages.

### 3 SISTERS PEAKS

**25 min. \$280.00 per person**

This will be the most action packed 20 minutes of your life. Your adventure will take you past the **Three Sisters Peaks**, Hope, Charity and Faith, as you spectacularly escape to the Spray Valley. You will see the magnificent Goat Range where you will observe the radiant aqua blue/green colors of the **Spray Lakes**. Your return flight will provide views of the Bow River as it meanders back towards the Town of Canmore.

### CONTINENTAL DIVIDE

**45 min. \$480.00 per person**

The Continental Divide is not only an extension of the Three Sisters Peaks Tour. It's a journey that will take you deeper into the most majestic landscape Canada has to offer.

Soaring over the **Goat Ranges** and following the **Sundance Range** of Banff National Park, you will gaze at mountain peaks, alpine meadows and pristine lakes along the Continental Divide. This is a great way to experience the Rockies and is an adventure not to be missed!

### MT. ASSINIBOINE & GLACIERS

**35 min. \$380.00 per person**

This sensational flight incorporates all the sights of the previous tours as well as transporting you to the “Matterhorn of the Canadian Rockies” which rises majestically to **3,611 meters** (11,870 feet) along the Great Divide.

The surrounding glaciers and icefalls will astound you and capture your imagination where you will get up close and personal with the Gloria Glacier as it tumbles off of **Mount Assiniboine**. This is an experience you will not forget!

### MARVEL PASS

**55 min. \$700.00 per person (2 person minimum)**

Located on the South West border of Banff National Park, Marvel Pass has long been a favorite spot for that **special private moment**. Flying south from Canmore you will pass the Three Sisters, over the Spray Reservoir and the high ridges to Marvel Lake & the famous Mount Assiniboine, also known as the “Matterhorn of the Rockies”.

Taking you in for a close-up look at the hanging glaciers before heading south to Marvel Pass, where you set down at 7200 feet, close to Aurora Lake, surrounded by **larch trees**, small lakes and towering peaks. This spectacular location offers breathtaking vistas which are perfect for marriage proposals. You can spend up to 20 minutes at this magnificent location before re-boarding for the 15 minute return flight to our Canmore Base.

In the winter please come suitably dressed as you will be landing in deep snow at high elevation.

This is a private tour for two people. However, if you would like guests to join you, additional seats are available at \$380 per person.





## THE BANFF GONDOLA

Located only a five minute walk from The Rimrock. Your adventure begins at the base where you will soar 698m (2,292 feet) on an 8 minute cableway journey to the summit of **Sulphur Mountain** to a jaw-dropping and **unique mountaintop experience**.

There is no shortage of activities at the summit. With dining, interactive interpretive exhibits, a multi-sensory theatre and a breathtaking **360° rooftop observation deck** with unparalleled views of six stunning mountain ranges and the sweep of the Bow Valley before you. One of the most popular is the self guided interpretive boardwalk to Sanson's Peak. Whether you are inside or out, this mountaintop destination is sure to impress with something for everyone.

Pricing does vary daily however ticket prices tend to range between \$56 - \$65 + GST for adults (16+) & \$26 - \$30 + GST for children aged (6-15), children 5 and under are free. Pets unfortunately are not permitted in the Gondola cabins or summit building with the exception of service animals.



## SKY BISTRO DINING EXPERIENCE PACKAGE

Perched on the summit of Banff's Sulphur Mountain, Sky Bistro is the dining sanctuary in the sky.

Pairing the grandeur of the Rocky Mountains with a distinctly Canadian menu that features the **unique flavours of Canada** through a handpicked selection of regionally sourced local meats, produce and ingredients.

Dine and save with their signature dining experience package which includes Banff Gondola admission and your choice of appetizer and entrée from the dinner menu. Lunch and Dinner packages both available.

See Concierge for availability and reservations.

## NORQUAY SIGHTSEEING CHAIRLIFT

You'll discover cozy mountain meals, endless photo opportunities, and **top-of-the-world views** that need to be seen to be believed. Be awed as you ascend to nearly 7,000ft elevation aboard a scenic chairlift ride. At the top, step off the lift to discover some of Norquay's most legendary, panoramic views above the clouds. For the particularly daring, take on Mt. Norquay's gripping **Via Ferrata adventures** to climb even higher up the mountain on a series of metal rungs and ladders.

Above the viewing deck, take a short walk upstairs to warm up inside the famed **Cliffhouse Bistro**. Built in the 1950s, this much-loved, former teahouse is known for its mountain ambiance, awe-inspiring views and the photos of Banff's ski history that decorate its charming walls. Relax over a snack or meal, craft brews or a glass of wine. Take in the stunning scenery from a different perspective as you ride the chairlift back down to the base area.



## SUNSHINE MEADOWS GONDOLA & CHAIRLIFT

During winter Sunshine is a skiers paradise, but come the summer months the valley is surrounded by **iconic peaks** of the Canadian Rockies and **fields of wildflowers**. Ride the Standish Chairlift to the viewing deck, here you have access to hiking trails down to **three alpine lakes**; Laryx, Grizzly, and Rock Isle, you can also see Mt. Assiniboine – the Matterhorn of the Rockies. With over **12kms of maintained gravel surfaced trails** throughout the meadows, Sunshine is any hikers paradise.

