



## **WELCOME TO CANMORE, BANFF, AND THE BOW VALLEY**

Your friendly 2026 NAA Canadian Arbitrators Conference Activities Committee of Karen Scott, Cheryl Yingst Bartel, Leanne Young, and Adam Letourneau is excited to welcome you to the Town of Canmore and neighbouring UNESCO World Heritage Site, Banff National Park. We've listed our favourite things to see and do in both Canmore and Banff and included a few local tips to make the most of your stay. First off – getting to Canmore

### ***Calgary Airport (YYC) to Canmore***

Canmore is located straight west of Calgary on the TransCanada Highway #1 West and straight east of Banff. Driving distance to Canmore from the Calgary Airport is approximately 1 hour and 15 minutes. You can also take highway 1A westbound which provides a more scenic, but longer, drive. Options to get to Canmore from the Calgary Airport:

- Car rentals – need we say more;
- Various Shuttle Buses provide direct service to Canmore from YYC. These include: the Banff Airporter ([Calgary Airport Shuttle Bus to Banff and Canmore](#)); Airport Shuttle Express provides scheduled service between YYC and the Coast Hotel in Canmore ([Calgary to Canmore Shuttle | Airporter-Airport Shuttle Express](#)); Vivo Green Calgary Shuttle (<http://www.vivogreentravel.com>)
- Private Transfers: For ease of research, check out ([THE BEST 10 Calgary Airport & Hotel Transfers \(Prices from \\$20\) \(Updated 2026\)](#)) for a wide list of private transfer options. In addition to running a scheduled shuttle service, the Airport Shuttle Express also runs a door-to-door service in sedans, vans and minibuses to any residence and location in Canmore ([Calgary to Canmore Shuttle | Airporter-Airport Shuttle Express](#))

## **CANMORE**

Canmore (pop. 17,036) is a one of Alberta's fastest growing towns. A wonderland of Nordic sports, Canmore's aesthetic is a mix of active lifestyle amenities and cozy wooden lodges, but the town is also full of high-end restaurants, cute shops and beautiful walkways, all of which sit under the shadow of the Three Sisters Peaks (picture on the front page). Originally a railway and mining town, its population has grown steadily since 1988 when it hosted the Nordic events in the Winter Olympics. Today it is comprised of three parts: Downtown (the original town), the Sunny Side (across the TransCanada Highway to the north), and Three Sisters Mountain Village (to the east).

The Conference facility – the Malcom Hotel ([The Malcolm Hotel | A Canmore Luxury Hotel](#)) – is conveniently located in Downtown and steps from Canmore's Main Street where you will find shopping, art galleries, restaurants, and live music, many of which are listed below. From Main Street, you can easily connect to short sightseeing routes, more adventurous hiking and biking trails, and scenic golf courses.

The Sunny Side – so named because, further outside the shadow of the mountains, it gets considerably more sun in the winter – is primarily residential, with a few of the locals' favourite restaurants (the Iron Goat has an incredible view), and is home to the Silver Tip Golf Course and the Everwild Nordic Spa.

The Three Sisters Mountain Village is Canmore's newest area and largely residential as well. It boasts excellent biking and walking trails.

### ***Things to See and Do in Canmore***

You won't need to leave the Malcom Hotel to enjoy spectacular mountain views. However, if you feel like stretching your legs, there is much to see and do nearby.

**For a short sightseeing trip** check out the Town of Canmore website for a downloadable map of walking trails ranging from 1.25km to 8.5km: <https://www.canmore.ca/your-community/recreation/trails-and-pathways/walking-trails>. These trails are relatively flat, and most are wheelchair accessible. They offer views of the mountains, the Bow River, and fairy tale forests. In addition to the amazing views, you're likely to cross paths with local wildlife including deer and elk. We also recommend "A Self-Guided Walk Around Canmore": <https://www.explorecanmore.ca/blog/attractions-and-sightseeing-in-canmore-alberta/>.

**For a longer walk**, check out "The Complete Guide to Hiking in Canmore and Kananaskis": <https://www.explorecanmore.ca/blog/thecompleteguidetohikingincanmoreandkananaskis/>.

