

Hot Springs Adventure

Calgary to Banff

Prepare to embark on your journey to the hot springs. The drive to Banff today is a breeze, taking just an hour and a half. Parks Canada manages the main campground. We suggest making advance reservations for July and August arrivals since you can arrive later in the evening. Plan to stay in Banff for at least two nights to soak up the atmosphere and see what the town has to offer.

Driving Distance – 132 KM

Banff to Lake Louise

Today, we suggest a quick trip to Lake Louise, which takes less than an hour. If you haven't reserved a place at the Lake Louise campground in advance, expect to arrive by 11:00 a.m. to get your spot and then go exploring. Instead of starting your journey in Lake Louise, we recommend driving at least part of the way up the Icefields Parkway. Although you won't have enough time on this tour to drive the entire length of the highway, getting as far as Bow Summit will give you a glimpse of the area's scenery and wildlife. See the Crowfoot Glacier, Bow Lake, and the aqua blue waters of Peyto Lake from the lookout.

Take the short steep road up Lake Louise Drive to Chateau Lake Louise and the lake itself when you return to Lake Louise village. You'll also find a path going off to the right on your way back down to Lake Louise Village. Moraine Lake and the Valley of the Ten Peaks are accessible through this path.

Driving Distance – 61 KM

Lake Louise to Revelstoke

If you love taking photos and waking up early, there's no better place to be for sunrise than Lake Louise or Moraine Lake. As you head west on the Trans Canada Highway toward Revelstoke, you'll pass through Yoho National Park, which is located on the Alberta/British Columbia border. Visit Takkakkaw Falls, where a short hiking path leads to the base of the majestic Falls, if you're travelling between June and September. Emerald Lake, the largest of Yoho's 61 lakes and ponds, is also on the way. Follow Highway 1 to Golden, which lies at the confluence of the Kicking Horse and Columbia Rivers. The Roger's Pass, one of BC's great mountain passes, connects Revelstoke to the rest of the province. Though today's destination is officially Revelstoke, you might want to finish the day at Canyon Hot Springs and relax in one of the two natural mineral hot pools. Canyon Hot Springs, located in the Columbia Mountains between Glacier and Mount Revelstoke National Parks, also has an excellent RV park. Revelstoke is just a 25-minute drive from Canyon Hot Springs.

Driving Distance – 231 KM

Revelstoke to Kaslo

Take a stroll around Revelstoke before you leave to see some 60 restored period buildings and, if you're a train enthusiast, pay a visit to the Revelstoke Railway Museum. Today's journey will take you across a number of lakes and through a number of small towns. At Shelter Bay, where Highway 23 crosses the river, you can catch a free ferry to Galena. On the other side of the lake, at Halcyon and Nakusp, there are more hot springs. The Halcyon Resort offers four mineral-rich pools as well as a variety of adventure activities. On the eastern shore of Slocan Lake, New Denver and Silverton offer museums, artisan studios, and a variety of outdoor activities. Highway 31A will take you to Kaslo, where you'll spend the night.

Driving Distance – 198 KM

[Kaslo to Kimberley](#)

Continue south on Highway 31 to Ainsworth Hot Springs, where you can relax in more mineral-rich waters. The horseshoe-shaped cave lined with stalagmites and stalactites is a rare feature of this hot spring. Explore the cave or unwind in the main pool, which overlooks the beautiful Kootenay Lake. Take a short drive from Ainsworth Hot Springs to Balfour to catch the ferry to Kootenay Bay and Creston, which is renowned for its orchards and brewery that produces Kokanee beer. Travel east on Highway 3 from Creston to Cranbrook, which has grown from a thriving railway town to become the Kootenay Rockies' largest community.

If you want to end the day here, try Mount Baker RV Park, a pleasant campground with big shade trees, a creek, and a warm family atmosphere located in downtown Cranbrook. Before moving north on Highway 95A to Kimberley, take Highway 93 to Fort Steele Heritage Town, a restored Northwest Mounted Police Fort. This Bavarian-themed village is home to Canada's largest free-standing cuckoo clock and a four-season alpine retreat.