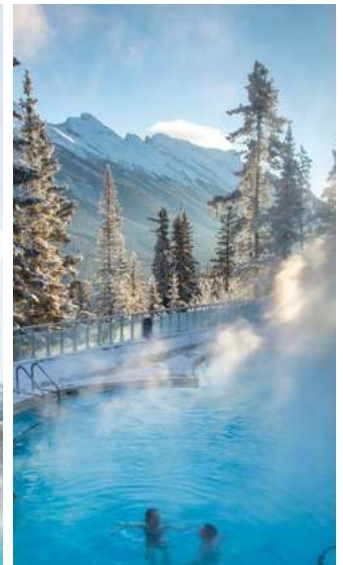
## BANFF UPPER HOT SPRINGS

Discovered in 1884 The Banff Upper Hot Springs is one of Banff's most famous attractions. Conveniently located approximately a **five minute walk** from The Rimrock. The Hot Springs has all the amenities of a modern facility in a splendid historic spa and bathhouse - against a backdrop of Banff National Park's spectacular alpine scenery. You can relax in the comfort of **soothing, natural hot springs** where travelers have come to "take the waters" for more than a century.

The facilities are open 7 days a week (including statutory holidays) between 10:00am and 6:00pm (last entry at 5:00pm).

**Adult (18-64) \$8.48    Youth (3-17) \$7.46    Senior (65+) \$7.46**

Youth 13 and under must be accompanied by a guardian 18 or older.



## GOLDEN SKY BRIDGE

**Adult (16+) \$35 | Child (6-15) \$17.50 | Infant Free**

**Golden Hour Admission | Explore after 7 pm and save 20%**

Canada's Highest Suspension Bridge! As you perch 426 feet above an expansive canyon, engulfed by the Columbia Valley, the epic views from Golden's newest, must-visit attraction will take your breath away. The Golden Skybridge rewards with views of the **Rocky and Purcell mountain ranges** like you've never seen before, while a crashing river and 200-foot waterfall thunders below.

**Canyon Edge Challenge Course**

**Sky Zipline**

**Treetop Village**

**Giant Canyon Swing (Coming Soon)**

Golden is located 1:30 Hours away from Banff on the Trans Canada Highway. Please see the concierge for driving directions as well as recommendations for sights and stops along the way!

## CAVE & BASIN NATIONAL HISTORIC SITE

Cave and Basin has been a special place for Indigenous peoples for over ten thousand years and continues to be so to this day. In 1883, three railway workers found the thermal springs, sparking a series of events that led to the creation of **Canada's first national park**. Today, the site is a gathering place for sharing stories about conservation and the connection between people and the land in Canada's national protected areas.

Visit the Cave and Basin National Historic Site to experience the birthplace of Canada's national parks and learn about the **natural and cultural history** of the mountains. Discover the hot water that seeps from the rocks, smell the minerals and explore the trails.

Admission fees are \$8.50 CAD + taxes per adult and \$7.00 CAD+ taxes per senior. Children 17 and under are free.





## WHITEWATER RAFTING

Calling all adventure lovers – there's no better way to get the adrenaline flowing than big waves! Jump into a river raft and let the foamy rapids take you coursing swiftly through the foothills of the Canadian Rockies.

You are completely in the moment – immersed in the thrill of riding these rapids. Meanwhile your river-savvy guide ensures the safety of the excursion. Trips range from **family friendly with novice-level rapids** (perfect for young adventurers) to **high class rapids** sure to get your **adrenaline pumping**. Please see below for an overview of the local trips.

\*Please note that all whitewater rafting is located outside Banff National Park. Driving times ranges from 45 minutes - 1:30 Hour. Please contact the concierge for transportation options or driving directions.



## KICKING HORSE CLASSIC

**\$125 per person (12+) | Daily: 9:15 AM & 1:15 PM | 2 Hours on Water | 3 Hours Total**

The Kicking Horse Classic is **the premier trip**, including all of the biggest & best rapids on the river. This unforgettable journey begins calmly, allowing rafters to familiarize themselves with the raft, paddles and guide's commands.

Get to know your fellow rafters and find out fun facts about the river as you take in the views of the serene upper section. Then, it's onto the mighty rapids the Kicking Horse is famous for. As the canyon narrows, the waves build, drenching rafters in continuous rapids such as Shot Gun, Man Eater and Roller Coaster. It's a **popular 20 km whitewater journey** that combines a mix of Class 1-4 rapids.



## KANANASKIS RIVER

**Adult (16+) \$120 | Child (5-15) \$80 | Daily: 1:30 PM | 2 Hrs on Water | 4 Hrs Total**

The Kananaskis River is one heck of a ride – the foamy white rapids lift your raft skyward, you shake the water from your eyes and paddle with all your might as the river surges around you. Plotting a course through the best rapids and cruising swiftly down the flat stretches in between, you'll have peaceful moments to look up and admire the Kananaskis Country scenery.

The Kananaskis River offers **Class 2 – 3 rapids** along with pristine landscapes of Kananaskis Provincial Park for a half day adventure. It is the ideal whitewater experience for families, friends or as a group outing. Extra time is taken to play in the rapids surfing waves and opportunities to **swim in the river** alongside the raft are there for any keen rafters. You will get wet!

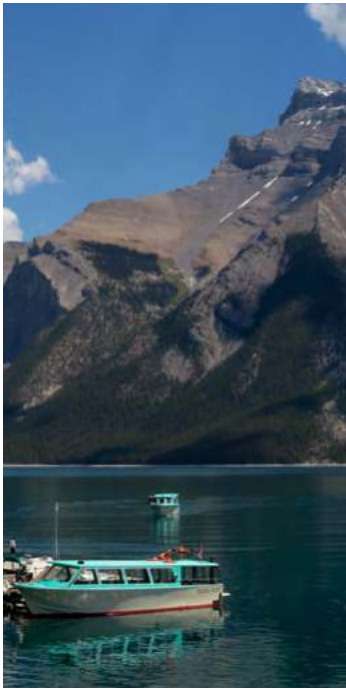
## HORSESHOE CANYON

**\$115-\$130 per person (12+) | Daily: 8:15 AM | 2 Hours on Water | 4 Hours Total**

Surrounded by shale cliffs, the Bow River thunders through Horseshoe Canyon, offering spectacular scenery, big waves and up to **Class 4 whitewater rapids**. Here you come, clad in neoprene and whooping with excitement as the rapids surge. During the quiet stretches, you lift your eyes skyward and see large birds of prey soaring above. You might even try **cliff jumping** – if you dare.

