

## All Season Activities

*This mountain haven offers a wide array of activities for all seasons: downhill and cross-country skiing, a 27-hole golf course, hiking, fishing, and a wealth of other exciting pursuits. When you've returned from the great outdoors, immerse yourself in the unforgettable experience this Willow Stream the Spa at The Fairmont Banff Springs.*

**Willow Stream the Spa at The Fairmont Banff Springs-** Within a lavish interior, Willow Stream offers total relaxation and revitalization for mind, body and soul.

**Health Club and Pools-** Work out on the latest exercise equipment, relax in a hot tub or swim laps in a heated pool.

**5-pin Bowling-** Originally invented in Canada, this game is right up your alley.

**Helicopter Tours-** Take an exhilarating helicopter ride over spectacular Rocky Mountain peaks.

**Sightseeing Tours-** Explore the many historic and entertaining activities of Banff National Park.

**Natural Hot Springs-** Soak in one of Mother Nature's hot tubs.

**Retail-** A unique collection of 16 shops and boutiques offering a selection of luxurious merchandise. Featuring events such as fashion shows and cooking demonstrations.

**Concerts and Exhibitions-** Enjoy a live concert or a world-famous exhibition at the renowned Banff Centre for the Arts.

**Art Galleries-** Visit one of the many local galleries and museums.

**Banff Gondola-** Enjoy a breathtaking eight-minute ride to the summit of Sulphur Mountain with an aerial view of Banff and the Bow Valley.



*Outdoor Whirlpool*



*Banff Gondola*



*Indoor Swimming Pool*

## WINTER ACTIVITIES

**Canyon Ice Walks-** Join a guided ice walk into Johnston Canyon for a glimpse into a frozen world of waterfalls and pillars of blue ice suspended in time.

**Downhill Skiing-** Choose from five major ski resorts and hit the slopes on some of North America's best runs.

**Skating-** Discover the thrill of skating outdoors in mountain wilderness.

**Helicopter Skiing-** Enjoy a panoramic view of the Rockies as you ski down some of the most spectacular runs on earth.

**Cross-country Skiing-** Glide through our unspoiled mountain wilderness on your cross-country skis.

**Curling-** The classic Canadian sport is a short drive away at the Banff Recreation Centre.

**Dogsledding-** Slip silently past snowy trees and frozen streams behind your own team of huskies.

**Sleigh Rides with Barbeques-** Slide over trails of fresh snow and follow it with a hearty meal cooked over an open fire.

**Snowshoeing-** Explore the magnificent natural world of the Rockies in a truly Canadian way- on snowshoes.

**Ice-fishing-** This popular winter sport is offered by a variety of area guides.

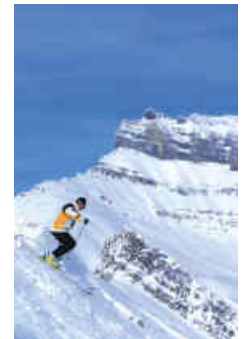
**Tobogganing-** Whistle down one of our many powder-covered hills.

### WEATHER IN DAYTIME AVERAGE

During the winter season, December through to March, you can expect the temperatures to range from 21 degrees Fahrenheit / - 6 degrees Celsius (peak winter season) to 37 degrees Fahrenheit / 3 degrees Celsius (end of winter season).

### SUGGESTED CLOTHING

Dress at the Fairmont Banff Springs is resort casual. Ties and evening dresses are not generally required. However, in some restaurants, jeans and athletic shoes are not permitted and jackets are necessary for men. Mountain weather changes very quickly so we do suggest that you bring plenty of clothing that can be worn in layers. Warm coats, snow boots, hats and gloves are necessary in the winter. If you plan to spend time exploring the outdoors, a daypack is also very useful.