Close to Downtown, we recommend visiting Quarry Lake Park, an old mine site that has been reclaimed as a community park (<https://www.explorecanmore.ca/listings/quarry-lake-park/>), the Canmore Nordic Centre (<https://www.explorecanmore.ca/listings/canmore-nordic-centre/>), or Grassi Lakes Trail (<https://www.explorecanmore.ca/listings/grassi-lakes-trail/>). All three are a short drive from the Malcom Hotel. If you're without transportation or looking for an eco-friendly option, you can even take Route #12 on "Roam" - Canmore's local public transit – which has stops near each location (<https://roamtransit.com/exploring-more-of-canmore-with-route-12/>).

If you have transportation, healthy knees, and a sense of adventure, there are hundreds of **day hikes** accessible within a 1-hour drive from Downtown. Popular trails include: Johnston Canyon, Rawson Lake, Ha Ling Peak, EEOR (East End of Rundle), Heart Mountain, and Mount Lady MacDonald.

Download the AllTrails App to pick a hike that meets your interests and fitness and – most importantly – the local weather conditions: <https://www.alltrails.com>.

**Local tips:** *Wildlife is busy fattening up for winter in September and can be unpredictable. Travel in groups of 4 or more, make lots of noise on the trail to warn animals you are coming, and carry bear spray. Also unpredictable: the weather! Dress in layers and bring a raincoat and plenty of water. Hiking boots and poles are also recommended.*

**Need gear? Rentals are available at several locations in town:**  
<https://gearupsport.com/bike-rentals-in-canmore-alberta/>;  
<https://wildernessrentals.ca>

**Looking to get to the peak without the huff and puff?** Take the Gondola up Sulphur Mountain: <https://www.banffjaspercollection.com/attractions/banff-gondola/hours-location/>.

**Craving something more adventurous? Go underground with Canmore Cave Tours.** Tours range from a 2 ½ hour hike through a natural cave to a 6-hour trip with an 18-meter rappel. No experience required. Bragging rights guaranteed: <https://www.canmorecavetours.com/tours-activities>.

**Travel the Via Ferrata.** Italian for “iron road”, Via Ferrata is an assisted climbing experience along five breathtaking routes on the cliffs above Mt Norquay. Climb ladders, cross suspension bridges, and marvel at the grandeur of the mountain vistas that surround you: <https://banffnorquay.com/summer/via-ferrata/>.

**ENOUGH WITH THE TREKKING AND CLIMBING! Come Fly with me! Want to see the Three Sisters up close and personal without rock climbing gear?** It ain’t cheap but this has the WOW FACTOR you’ve always dreamed of for a trip to the Canadian Rockies! Experience the stunning scenery of the Rockies with a heli ride with Alpine Helicopter Tours based out of the Canmore Airport at the base of the Three Sisters [Alpine Helicopter Tours | Heli Skiing | Helicopter Rides](#)

**Looking for an educational opportunity?** The Canmore Museum located inside the Canmore Civic Centre provides extensive holdings about the history of the region including indigenous artifacts, mining activity, and its history in sport including the 1988 Winter Olympics for which Canmore served as a host community. The Museum is open Wednesday through Sunday ([VISITING THE CANMORE MUSEUM – Canmore Museum](#))

**Missing your dog?** Go see the sled dogs (yes, even in September). You can visit the pups in their kennels (they love hugs and selfies) and take a sled dog “cart” for a run: [Home - Snowy Owl Sled Dog Tours](#)

**Prefer cycling?** Canmore has you covered with rides ranging from the 2km Spurline Trail to the 25km (each way) Legacy Trail that takes you all the way to Banff: <https://www.canmore.ca/your->

[community/recreation/trails-and-pathways/cycling-trails](https://www.explorecanmore.ca/listings/canmore-nordic-centre/). Check out the Canmore Nordic Centre (<https://www.explorecanmore.ca/listings/canmore-nordic-centre/>), the Three Sisters Mountain Village (<https://www.trailforks.com/region/three-sisters-mountain-village-26005/>) or download the AllTrails App (<https://www.alltrails.com>) to search local mountain biking routes.