Many Hollywood movies have been shot here in the spectacular geology of the Canyon – your guide will tell you all about it. Even if you have no rafting experience don't sweat it – you'll learn everything you need to know.





## LAKE MINNEWANKA BOAT CRUISE

Hit the open water this summer at Minnewanka!

Lake Minnewanka is one of Banff's most popular destinations and the parking lot fills quickly. For the best experience, we recommend taking **Route 6** of the Bow Valley's **Roam Public Transit** service from Downtown Banff to Lake Minnewanka.

If you're driving, please arrive at least one hour prior to your cruise time to ensure you find a parking spot and have time to explore the area from the shore.

Or come and try your luck fishing in a 16-foot aluminum motorboats available for rent. Or, if fishing isn't your game, you and your family can simply enjoy a leisurely hour or two exploring the lake in a canoe/kayak. Our rental boats come complete with all the necessary safety equipment and gas.

Stop by the Black Anchor Snack Shop for a picnic lunch before or after your cruise to make a day out of it. It just feels like summer out here!



## CLASSIC CRUISE

**1.5 Hours | Starting at Adult (18+) \$60 Child (6-15) \$40 Infant Free**

This one-hour cruise invites you to discover the story of Minnewanka Landing as you tour the beautiful valley landscape of Canada's oldest National Park. The captains and crew are extremely engaging and knowledgeable.

Watch for wildlife, feel the fresh air and get adventurous on **Banff's largest lake**. With heated, covered boats meaning you can explore in any weather.

This cruise departs every hour on the hour from **9:00am to 7:00pm**. See concierge for availabilities.

## EXPLORER CRUISE

**10:30am Daily | 1.5 Hours | Starting at Adult (18+) \$70 Child (6-15) \$35 Infant Free**

Experience all Lake Minnewanka has to offer on this tour. With extended time on the Rockies' largest lake, you'll enjoy more opportunities to see wildlife and beautiful vistas, and take in engaging stories from our guide and captain who'll tend to your every need. See the **Devil's Gap** – a giant valley created in the last ice age by glacial movement through the valley.



## BEER VOYAGE

**5pm Daily | 1.5 Hours | Starting at Adult (18+) \$74 | Minimum 2 guest per res**

Make the most of the long summer evenings. Set sail across the wide-open emerald waters of beautiful Lake Minnewanka at dusk on the Lake Minnewanka Cruise.

While you enjoy **a selection of local craft beer**, you'll be treated to an engaging interpretive tour to help you connect to the stunning Rocky Mountains all around—it's a magical time of day and a wonderful chance to learn, relax and socialize on Lake Minnewanka.

## CANOE, KAYAK, & SUP RENTALS

**BANFF | First Hour \$45 | \$25 +1 Hours**

Experience Canoeing around the Banff Townsite on the majestic **Bow River** or take an adventure to the **Vermillion Lakes**. You never know what kind of wildlife you may see on the banks of the river. As the sun starts to set in the evening, it gives a great opportunity to spot **beavers** on the banks and swimming in the river beside your canoe! If canoeing is not your thing, you may also rent **Stand Up Paddle Boards** and **Kayaks**. Prices include life preservers and all safety equipment needed for a fun and safe adventure.

**LAKE LOUISE | \$135 1 Hour | \$125 30 Min**

**HOURS: 8:30 AM - Last Boat at 6:00 PM**

It's one of those iconic must do's in the Canadian Rockies, experiencing breathtaking views as you paddle across Lake Louise towards the Victoria Glacier.

**MORaine LAKE | \$115 1 Hour**

**EMERALD LAKE | \$100 1 Hour**

**\*All Prices are  
Subject to change**



## CANOE TOURS

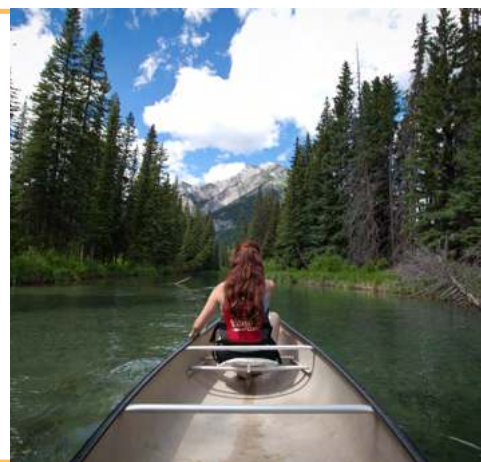
**Adult \$60 Child (6-12) \$30 Infant (2-5) Free**

**RIVER EXPLORER | 11am, 1pm, 3:30pm | 1.5 Hours**

Enjoy the serenity of the Bow River and marvel at the surroundings whilst on a Big Canoe Tour. As you journey upstream, the guides will entertain you with **stories of the past, history of canoeing and interesting local facts**. Every tour includes life jackets and paddles plus instruction on how to paddle as a team.

