



Connect with the Truly Canadian in Banff National Park - Banff and Lake Louise the Ultimate Canadian Getaway -



Caption: Visitors demonstrate Canadian pride at Lake Louise.

June 25, 2020 (BANFF & LAKE LOUISE, ALBERTA) – Canada Day is usually celebrated with parades and shows, but mark Canada Day 2020 with a celebration of Banff National Park’s natural beauty and unique experiences available to visitors this summer. There are plenty of ways to celebrate national pride in Canada’s first national park, safely and with plenty of physical distancing. And this year, with Canada Day falling on a Wednesday, it’s the perfect excuse to extend the holiday to the weekend before or after Canada Day in Banff National Park.

Canadians can embrace Banff’s lively atmosphere and mountain vistas from car-free Banff Avenue, which hasn’t closed to vehicles for more than two days since 2008. The closure of the 100 to 200 blocks of Banff Avenue means more space for pedestrians to explore, eat and shop safely downtown this summer. Enjoy your meal outside at one of Banff’s great restaurants with plenty of added outdoor seating.

Visitors can fuel up for a day of adventure at one of Banff’s newest restaurants in the heart of town. Wood-fired and slow-roasted staples can be enjoyed at [Farm and Fire’s open and airy restaurant](#), while a dynamic menu of shareables can be savoured at [The Radiant](#). From squeaky poutine at [Banff Poutine](#), to delectable desserts from [Beavertails](#) and prime Alberta Beef at [Chuck’s Steak House](#), take your pick on where to eat your fill of Canadian favourites.

Once fueled up, there are an array of activities available for every age and ability that will help you connect to Canada’s unforgettable landscapes. With the majority of the Bow Valley Parkway (Highway 1A) remaining closed to vehicle traffic until further notice, this summer, cyclists and hikers have the opportunity of a lifetime to enjoy the windy, 50 kilometre traffic-free road that connects Banff and Lake Louise. The Bow Valley Parkway offers users spectacular mountain vistas and is renowned for wildlife sightings, particularly in the morning and evening.

More ways to celebrate:

- Sip on spirits from the world’s only distillery located in a national park, [Park Distillery](#).
- Dive into the world of First Nations heritage at the [Buffalo Nations Luxton Museum](#).
- Embrace Alberta’s cowboy spirit on a horseback adventure with [Banff Trail Riders](#).
- Get up close and personal with some of Canada’s most iconic, turquoise blue lakes: Paddle along the Bow River, launch a SUP onto the glowing waters of Bow Lake or dare



- yourself to take a polar bear plunge into Two Jack Lake.
- Explore the mountain town of Lake Louise, Canada's highest alpine community – or view Lake Louise from across the valley by riding the [Lake Louise Summer Gondola](#).
 - Put yourself in a scene from a Canadian postcard by staying in a rustic mountain cabin like [Baker Creek Mountain Resort](#), [Castle Mountain Chalets](#), [Storm Mountain Lodge](#), or [Emerald Lake Lodge](#).
 - [Sign up](#) for a free, Canada Day triviography challenge that involves the interactive exploration of historic and natural hotspots. Prizes will be awarded for top scores and best Instagram posts, courtesy of [White Mountain Adventures](#).
 - Choose a goal distance and run the [Banff Marathon](#) virtually between June 20 and July 5.

Now, more than ever, it is crucial that Park users plan ahead. Before heading out on your trip to the mountains, know where you're going to park, how best to get around, how to stay safe and the status of businesses you plan to visit.

Planning ahead tips can be found at [Banff & Lake Louise Tourism](#). Bring a COVID-19 kit of hand sanitizer, water and supplies, as fewer services are available than normal. And please respect social distancing.

Visitors can [purchase their park pass online](#) from Banff & Lake Louise Tourism. The Parks Canada Discovery Pass provides unlimited admission for a full year to Banff National Park and over 80 other Parks Canada places across the country.

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Learn more: [25 Reasons Why Banff National Park is the Place to Find the Ultimate Canadian Escape](#)

Learn more about [New Ways to Explore Banff and Lake Louise this Summer](#)

High resolution images can be accessed [here](#).

ABOUT BANFF AND LAKE LOUISE

Banff and Lake Louise offers incredible experiences that reconnect people to the natural world. Situated in the stunning Canadian Rocky Mountains in Banff National Park, within a UNESCO World Heritage Site, accessible year-round adventure and wellness is cultivated every day of the year by visitors from across the globe. Home to three ski resorts, countless glacier fed lakes, two vibrant townsites, and authentic Canadian culture and cuisine, this place is unforgettable, and it's truly Alive.

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