Driving Distance – 256 KM

[Kimberley to Radium Hot Springs](#)

Today, take Highway 93/95 north to Fairmont Hot Springs. The year-round, crystal-clear hot spring pools at Fairmont entice visitors to plunge into their steamy, mineral-rich waters. Golfing, skiing, hiking, biking, horseback riding, and spa facilities are also available at the resort. Go on to Invermere and Windermere Lake, a popular summer destination with a variety of activities and attractions, including Panorama Mountain Village. Panorama is a four-season destination with activities such as hiking, biking, rafting, golfing, skiing, heli-skiing, snowmobiling, and more. Radium Hot Springs, in Kootenay National Park, is the destination for tonight. This is one of the country's biggest hot spring mineral pools. Spend your day on the path while looking up at Sinclair Canyon's red cliffs. Keep an eye out for bighorn sheep, who have long been residents of the area.

Driving Distance – 132 KM

[Radium Hot Springs to Johnston Canyon](#)

Today's trip takes you through Kootenay National Park on the Banff-Windermere Parkway (Highway 93). The path parallels the Vermilion and Kootenay river valleys and passes through stunning mountain scenery west of the continental divide. At Castle Junction, the Parkway crosses Highway 1, and you'll take the overpass to the Bow Valley Parkway, which will take you

south to Johnston Canyon. Hike to the Lower and/or Upper Falls by crossing the road to Johnston Canyon. This is the most common hiking spot in Banff National Park. The trail leads you through a gorge, over catwalks, and past stunning waterfalls. Consider a ride northbound on the Bow Valley Parkway if you're really looking for something to do after hiking to the falls (you'll be doing the southbound trip tomorrow). The Bow Valley Parkway is a stunning scenic drive that provides exciting opportunities for wildlife watching.

Johnston Canyon Campground is where you'll spend the night. If this campground is closed or complete, the nearest accessible campgrounds are probably Castle Mountain or Banff (Tunnel Mountain). For more information, please visit the Parks Canada website.

Driving Distance – 112 KM

[Johnston Canyon to Kananaskis Country](#)

Today, travel south on the Bow Valley Parkway, admiring the scenery while you relax and enjoy the scenery. Just west of Banff, the road connects with Highway 1. Take the turn-off to Lake Minnewanka and follow the Minnewanka Loop trail if you didn't visit the lake during your stay in Banff. Visit Cascade Ponds, a lovely outdoor area with picnic tables next to a big reservoir. The loop continues from Minnewanka to Two Jack Lake, a protected lake with picnic facilities. A road that diverges from the loop leads to Johnson Lake, a day-use area focused on a shallow lake surrounded by trails. Return to Highway 1 and follow it through Kananaskis Country until you hit the intersection with Highway 40. You'll come to a place named Canoe Meadows south of the Highway 40 junction. Kayakers and white water rafters flock to this place. If water adventure isn't your thing, this gem of an area of Alberta has plenty of hikes and trails to enjoy. Camping reservations are strongly advised, particularly during the months of July and August.

Driving Distance – 139 KM

[Kananaskis Country to Calgary](#)

As your journey draws to a close, we have two recommendations for your return trip to Calgary, depending on the time of year. Between June 15 and December 15, you can travel to Longview by taking Highway 40 south via Peter Lougheed Provincial Park. Explore the region once you arrive in Longview, looking for the towns of Millarville (famous for its Saturday farmers market), Turner Valley (where Canada's first major crude-oil discovery was made in 1914), and Black Diamond. Diamond Valley, the Cowboy Trail's nucleus, encompasses all of these cities. If you have time, there is a nice golf course in Bragg Creek where you can hit a few balls. Visit Cochrane, which is just 18 kilometres west of Calgary on Highway 1A. People often queue around the block for McKays Icecream Store's popular icecream!

Driving Distance – 85 KM