**WILDLIFE ON THE BOW | 6pm Daily | 1.5 Hours**

Embark on an early evening Big Canoe Tour and learn fun facts about **animal habitats, behaviors and conservation**. Escape the bustling Banff Streets and get back to nature. Enjoy paddling up the scenic Bow River while keeping your eyes peeled for some of the locals - bald eagles, elk, muskrats and maybe even **"Barry" our resident beaver**.



## FLOAT TRIPS

**Hoodoo Tour Daily Departures:**

10:20 | 11:20 | 13:20 | 15:20 | 17:20

**1 Hour Duration | Adult (16+) \$70 | Child (2-15) \$30**

Minimum Age 2 years old

Float tours are an amazing wilderness sightseeing experience on the famous Bow River! Launching at the base of Bow Falls. During your river journey, you will travel **7 km down the Bow River**, encountering excellent views of Sleeping Buffalo, Cascade & Tunnel Mountains. The natural scenery is fantastic with water birds and wild flowers being abundant on the banks of the river. Occasionally spot wildlife too! We float past the **Hoodoos** and land the rafts at the towering north face of **Mount Rundle**. Our shuttle bus will return you to your starting point on a scenic ten-minute mountain meadow drive. You will see and experience the majestic Canadian Rocky Mountains and this gentle float tour is the perfect way to intimately encounter this natural mountain beauty!



## HIKING

Banff offers endless hiking trails through meadows and forests, Alpine lakes and access to **multiple Natural Parks** of the Canadian Rockies. There are trails of all difficulties and lengths, making Banff an ideal destination for both **well-trained hikers** and for those who want to enjoy **peaceful walks** admiring breathtaking views. Wonderful panoramas go hand in hand with pleasures of the palate: a hike is not complete without a visit to one of the areas tea houses, for a hearty lunch or a refreshing drink.

With multiple ways to reach enchanting locations high up in the mountains, from trails to heli hikes. Find the best option to experience a full immersion in the Rockies, admiring stunning sunrises and sunsets and the embrace of the mountains.

If you are looking to explore yourself we recommend coming to see us at the Concierge Desk. With the help of our knowledgeable concierge team we can **find the best trails and conditions for you**, and go over maps and the best sights along the way!



## PUBLIC GUIDED HIKES

7:45am Departure | 7 Hours Duration | 13+ | \$111 per person

An excellent way of exploring the **backcountry of Banff National Park**. From the explosion of wildflowers in the spring, to the clear glacier views in the summer, to the brilliant golden of the larch trees in the fall, truly the best way to see the Rockies.

Your Interpretive Guides' priority is having a safe, fun & informative tour that **connects you** to where you are visiting. To reduce wildlife encounters tours consist of small groups for safety. Hiking time is between **4 - 6 hours**, which includes an **alpine picnic lunch**. Sturdy footwear is required and we recommend dressing in layers to adapt to changes in weather.

Please see concierge for the full details on the distance, elevation, hiking time and difficulty rating for each trail. **Hiking Trail Schedule:**

Sunday Stanley Glacier (Moderate)	Wednesday Plain of Six Glaciers (Mod)
Monday Larch Valley (Moderate)	Thursday Stanley Glacier (Moderate)
Tuesday Consolation Lakes (Easy)	Friday Plain of Six Glaciers (Moderate)
Saturday Larch Valley (Moderate)	

## PRIVATE GUIDED HIKES

Use one of the signature hiking tours, such as famous Larch Valley or the Plain of Six Glaciers as your itinerary or connect with us for a custom quote. With a fleet of different vehicles, and a team of accredited guides, we can match your group size, whether you are a small family or a large corporate group.



## HELI HIKING

Offering a way to see a part of the Rockies that would normally be inaccessible. Join a knowledgeable guide on an **exhilarating helicopter flight** that is sure to sweep you over some of the most **stunning mountain scenery** in the world. Get dropped off in the alpine, far from any other hikers for a private trek through the wilderness.

### Heli Yoga

Yoga engages our muscles and joints in ways that help our entire bodies feel alive and more supple. Mindfulness can help quiet a busy mind, **tune into our mountain surroundings**, and reconnect us within. **Mindful meditation and yoga** in the mountains can be a powerful experience, bringing a welcome deepening of the felt experience of living. Add yoga and mindfulness to your heli hike at no extra charge.



## EQUIPMENT RENTALS

There are a couple great rental options in Banff. Whether you are looking to bike around the park or in need to **bear spray**. Please speak with the concierge to find the best option for your Summer adventures!

## RIMROCK E-BIKE RENTALS

Cruise through Banff and marvel at majestic snow-topped peaks with **The Rimrock's newest fleet** of Cube Reaction Pro electric-assist bikes. Tour at your leisure and pedal with ease alongside riverside pathways and crystal blue lakes only a short distance from downtown. Our favourite way to enjoy the day is with a gourmet boxed lunch from our culinary team and a picnic stop at **Two Jack Lake or Vermillion Lakes!** Take your adventures to the next level and ride the famed, yet challenging, Canadian Rockies **Legacy Trail** from Banff to Canmore and back. Visit our friendly Concierge team for maps and guidance on Banff's extensive trail network.

Please note that E-bikes are prohibited on trails in Banff National Park and are exclusively for use on roads and paved bike pathways. Please contact the concierge for trail suggestions.

**1 Full Day Rental (8 Hour) \$60.00 + taxes**  
**Ages 12+ (or 5ft & above)**

Reserve in advance of your arrival date with the concierge:  
concierge@rimrockresort.com | 1.403.762.1889

Opening Date: May 26th (daily rentals are weather dependent)

## BACKTRAX BANFF

Firstly, there is Backtrax. **They have everything** you will need for your Summer holiday!