Didn't bring your bike? No problem – there are plenty of rentals (mountain bikes, road bikes, and E-bikes) in town: <https://reboundcycle.com>;  
<https://www.ekruise.com/canmore/>;  
[https://pedegoelectricbikes.ca/pedego\\_dealers/pedego-canmore/](https://pedegoelectricbikes.ca/pedego_dealers/pedego-canmore/); <https://gearupsport.com>

**Live your cowboy/cowgirl dreams.** Canmore has plenty of horseback riding opportunities:

**Boundary Ranch:** 2 Guinn's Road, AB-40, Kananaskis, AB T0L 2H0 - Legendary in the Canadian Rockies. Offers unforgettable adventures in the heart of Kananaskis Country. [Legendary in the Alberta Rockies | Canadian Rockies | Boundary Ranch](#)

**Cross Zee Ranch<sup>53</sup>:** 2500 Palliser Trail, Canmore, AB T1W 3E8 Cross Zee Ranch is located in Canmore. Experience the legendary Bow Valley benchlands on horseback. Wander the ancient trails of the Nakoda, through pine scented montane forests with beautiful mountain views. Ever changing with the seasons, experience the many varieties of flowers, birds and wildlife. [Cross Zee Ranch - Canmore, Alberta](#)

**Saddle Peak Trail Rides:** 263039 rr74, Cochrane, AB T4C 1B4 (Cochrane is about 53 minutes away from Canmore) Guided horseback adventures for novice to experienced. From 1 hour to 5 days. Adventure rides to the back country, authentic western hospitality. Small groups, families or couples. Rich in Alberta history, panoramic mountain views. [Saddle Peak Trail Rides](#)

**Moose Mountain Horseback Adventures:** AB-762, Foothills County, AB T3Z 3R3 (About 64 min drive from Canmore) Surrounded by wild prairie, scenic foothills, and the picturesque Rocky Mountains, they have an abundance of unique places to explore. Ride with views of snow-capped mountains that rise up to 11,000' (3300 m) above sea level, beside clear, wild rivers that have never passed a house or a road, through diverse wildflower meadows, and over wide, open grasslands. [HOME - packtrips.ca](#)

**Rafter Six Ranch:** AB-762, NE S.27 T. 24 R. 8 W5, Exshaw, AB T0L 2C0 (About 19 min drive from Canmore) Come discover the beauty of the majestic Rocky Mountains via Horseback adventures! Their friendly herd of horses await your arrival for 1 hour to All Day Rides; Beginner to Advanced rides and lessons available. 1 hour ride - \$99, 2-hour ride \$175. [Welcome To Cowley's Rafter Six® Ranch ~ Trail Riding Specialists of the Canadian Rockies!](#)

**How 'bout a little Fly Fishing on the Bow River!** The Bow River has been acclaimed as one of the top fly-fishing accessible destinations in Canada, if not the world. Or, as **Wapiti Sports** puts it, 360° of awe (and then) some! [Guided Fishing and Outfitters in the Canadian Rockies - Wapiti Sports & Outfitters](#);

Riverbend Guiding provides guided fly fishing trips throughout Banff and Canmore. [Riverbend Guiding CO](#)

Canmore Fishing Adventures offers Catch of the Rockies from trout to whitefish [Canmore Fishing Adventures – Premier Guided Fishing in Canmore, Banff & Alpine Lakes](#)

**A River Runs Through it.** A great movie; even better to go rafting on it! Whether it's a lazy float down a calm stream or adventure white-water rafting, Canmore is the place to do it! Experience calm or wet, surrounded by nature in all her glory. Oh, and Good Luck!! It can be like riding a bronc in the water! Yee haw!