*Downhill Skiing*



*Skating Rink*



*Dogsledding*



*Sleigh Ride*

## SUMMER ACTIVITIES

**Mountain Heritage Program-** Our Interpretive Walking program will expand your horizon in the Rockies.

**Horseback Riding-** Saddle up for some of the best trail rides in the west.

**Canoeing-** Paddle away on a leisurely trip down one of the rivers in the area.

**Tennis-** Match yourself with one of our five Supreme Turf tennis courts.

**White-water Rafting-** Discover nature's most exhilarating roller coaster. It's the ultimate white-water experience.

**Cycling-** Banff is full of exciting trails to keep your wheels spinning.

**Fishing-** What could be more alluring than mountain streams and lakes teeming with trophy fish?

**Hiking and Heli-hiking-** Enjoy this once-in-a-lifetime experience in the heart of the Canadian Rockies.

**Golf-** Take a scenic drive on the spectacular Stanley Thompson 18-hole and Tunnel Mountain 9-hole courses.

**River Float Trips-** Let yourself float away to another time and place.

**Columbia Icefields Day Trip-** Take time for Brewster's "Ice Age Adventure", a tour onto the icy slopes of the Athabasca Glacier, located at the Columbia Icefields.

### WEATHER IN DAYTIME AVERAGE

During the summer season, June through to September, you can expect the temperatures to range from 67 degrees Fahrenheit / 19 degrees Celsius (peak summer season) to 58 degrees Fahrenheit / 14 degrees Celsius (end of summer season).

### SUGGESTED CLOTHING

Dress at the Fairmont Banff Springs is resort casual. Ties and evening dresses are not generally required. However, in some restaurants, jeans and athletic shoes are not permitted and jackets are necessary for men. Mountain weather changes very quickly so we do suggest that you bring plenty of clothing that can be worn in layers. Even in summer you should bring along a sweater or jacket. Rain gear is recommended as are sturdy walking shoes or boots, a hat, sunscreen and sunglasses. If you plan to spend time exploring the outdoors, a daypack and bottle of water are also very useful.



*Golf Course and Clubhouse*



*Hiking*



*Columbia Icefields*



*White-water Rafting*

## SPRING/FALL ACTIVITIES

**Springtime** in the Rockies is greeted with its array of activities. Traditionally our 27- hole golf course opens mid- May and skiing at Sunshine Village generally runs until the end of May.

**Fall** with its' cool and crisp days is an opportunity to catch last glimpses of wildlife as they prepare for winter slumber and Canadian Thanksgiving leads the way for Banff's art community to start a variety of cultural festivals.

### ADDITIONAL ACTIVITIES AVAILABLE DURING SPRING AND FALL

**Mountain Heritage Program-** Our Interpretive Walking program will expand your horizon in the Rockies.

**Horseback Riding-** Saddle up for some of the best trail rides in the west.

**Cycling-** Banff is full of exciting trails to keep your wheels spinning.

**Columbia Icefields Day Trip-** Take time for Brewster's "Ice Age Adventure", a tour onto the icy slopes of the Athabasca Glacier, located at the Columbia Icefields. (tours available from April 20 - October 15)

**Hiking and Mountain Climbing-** Enjoy this once-in-a-lifetime experience in the heart of the Canadian Rockies.

### WEATHER IN DAYTIME AVERAGE

In April and May temperatures range from 46 degrees Fahrenheit / 8 degrees Celsius to 57 degrees Fahrenheit / 13 degrees Celsius. Turning to the Fall season in the months of October and November temperatures range from 49 degrees Fahrenheit / 10 degrees Celsius to 33 degrees Fahrenheit / 1 degree Celsius.

### SUGGESTED CLOTHING

Dress at the Fairmont Banff Springs is resort casual. Ties and evening dresses are not generally required. However, in some restaurants, jeans and athletic shoes are not permitted and jackets are necessary for men. Mountain weather changes very quickly so we do suggest that you bring plenty of clothing that can be worn in layers and be sure to bring along a sweater or jacket. Rain gear is recommended as are sturdy walking shoes or boots, a hat, sunscreen and sunglasses. If you plan to spend time exploring the outdoors, a daypack and bottle of water are also very useful.



*Hiking*



*Cycling*



*Columbia Icefields*