Look no further, their town bikes are the perfect fit for you! With comfy gel seats and 21-speed gear system, they are going to take you to every site you want to see! These bikes have no suspension and are lightweight and a low-impact ride for the paved trails that Banff has to offer.

Full Suspension, Road, Tandem, Touring, Kids and BMX bikes also available!

Other rentals options include fishing gear, camping gear, life jackets, bear spray, and much more!

Backtrax is open **8am – 8pm** daily and is located on Bear St. in downtown Banff.

Please visit here for rental options:  
[www.snowtips-bactrax.com](http://www.snowtips-bactrax.com)

Mention The Rimrock Concierge sent you for preferred rates for certain services.





## MOUNTAIN & ROAD BIKING

Banff offers **many spectacular trails** for every type of MTB enthusiasts, from scenic routes at altitude and excursions to lush meadows and mountain lakes, to downhill routes and challenging tours that require a good level of fitness.

### BOW VALLEY PARKWAY CYCLING EXPERIENCE

Enjoy **car free, road cycling** along a 17 km stretch of the Bow Valley Parkway from the Fireside Day Use area to Johnston Canyon. Parks Canada has announced for 2022 the continued closure of the Bow Valley Parkway to vehicle traffic in May, June and September.

Cyclists planning to use the Bow Valley Parkway should park at the Town of Banff Fenlands Recreation Centre or Train Station parking lots. Both are accessible via the Norquay Road entrance to the townsite



## ELECTRIC BIKE

### What is an E-bike?

Electric bicycles have an additional small motor to supplement the rider's pedal power. Because of this, longer distances and uphill sections of a route are a bit easier. Therefore, you can enjoy your time exploring on two wheels even longer.

### Where can I ride E-Bikes?

Within Banff National Park, **only paved trails and roads** are accessible to electronic bikes. There are a number of great trails and route options in Banff and the surrounding area. Please see us at the concierge desk for **trail suggestions**, such as the Banff Legacy Trail.

Please be careful, not following this rule may leave you with an unwanted by-law ticket, or worse yet cause injury to yourself or fellow park visitor. Always be aware of your surroundings and obey the rules of the road. If you find yourself on a pathway or trail, walk your e-bike back to the nearest road.



## GUIDED BIKE TOURS

### BANFF E-BIKE TOUR

11am Depart | 3 Hours Duration | \$199.00 per person

Enjoy the scenery with ease with our local guides and the **Trek Verve+ 3 E-bikes**. Tour varies slightly from day to day, but generally includes the Lake Minnewanka Loop, the Banff townsite, Tunnel Mountain Road, Vermillion Lakes, and the Banff Springs Golf Course loop past Bow Falls.

### JOHNSTON CANYON E-BIKE TOUR

10am Depart | 5 - 6 Hours Duration | \$299 pp

Johnston Canyon is one of the premiere bike and hike experiences in the Rocky Mountains. This guided ride takes you from Banff along the iconic **Bow Valley Parkway to Johnston Canyon**. Once there, à la carte **lunch** is provided and you have time on your own to explore the canyon, before riding together back to Banff.

## TRAIL RIDES

### **Bow River Ride** | 1 Hour Duration | \$82 per person (8yrs+)

Departing from the Warner Stables you will trot along the Bow River, past the natural sulphur hot springs and through the interesting Marsh Loop.

### **Spray River Ride** | 1 Hour Duration | \$89 per person (8yrs+)

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 Banff Springs Hotel 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.

### **Sundance Loop** | 1 Hour Duration | \$159 per person (8yrs+)

This ride is an extension of the Bow River Ride. Following the trail 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.

Please contact the concierge for half day & full day options.



## RAFTER 6 RANCH

Now, if you are more of an experienced rider we recommend going with a Ranch called **Cowleys Rafter 6**. Located in Canmore, roughly a 35 minute drive from Banff. Tours are done on an individual per request basis and as such they can cater their tours to any length and start times. Lunch or dinner can be included upon request and they guides are a bit more experienced. **More experienced riders** will appreciate this ranch more the Banff Trail Riders as they'll get more of a say as to how the tour goes in regards to the pace set and distance travelled. Please let us know if you would like to do something like this with details as to the time of day and length of tour you would like to partake and we can call them for a quote.

## CARRIAGE RIDES

Soak up the mountain scenery while relaxing in a **private horse-drawn carriage**, complete with a cowboy driver as your personal guide.

### **Downtown Carriage Ride** | 15 Minutes | \$82 per carriage

This carriage ride takes you through town and along the Bow River. You will pass by many of the original homesteads of Banff, each having a story to tell. From the Bow River you pass by Banff's Central Park and back onto Banff Avenue for your return to downtown Banff.

### **Bow River Carriage Ride** | 30 Minutes | \$144 per carriage

A carriage ride taking you over the Bow River and past the Indian Trading Post (home of the Merman!) onto one of Banff's prestigious residential streets. We follow the Bow River and loop back to downtown crossing the Bow River again before we return to downtown Banff.

### **Fairmont Banff Springs Hotel** | 1 Hour | \$237 per carriage

Enjoy this carriage ride along the Bow River, and past Central Park. Continue over the Bow River, past the Luxton Museum and past the world famous Fairmont Banff Springs Hotel.

### **Custom Carriage Rides**

Customized carriage transfers are available to chauffeur you around the town site and are a **popular wedding option**. Pick-ups from hotels, restaurants or private residences can be arranged during daylight hours any day of the year.

Rates vary depending on locations and length of tour. Carriage service availability is weather and road condition dependent during the winter months.





