

Banff

August 17-21, 2026

Led By: Mara Prausa and Carie Winn



Continuing Education
University of Wisconsin - Stevens Point





An Itinerary for Banff **August 17-21, 2026**

Experience the best of Banff and Lake Louise on this five day adventure filled with classic Rocky Mountain scenery and memorable hikes. From your first drive along the Trans Canada Highway through the Bow and Kananaskis Valleys to peaceful sunrise views at Lake Louise, each day offers beautiful moments in nature. Hiking 8-10 miles a day, you will see turquoise alpine lakes, walk through canyon waterfalls and forested trails, relax in the warm waters of the Banff Upper Hot Springs, and take in wide open views from the Banff Gondola summit. With time at famous spots like Moraine Lake, Larch Valley, Sentinel Pass, and the town of Banff, this trip captures the highlights of the Canadian Rockies in a simple and unforgettable way!

Trip Leaders: Mara Prausa and Carie Winn

Monday, August 17, 2026

- Arrive at Calgary International Airport
- Drive to **Lake Louise Inn** (~2 hours)
- Check-in
- Welcome dinner at Explorers Lounge in the resort (included)
 - **Scenic Expectation:** first views of the Canadian Rockies as you drive the Trans-Canada Highway; passing Kananaskis Valley and Bow Valley

Tuesday, August 18, 2026

- Breakfast at Lake Louise Inn (included)
- **Hike - Lake Agnes Trail**
 - **Distance:** 4.6 miles round-trip
 - **Duration:** 3-3.5 hours
 - **Scenic Expectation:** find a small reflective lake early in the hike at Mirror lake, a turquoise alpine lake surrounded by peaks at Lake Agnes, and a quaint historic building with a mountain backdrop at the Tea House Views
- Lunch at Lake Agnes Tea House (at your own expense)
- Extend Hike/Explore
 - **Fairview Lookout Trail:** ~1.8 miles round-trip, panoramic view of Lake Louise, Victoria Glacier, surrounding peaks
 - **Or Mirror Lake + Lakeshore Loop:** peaceful reflections, great for photos
- Dinner at Lake Louise Village Grill & Bar or similar location in town (at your own expense)

Wednesday, August 19, 2026

- Breakfast at Lake Louise Inn (included)
- Drive to Banff (50 minutes)
 - **Scenic Expectation:** Bow Valley Parkway and surrounding peaks; keep an eye out for wildlife
- **Banff Upper Hot Springs**
 - Admission, locker, and towel fee included
 - **Scenic Expectation:** mountain backdrop while soaking; panoramic views of Mount Rundle
- **Hike - Sundance Canyon trail**
 - **Distance:** 4.5 miles
 - **Scenic Expectation:** flowing canyon waterfalls, larch forest with Bow River tributaries, rocky canyon walls and footbridges
- Lunch in Downtown Banff (at your own expense)
 - Some options: Park Distillery, Bear Street Tavern, Maple Leaf, Coyotes
- **Hike - Surprise Corner to Banff Centre Lookout**
 - **Distance:** ~1 mile
 - **Scenic Expectation:** Bow Falls, Bow Valley, iconic Fairmont Banff Springs “Castle”, wide-angle photo spot
- **Banff Gondola Summit/Boardwalk** (included)
 - 2 hours walking on summit trails (1-2 miles)
 - **Scenic Expectation:** 360 degree panoramic views of Banff, Bow Valley, Spray Lakes, Mount Rundle, Alpine meadows, rock formations, and wildflowers
 - Cocktail at Sky Bistro/Northern Lights Lounge (optional)
- Return and Dinner in Banff or Lake Louise (45 minute drive back to resort from Banff) (meal at your own expense)



Thursday, August 20, 2026

- Breakfast at Lake Louise Inn (included)
- Walk to Lake Louise Lakeshore for sunrise (optional)
 - **Scenic Expectation:** Victoria Glacier mirrored in calm waters, pink and orange glow on mountain peaks
- Drive/Shuttle to Moraine Lake
 - **Scenic Expectation:** Towering Ten Peaks, Moraine Lake’s turquoise waters from parking or shuttle drop-off
- **Hike - Larch Valley/Sentinel Pass**
 - **Distance:** 7-8 miles round-trip
 - **Duration:** 4.5 hours
 - **Scenic Expectation:** golden larch trees, alpine meadows and wildflowers, panoramic view of Moraine Valley, surrounding peaks, and hanging glaciers in the Sentinel Pass
 - Optional side trails: Consolation Lakes for secluded alpine lake views



Thursday, August 20, 2026 (continued)

- Lunch: Packed picnic on the trail at a scenic spot (included)
- **Moraine Lake Shoreline**
 - **Distance:** ~1 miles
 - **Scenic Expectation:** mirror reflections, changing light on Ten Peaks, calm turquoise water
- Return and Dinner at **Timberwolf Pizza and Pasta** (included)

Friday, August 21, 2026

- Breakfast at Lake Louise Inn (included)
- Check Out
- Drive to Calgary International Airport (~2 hours)
 - **Scenic Expectation:** Last views of the Rockies along the Bow Valley

Pricing

Registration Fee

Double occupancy rates: **\$3,200 per person**

Single occupancy rates: **\$4,170 per person**

***Registration closes January 30th, 2026 at noon or earlier if filled.**

Payment Schedule:

\$450 deposit due at registration (*This fee is nonrefundable*)

\$1,375 is due on January 5th, 2026

\$1,375 is due on March 30th, 2026

***Since we make financial commitments in advance, no refunds will be issued for cancellations less than 90 days prior to the trip. Cancellations received more than 90 days before the trip will receive a full refund minus \$450. However, you may send a substitute in your place. Please email us at uwspcweb@uwsp.edu to inform us of a cancellation or substitution.**

Price includes:

- 4 Nights Accommodations
- 4 Breakfasts
- 1 Boxed Lunch
- 2 Dinners
- Canadian Park Passes
- Moraine Shuttle Passes
- Banff Upper Hot Springs Admission Fee, Locker Rental, and Towel Fee
- Banff Gondola Ticket

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