



FOR IMMEDIATE RELEASE

What to know this August long weekend if you're planning a trip to Banff and Lake Louise

- Help protect one another by taking extra precautions while exploring in the mountains -



Photo caption: The Lake Louise Summer Gondola is a hidden gem in Banff National Park

July 30, 2020 (BANFF AND LAKE LOUISE, ALBERTA) – Banff National Park is always a popular summer destination and this year, even without international visitors, is no different. As August long weekend approaches, planning ahead is key to adventuring safely and unlocking the ultimate visitor experience in the Canadian Rockies.

An increasing number of day visitors are coming out to enjoy their mountain playground and are heading to some of the park's most sought-after locations, namely Lake Louise and Moraine Lake. It's important to know that there is reduced parking capacity this year, and with shuttles not operating, it may be a challenge to visit in peak times. But there are plenty of options to enjoy the mountain playground this year while keeping yourself and others safe.

“We are so excited to welcome Canadians to Banff and Lake Louise this year, and with plenty of hotel availability, there's such a great opportunity to stay the weekend, or better yet take your family vacation here,” said Leslie Bruce, CEO and President, Banff & Lake Louise Tourism. “It's important to note that while we have a lot of wide open space throughout Banff and Lake Louise, some popular spots have limited capacity, and it's best to have a back-up plan in case you can't get to where you're trying to go.”

Tips for visiting the Lake Louise area

Accommodation in Lake Louise caters to families and individuals of all budgets. Options include [Fairmont Chateau Lake Louise](#), [Deer Lodge](#), [Paradise Lodge & Bungalows](#), [Lake Louise Inn](#), [Baker Creek Mountain Resort](#) and [Mountaineer Lodge](#). Overnight stays allow visitors to maximize their time in destination and explore from sunrise to sunset.



Additionally, with a great deal of parking available, visitors can explore a new area and opt for a peaceful and seamless visit to the [Lake Louise Summer Gondola](#). Scenic hiking trails can be accessed from the top of the gondola and a hearty meal at Whitehorn Bistro can be enjoyed to follow.

If you are headed to Lake Louise or Moraine Lake, be prepared to wait if you arrive in peak times. There is plenty of daylight right now so consider visiting after 5 p.m. for easier access.

Tips for visiting the Town of Banff

The Town of Banff itself offers plenty of options for physical distancing – Banff Avenue is often popular on sunny days, and has been closed to traffic to allow for physical distancing. There's increased patio seating all along the popular walkway for people to enjoy their food outdoors. But the walkway can be busy at peak times – consider visiting later in the day, and please note masks are mandatory in the pedestrian zone as well as indoor public spaces.

If you're looking for easy access physical distancing, walk along the Bow River to Bow Falls, or for a paddle on blue-green water, the [Banff Canoe Club](#) offers canoe, kayak and stand up paddleboard rentals on the Bow River, allowing you to travel down the channel to picturesque Vermillion Lake.

Park at the Banff Train Station and walk five minutes to the Canoe Club – or into downtown. There's plenty of parking.

Or, venture outside of downtown and see Banff from above by checking out the [Mt. Norquay Sightseeing Chairlift](#) or the [Banff Gondola](#).

Help take care of others and yourself

If you are heading out to the mountains this weekend, here are some tips on exploring safely and helping protect one another as we all enjoy:

- Masks should be worn when indoors in a public area, or anywhere where maintaining a 2-metre distance might be difficult.
 - Masks are mandatory in the 100-200 block of Banff Avenue, in public spaces indoors, such as hotel lobbies, restaurants and cafes, and on public transit.
 - Masks are encouraged to be worn anywhere you cannot maintain a 2-metre distance, including on trails.
 - Masks should complement – not replace – other prevention measures. Continue physical distancing and practicing good hand hygiene, and if you're sick, choose to stay home rather than visit Banff and Lake Louise.
- Consult Alberta Health Services guidelines about travelling.
- Maintain physical distancing at all times while exploring, when on a trail and avoid trails that are too narrow to allow 2-metre distancing when you pass someone.
- Wash your hands frequently.
- Avoid gatherings with large groups.
- Consider visiting mid-week when there is typically fewer people.

For more information on how to explore Banff National Park responsibly, please see our [Travel Information page](#) and visit [Banff.ca/COVID](#).

For help in trip planning or preparing to visit, visitors can contact the [Banff & Lake Louise Tourism Visitor Centre](#) via online chat for support.

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

Visit banfflakelouise.com for more inspiration and things to do.

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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