## INDOOR CLIMBING

**Elevation Place** located in the Town of Canmore offers a wide variety of activities and services; The EP Climbing gym offers routes for all abilities and ages, with over **40 indoor routes** reaching a maximum height of 15 metres and varied terrain with over 100 colour-coded climbs. It is ideal for beginners, enabling them to learn in complete safety and develop the basic concepts and more advanced skills during individual and group climbing courses with the mountain guides. It's also a good alternative to outdoor climbing on rainy days or in the evening.

Alternatively, a small indoor climbing gym is located at the Banff Centre in their **Sally Borden Recreation Centre**. This facility is perfect for beginners looking for shorter climbs.

## VIA FERRATA

Via ferratas are among the **most exciting experiences** that one can try in Banff. These routes up the mountains, equipped with metal cables, ladders or other fixed features, including wooden walkways and suspended bridges.

You will take a **sightseeing chairlift** to the top of Mt. Norquay, from there Mt. Norquay offers multiple Via Ferrate routes as well as the lovely **Cliffhouse Bistro**; offering experiences for all levels of adventurers. Your mountain guide will begin with the usual familiarization of the equipment and how to traverse the Via Ferrata safely.

### Explorer | 2 – 2.5 hour round trip | 1km | \$180

Spend some time with your guide, get introduced to the equipment, head up a few pitches and cross the **suspension bridge**. This is a great choice for those who are slightly limited on time or looking for an introduction to Via Ferrata.  
\*Minimum 12 years of age and minimum 40 kg (88 lbs)

### Ridgewalker | 3.5 – 4 hours round trip | 1.4km | \$235

To get a greater feel for heights, exposure and the full Via Ferrata experience, become a Ridgewalker! This half-day excursion takes you **high up on the Norquay cliffs**, climbing the Memorial, Sunrise and Vista buttresses – and of course, traversing the suspension bridge.  
\*Minimum 12 years of age and minimum 40 kg (88 lbs)

### Skyline | 4.5 – 5 hour round trip | 2.5km | \$290

The Skyline includes an exciting high traverse on a sheer rock wall and crosses an "airy" **55m suspension bridge**. Your effort is amply rewarded at the top, with outstanding panoramic views where the Rocky Mountains stretch out in every direction. With Banff as a backdrop over **1,000 metres below**, enjoy the uber-scenic ridge-crest descent as it leads you back to the Cliffhouse Bistro to celebrate your mountaineering accomplishments.  
\*Minimum 14 years of age and minimum 40 kg (88 lbs)

Full day tours also available. Please contact the concierge for more tour details and to book your trek today!

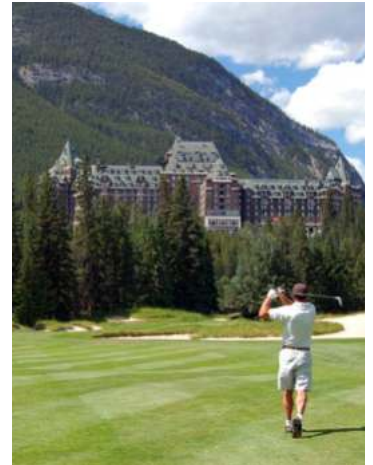


## GOLFING

Within Banff National Park, we have **two golf courses** to choose from. Both are located at the Fairmont Banff Springs. **The Stanley Thompson Course**, named after its designer but referred to by the local golfers as "Stanley" is a Par 71/72 course. This world-renowned course is forgiving enough for a novice but, but will also challenged a skilled golfer alike. The highlights of this experience are the par 3 "**Devils Cauldron**", which is a beautiful par three with a raised tee box and water, and the Par 4/5 (depending on where you tee off) called "Spray". Most tee boxes on "Spray" are elevated where you have to carry the Spray River, hence the name. Locals tip, continue past the **Waldhaus Restaurant** to the upper tees for the best view, but a longer carry across the river. Green fees are \$259 per round and will give you access to the practice range before your round and include the use of a power cart.

The second course located in Banff National Park is the **Tunnel Mountain 9** hole course is a wonderful warmup in the Canadian Rockies. Designed by Cornish and Robinson, this course delivers beautiful vistas and will test your decision-making, especially on the Par 5 3rd hole that starts out with a large dogleg left that offers an interesting risk versus reward scenario. Green fees are \$119 per round and round and will give you access to the practice range before your round and include the use of a power cart.

Within an hour's drive of the hotel, there are a few more courses to speak of as well. In Canmore, there is **Silvertip, Stewart Creek, and Canmore golf and curling**. A little farther abroad, there is both **Brewster's Kananaskis and Kananaskis Country Club**. A little tip to the avid golfer, **Mickleson National** has just opened and also looks to be a real treat, although requires a longer drive then the others listed. Please think about booking tee times in advance, as the courses tend to get very busy, especially in July and August.



## GUIDED FISHING

	Half Day	Full Day
One Angler	\$395	\$450
Two Anglers	\$495	\$550
Three Anglers	\$595	\$650
Four Anglers	\$695	\$750

Our go to for anything fishing related is a local character, **Big Jim Dykstra**. Jim has been fishing the Bow Valley and surrounding areas for over **30 years**, with secret fishing holes, knows what parts of the river is good at different times of the year and what the river levels are doing. **Includes all the gear** (G. Loomis fly and spin rods, all flies, tackle, tippet, leaders, lures, waders and boots), soft drinks, snacks, transportation, and Big Jim as your guide.

Half days are **4-6 hours** and full days are **8+ hours** or when we're done fishing. Hotel pick up is usually at **7 AM**.

One day Alberta Provincial Fishing licenses, WIN number and 5% GTS are **not included**. Rates subject to change from year to year. Visit **AlbertaRELM** to purchase a fishing license and required WIN number. Please make sure to purchase your fishing license in advance!

