

FOR IMMEDIATE RELEASE

Fall in Love With Banff National Park on a Wellness Staycation
- Fall's golden glow in the Canadian Rockies is not-to-be-missed -



Caption: Hikers go for gold in “Larch season” in Banff National Park
 Credit: Paul Zizka Photography

September 2, 2020 (BANFF AND LAKE LOUISE, ALBERTA) – While many Canadians have seen their [stress levels double](#) since the onset of COVID-19, Banff National Park is a health and wellness haven that is beckoning visitors this fall. From outdoor pursuits amongst landscapes with a spectacular golden glow to wellness workshops, there’s something for everyone looking to relax and recharge in Banff National Park.

As Labour Day weekend approaches and we move into “Larch season,” Banff National Park offers Canadians the chance to relax and rejuvenate amongst the pristine wilderness and striking calmness that is abundant in Banff and Lake Louise. Travellers can unlock the calming and grounding effects of nature while safely social distancing.

Visitors to Banff National Park this fall have the special opportunity to celebrate autumn with a hike through a larch forest. Typically from mid to late September, hikers may immerse themselves in a sea of gold on one of [many trails](#) that are abundant in larch trees.

To facilitate access to the iconic Larch Valley, for the first time, Roam Transit is offering a direct service between Banff and Moraine Lake beginning September 14 (weather permitting). The service will run seven times a day. [Learn more](#).

Consider [staying mid-week](#) or extending your weekend for the best access to your pick of trails.

More ways to relax and recharge in Banff and Lake Louise:

- Visitors can pamper themselves with a relaxing spa treatment at the luxurious [Willowstream Spa](#), which reopened in February after a \$3.5 million renovation.
- Under the expert guidance of [Forest Fix](#), visitors can immerse themselves in the sights, sounds and scents of Banff National Park while embracing the simple mindfulness practices that come with forest bathing.
- Learn how to become more calm and content through Fairmont Chateau Lake Louise’s new [Summer Weekend Wellness Workshops](#). Available to hotel guests until mid-September, the workshops are led by two local wellness leaders in Alberta.



- Make your stresses disappear and find your inner Zen by participating in a rooftop yoga class at Banff's newest yoga studio, [Banff Yoga Practice](#), which opened in February. Open to all ages and abilities.
- Visitors may nourish their mind, body and soul by hiking to a summit to watch the sunset, paddling on one of our many turquoise blue lakes, absorbing the stillness and silence of the forest, sitting with a book by the Bow River or [playing a round of golf](#) at the iconic Fairmont Banff Springs.

“With plenty of hotel availability and the kids back at school, fall is such a great time for Canadians to escape the everyday hustle and enjoy a staycation in the mountains,” said Angela Anderson, Director, Media & Communications, Banff & Lake Louise Tourism. “Banff and Lake Louise is a place where you can truly relax, rejuvenate and renew. Focusing on life’s simple pleasures, like watching the sunset from a mountaintop or sipping a coffee and admiring the spectacular vistas is just what Canadians might need to reset after a stressful year.”

Planning your visit ahead of time is crucial. 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. For information on how to explore Banff National Park responsibly, please see our [Travel Information page](#) and visit [Banff.ca/COVID](#).

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Learn about [new ways to explore Banff and Lake Louise this season](#).

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.

For more information contact:

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