



3 NIGHT WINTER FAMILY ITINERARY



THE ULTIMATE GUIDE TO A FAMILY FOCUSED STAY IN BANFF

Banff in winter is full of family traditions waiting to be made. Spend your days building snow forts at Tunnel Mountain, exploring frozen waterfalls on the Johnston Canyon Ice Walk, skating at Fenlands Rink, or soaking together at the Banff Upper Hot Springs. Return to Buffalo Mountain Lodge to gather around your in-room fireplace for s'mores, share a family meal at The Prow, or enjoy a board game by the lounge fire. With cozy comforts and snowy adventures just minutes away, it's the perfect homebase for an unforgettable family getaway.

HOW TO GET HERE

CAR – If you are driving to Banff from the Calgary International Airport, the trip is a short 1.5 hours. Car rentals are available at the airport itself. On the #1 Trans Canada Highway, take the first exit into Banff (Banff Minnewanka Loop exit). Make a left off the exit and then take the first road to the left (Tunnel Mountain Road). Follow the road for about 10 minutes passing the campgrounds and we are the second hotel on the left. Parking is complimentary for guests at the lodge. Please take care when driving on the roads in the winter as weather can be subject to change.

TRANSIT – Enjoy door to door transit from the Calgary airport to Banff. The Banff Airporter or Brewster Bus will ensure you get to your destination in good time! The town of Banff also has its own transit system. The [Roam Bus](#) will get you around town and to some of the top attractions including Banff Gondola, Lake Minnewanka and even Lake Louise & Johnston Canyon!



DAY ONE

3 NIGHT WINTER FAMILY ITINERARY

4:00PM – Check-in

6:00PM – Family Dinner at The Prow

The Prow transforms into a cherished gathering place before or after a day of exploration. Savour traditional Rocky Mountain ingredients that have been elevated to new heights or unwind après adventure with tantalizing shareables. [Kids menu](#) available. [See the dinner menu here.](#) Reservations [can be made here.](#)

8:00PM – Outdoor Hot Tub

Indulge in the ultimate relaxation by soaking in Buffalo Mountain Lodge's stainless steel outdoor hot tub. Located just steps from the main lodge, guests can enjoy mountain views during the day, and star gaze at night.

Open until 11PM daily. Change rooms and towels available.





DAY TWO

3 NIGHT WINTER FAMILY ITINERARY

8:00AM – Pick up Summit Breakfast To-Go

Fuel your adventures with breakfast on the go! Pick up your adventure packed meals at the front desk. Perfect for a day spent exploring. Available beginning at 7AM.

Note: Please ensure you have your order submitted via the front desk no later than 8PM the evening prior.

[View our Summit Breakfast menu here.](#)

9:00AM – Johnston Canyon Ice Walk with [Discover Banff Tours](#)

30 minute drive from Buffalo Mountain Lodge.

Embrace one of Banff National Park's beloved gems with the wintertime Icewalk. Your guided Johnston Canyon hike will lead you along the canyon walls using steel catwalks, culminating in the awe-inspiring frozen Johnston Canyon Upper Falls. Marvel at the stunning views of the gorge below. Hike includes journeys to both the lower and upper falls.

Discover Banff Tours offers transportation services and pick up.

1:00PM – Lunch at The Prow

3:00PM – Afternoon skating at Fenlands Outdoor Rink

10 minute drive from Buffalo Mountain Lodge.

The Fenlands offers a sprawling 5,000 sqft leisure skating rink, nestled in the meadow behind the facility. The rink is open from 8AM to 8PM daily, with skate rentals available until 4PM. The rink is located behind the curling facility through the walking path next to the overflow parking lot.

Enjoy skate sharpening, warming areas, concession, and washrooms inside of the recreation centre during its regular operating hours.

6:00PM – Dinner Options in Downtown Banff

- **The Maple Leaf** for classic Canadian sets
- **LUPO Italian Ristorante** for pasta at one of Canada's top 100 restaurants
- **Bear Street Tavern** for signature pizzas sandwiches and cast iron specialties

8:00PM – Outdoor Hot Tub & Outdoor Firepit at Buffalo Mountain Lodge

Conclude the evening by unwinding in the soothing waters of the hot tub or embracing the cozy warmth of the outdoor firepit.

DAY THREE

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8:00AM – Breakfast at The Prow

10:00AM – Snow Tubing at Mount Norquay

30 minute drive from Buffalo Mountain Lodge

Race down Alberta's longest tube lanes in this fun-filled activity that is great for all ages. Make sure to [pre-purchase your tickets](#) as tubing sessions can be limited in capacity!

12:00PM – Lunch in Banff

Here are some of our recommendations for the best bites in Banff

- **Balkan Restaurant:** excellent and nutritious option for that Greek fix
- **Block Kitchen + Bar:** the perfect shareable location
- **Nourish Bistro Banff:** Full of delicious vegan eats
- **Park Distillery Restaurant & Bar:** Restaurant and working distillery with campfire-inspired cuisine and spirits distilled in house.

2:00PM – Shopping Destinations in Downtown Banff to Visit

- **The Spirit of Christmas:** Experience Christmas year-round
- **Banff Candy Store:** Especially if you have a sweet tooth
- **Cows Ice Cream:** For tasty treats and 'cow-tastic' shirts!
- **All In the Wild Gallery:** Perfect for artists and art aficionados
- **Banff Trading Post:** Perfect souvenirs and gifts to remember Banff by
- **Monod Sports:** The destination for sport gear and clothing

6:00PM – Banff Gondola Sky Dinner Experience

10 minute drive from Buffalo Mountain Lodge.

Dine mountaintop and take in the beautiful winter views of the Canadian Rockies. Your journey begins with a stunning 8-minute gondola ride to the top of Sulphur Mountain before enjoying a delicious mountain-inspired meal at Sky Bistro.





DAY FOUR

3 NIGHT WINTER FAMILY ITINERARY

8:00AM – Breakfast at The Prow

The perfect way to end your stay is with a delicious breakfast at The Prow. With options for every morning meal enthusiast, dishes range from a classic Mixed Grill, Fresh Buttermilk Pancakes, Eggs Benedict, and much more.

9:30AM – Hike Tunnel Mountain (4.8km)

5 minute drive from Buffalo Mountain Lodge

If you are looking for an easy summit hike near Buffalo Mountain Lodge, the Tunnel Mountain hike is for you. This classic Banff hike features beautiful views of the surrounding town and takes about 45 minutes to reach the top. Remember to pack your ice cleats as the trail can get slippery in the winter months.

11:00AM – Check out of Buffalo Mountain Lodge

Bid farewell to your cozy accommodation and begin the journey home. Leaving Banff National Park full of memories that will last a lifetime. Thank you for visiting!

WHY STAY AT BUFFALO MOUNTAIN LODGE?

- Close proximity to activities – easy access
- Seclusion atop Tunnel Mountain
- Free parking
- In-Room Fireplaces
- On-Site restaurant – The Prow
- Outdoor hot tub
- Recently renovated rooms
- 24-hour fitness centre
- Scenic walk into downtown Banff

**BOOK YOUR AUTHENTIC
BANFF EXPERIENCE
AND WINTER STAY TODAY**

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