Now if Big Jim happens to be busy on the day we book him then there are other suppliers in town that are very similarly priced such as Wapiti Sports, Banff Fishing Unlimited and Blue Wing Fishing.



ACTIVITIES OUTSIDE  
OF BANFF  
THE RIMROCK RESORT HOTEL  
CONCIERGE GUIDE

## THE TOWN OF CANMORE

Located in Banff's backyard, Canmore offers many of the same activities like biking, climbing, fishing, hiking, and walks. Whitewater rafting, or even wolfdog tours.

## SPORTS & RECREATION

Visit the **Canmore Nordic Center**. Developed in 1986 to host the 1988 Calgary Olympic Winter Games, the CNCPP is one of the few remaining operational Olympic Nordic skiing venues in the world. Enjoy the extensive recreational ski and mountain biking trails with spectacular views of Canmore, the Bow Valley and Mount Rundle.

For some indoor fun visit Canmore's **Elevation Place**. Offering a wide variety of activities and services; The EP **Climbing gym** offers routes for all abilities and ages. See the concierge for information on the facilities, Climbing Core Classes, and upcoming events & competitions.

A **Fitness Center**, offering equipment and classes to help you meet your fitness goals.

Whether you're in the mood for lounging along our lazy river, slipping down the water slide, or raising your heart rate in a competition-length lap pool, you will be elevated by the experience in their **Aquatics Centre**. Also offering Aquafit Classes, Swimming Lessons, and More!

## HIKING & FAT BIKING

Massive mountains and sprawling valleys mean hundreds of kilometres of majestic trails—and more than a few views guaranteed to be easy on the eyes.

From steep, adrenaline-pumping tracks, to valley bottom routes ideal for strolls, you are sure to find an adventure best suited for you!

## DINING & NIGHTLIFE

With more than 70 restaurants offering everything from ethnic cuisine, fine dining, and local fare, to hearty home style cooking and premiere Alberta steaks, you're in for a treat!



## CAVE TOURS

If you are looking for a **unique way** to experience the Canadian Rockies, caving is a fantastic way to learn more about the natural history of the area while satisfying your inner adventurer. Follow your guide through **4km** of underground wonder. Keep your eyes peeled for **fossils and ancient bones**; you never know what you will find!

**Explorer Tour | 4.5 Hours with approximately 2.5 Hours underground**  
**Adult (16+) \$135 | Youth (10-15) \$115**

This is one of the shortest cave tours but is by no means short on fun and excitement. Your guide will introduce you to the amazing world of caving, that will see you crawling past prehistoric bones, investigating **ancient cave formations** and even squeezing into places like the warm-up and challenge squeezes (if you so choose of course!).

**Adventure Tour | 6 Hours with approximately 4 Hours underground**  
**Adult (16+) \$175 | Youth (12-15) \$145**

The Adventure Tour is their flagship tour and has been recognized as a Canadian Signature Experience. As the longest tour offered in Rat's Nest Cave, the Adventure Tour is the complete package. Cavers will **rappel 18m (that's 6 Stories!)** inside the cave, plus have the opportunity to push your limits in the warm-up squeeze, challenge squeeze, and the Laundry Chute – a section of the cave that adds a little extra challenge but a whole lot of extra fun. Visit the impressive **Grand Gallery** – the largest known room in the cave, then surround yourself with ancient cave formations in the Grotto.

## YAMNUSKA WOLFDOG SANCTUARY

In June 2011, the Sanctuary was created to drive public awareness and education surrounding wolfdogs and wolves in the wild. Yamnuska welcomes visitors to come and experience their wolfdogs in person to learn about their unique nature, how we can reduce backyard breeding of these animals and the connected importance of wolf conservation. The Sanctuary is located on 160 acres of land near Cochrane, Alberta and has a current pack of resident wolfdogs and adoptable wolfdogs, all with different wolf content levels. Their future goal is to become a resource for the **conservation of wolves in the wild**.

### LOCATION

263156 Range Road 53, Rocky View County, AB, Canada  
Please see the concierge for directions.



### SANCTUARY WALK

This **self guided** walk through the Sanctuary allows visitors to see the grounds and view various packs of wolfdogs at your own pace. This is a great opportunity to learn interesting facts about wolfdogs and wolves, and support the Sanctuary.

Drop-ins are welcome! Space is not limited and no reservation is required, you can pre-purchase daily admission tickets or an annual membership. Minimum age admitted is **6 years old**. Join us for our daily enrichment activities throughout the day at **11:30am, 1pm, 2pm, and 3pm**.

**ADMISSION:** General \$25 per person | Youth (6-11yrs) \$15 per person

**OPEN HOURS:** Thursday – Monday, 10am – 5pm



### INTRO TOUR

This tour takes you inside the **Engadine** enclosure into a viewing platform with one of the guides. Enjoy the opportunity to learn all about the Sanctuary and get an introduction to what wolfdogs are all about. This is a great way to photograph one of the packs of wolfdogs as well as having full access to your very own **wolfdog expert**.

Drop-ins are welcome! Arriving **15 minutes prior** to your tour is recommended to allow enough time for signing in and a short briefing.

**ADMISSION:** General \$38 per person | Children must be 10+ years old.

**AVAILABILITY:** Saturdays & Sundays ONLY at 10:45am, 12:15pm, 2:15pm, 3:45pm

**Duration:** 30 minutes + Access to the Sanctuary Walk

### INTERACTIVE TOUR

Come enjoy an up-close and **interactive experience** with the **Yamnuska** and **Cascade Packs**. Throughout this tour, you will gain a better understanding about wolf behaviour and how this behaviour fundamentally differs from that of domestic dogs. This is also a great opportunity to learn about the importance of wolves in our ecosystem, and why it's so important to preserve them in our natural environment. This is an immersive experience with **ambassador wolfdogs** that welcome you into their space, so be prepared to follow very specific guidelines throughout your tour.

**ADMISSION:** \$63 per person | Minimum age is 15 | Maximum of 10 people per tour

**RESERVATIONS REQUIRED:** Thursday – Monday: 10:30am, 12 noon, 2pm & 3:30pm

**DURATION:** 45-60 minutes





## ATV TOURS

**Paradise Mine Tour** | 3 Hours Duration | 1 PM Tour Time  
**Driver (16+) \$259 | Passenger (14+) \$129 | Child (5-13) \$89**

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). There is no transport available for this tour and the tour departs from close by Panorama Ski Resort, which is approximately a **2hr drive from Banff**.

**Waterfall Explorer Trip** | 2 Hour Duration | 10 AM Tour Time  
**Driver (16+) \$219 | Passenger (14+) \$109 | Child (5-13) \$59**

Travel by ATV through pine forests with mountain stream crossings to 6,500ft to see a spectacular **Waterfall surrounded by old growth forest**. You can even try your luck at gold panning! This tour is a perfect interlude on your vacation, and it is suitable for all members of the family. Even though it's only a 2 hour trip you will feel like you have left the busy towns and highways behind and truly experience the peace and beauty of our mountains. There is no transport available for this tour and the tour departs from close by Panorama Ski Resort, which is approximately a **2hr drive from Banff**.

## ZIPLINING

**Adult (15-64) \$84 | Youth (<15) \$79**

Come explore lush stretches of green and gold meadows, crystal blue lakes, and keep an eye out for our many local critters that call the area home. For those looking for a family fun activity that allows them to soar to new heights and take in the sights from a different perspective, zip lining is the perfect way to combine adventure and breathtaking panoramas all into one action-packed afternoon!

With **7 lines** to send you zig-zagging across the Dry Gulch valley. Get ready to take in views of the pristine **Columbia Valley Wetlands** and the world famous **Purcell Mountain Range**.

\*Both ATVing and Ziplining are located 2 hours away from Banff in Radium, BC. Please see concierge for driving directions as well as sights and stops along the way.



# THE RIMROCK RESORT HOTEL

## CONCIERGE

### YOUR GUIDES TO SUMMER IN THE BOW VALLEY

#### THE RIMROCK DIFFERENCE

Our concierge service provides you with qualified and dedicated staff who will be keen to make your stay **unforgettable**, and who will prepare an itinerary of your choice.

As experts on the activities offered in the valley, unexpected attractions and the **discovery of unexplored realms**, our concierge team will introduce you to the most striking cultural sites, must-see shops, the most exhilarating sporting activities and much more.

Beyond relaxation activities, our concierge service is also pleased to set up a **wide range of services** for you. Whether it be dining reservations, airport transfers, planning your vacation itinerary, hiking or transportation assistance, we are looking forward to assisting you with all your needs.

#### PLANNING YOUR SUMMER GETAWAY

The Concierge Desk is located in the main lobby of the hotel. We will gladly assist you with dinner and activity reservations, transportation and directions to major attractions. Advance bookings are recommended.

If we have the honor of hosting you for a **special occasion** such as a birthday or anniversary make sure to let us know prior to your arrival.

Thank you for viewing our Summer Activity Guide! Please reach out to us with any additional inquiries and for assistance planning your trip. We look forward to welcoming you to the Canadian Rockies soon!

**PHONE:** +1 403 762 1889

**EMAIL:** [concierge@rimrockresort.com](mailto:concierge@rimrockresort.com)

#### OUR PERFECT DAY IN THE MOUNTAINS

##### MORNING

Start your day with a hearty breakfast overlooking the Spray River Valley and Rundle Mountain at our Primrose Dining Room. Banff's best **full breakfast buffet** with fresh and locally-sourced ingredients that will delight your senses.

After a pleasant breakfast, treat yourself to a magical adventure! With options ranging from **whitewater rafting** down the bright rivers of the Canadian Rockies, hiking the through alpine forests to find turquoise waters, or even traversing the Athabasca Glacier on a massive all terrain bus tour.

##### AFTERNOON

In the afternoon, take your chance to admire the "Matterhorn of the Rockies" Mt. Assiniboine, from the sky thanks to a **helicopter ride**, one of the best ways to discover the wonders of Canadian Rockies. You can also go to **The Rimrock Spa**, and enjoy treatments rich in essential oils. Treat yourself to an invigorating scrub, a detoxifying wrap or a relaxing massage, for a moment of well-being in a lush setting.

##### EVENING

To make the most of the unique beauty of the mountains, devote your evening to a immersive evening at the top of Sulphur Mountain hosted by the Banff Gondola. Watch as the sun sets over the valley as you enjoy the boardwalk on top of the mountain.

Enjoy a delicious dinner at the **Sky Bistro**, pairing the grandeur of the Rocky Mountains with a distinctly Canadian menu that features the unique flavours of Canada through a handpicked selection of regionally sourced local meats, produce and ingredients.



## PHOTO CREDITS

The Rimrock Resort Hotel  
Banff Lake Louise Tourism  
Pursuit Banff  
Paul Zizka  
Jake Dyson  
Darren Roberts  
Chris Amat  
Mike Seehagel  
Shannon Martin  
Dan Evans  
Jesse Tamayo  
Sky Bistro  
Canmore Cave Tours  
Hawgwild Fishing  
Mount Norquay  
Sunshine Meadows