**Canmore Raft Tours:** Canmore's first and only locally-owned and family operated scenic float company offer a educational and recreational tour de force filled with geology, ornithology, zoology and history while floating down the river surrounded by big mountain views and forested slopes. The guide paddles while the guests soak it all in! What's not to love. [Scenic float tours: Relax & Raft in the Rocky Mountains: Canmore, AB](#)

**Canmore River Adventures:** Classic Bow River Float, a sunset scenic paddle, or take your breath away thrills, try [Canmore River Adventures Inspiring Mountain Adventures](#)

**Canadian Rockies Rafting:** Live Life on the Adventurous Side – white water rafting tours - [Whitewater River Rafting](#) | [Float Tours Banff](#) | [Canadian Rockies Rafting](#)

**Chinook Rafting:** immerse yourself in an exhilarating Canmore rafting trip down the rivers of the Canadian Rockies. It's an adrenaline rush for first-timers and seasoned rafters! [Canmore Rafting - Thrilling Whitewater Rafting Tours in Canmore](#)

**Need a little R'n'R?** Try the **Everwild Nordic Spa**, featuring hot and cold plunge pools, steam rooms, saunas, and onsite wellness treatments. Choose your own adventure or join in a guided wellness ritual: <https://stayeverwild.com/canmore/>. Or try one of these local favourites:

**Bodhi Wellness:** A calm, restorative space known for exceptional therapeutic massage. Perfect for guests wanting deep relaxation after exploring the Rockies. They have a eucalyptus steam room and outdoor heated pools. Call 1.403.678.1420 to book. They are direct bill friendly: <http://www.bodhicanmore.com/>

**Verde Day Spa Grande Rockies Resort:** A stylish, boutique spa offering luxurious facials, massage, and body treatments. A great choice for a pampering escape. Call 1.403.678.0306 to book. They are direct bill friendly: <http://www.verdedayspa.com/>

## ***Shopping in Canmore***

Canmore has many specialty shops, one-of-a-kind boutiques, and art galleries. Most are open Monday to Sunday but call ahead for hours to be sure. And remember – No Provincial Sales Tax! The only add-on is the federal 5% GST. A few must visits:

**Le Chocolatier:** sells chocolates which are made locally in the Bow Valley, with European style pralines and filled chocolates, with a rotating variety of flavours. The business is interested in sharing not just its products, but also its knowledge and methodology. Well worth a trip. [Le Chocolatier | Artisanal Chocolate in Canmore, Alberta](#)



**WildLife Distillery:** Co-founded by two Canmore natives who traveled to Scotland to attend an intensive whisky making course. They offer a variety of spirits. [Wild Life Distillery \(WLD\) | Craft Distillery in Canmore, Alberta](#)

**The Tin Box:** offers a “unique and trendy” mix of home furnishings, personal accessories, and a range of gift ideas. [The Tin Box - A Cool Rocky Mountain Store](#)

**Jeff Walker Gallery:** Stunning photographs and fine art. [Jeff Walker Gallery](#)

**Mountain Mercantile:** a “mountain lifestyle” shop, filled with hand-made products by Canadian artisans, many of which speak to the mountain landscape. Most of the products are sourced in Canada. [Mountain Mercantile - Canada's Mountain Lifestyle Shoppe – Mountain Mercantile Canmore](#)

**Art Country Canada Canmore Gallery:** Over 2000 sq. feet of original paintings, cedar carvings, Inuit soapstone, bronze sculptures, and teak furniture. [Art Country Canada has Robert Bateman, Group of Seven, and many more !](#)

**Fireweed Glass Studio:** Open Fridays and Saturdays only. A small store front gallery and sometimes you can even see an artist blowing glass. [Fireweed Glass Studio](#)

**Project A:** Supports local and emerging artists, many of them Metis and Indigenous, offering jewelry, ceramics, textiles, wall art and many other original pieces. [PROJECT A](#)

**Alberta's Own Market:** Showcases the work of 150 local Alberta craftspeople. Carries home décor; art; bath and body products, jewelry; and all sorts of gifts and treasures. [Alberta's Own Marketplace](#)

**Stonewaters:** Launched by two childhood friends from the Bow Valley. Partners with environmentally and socially responsible brands. Carries lifestyle pieces for the home and Alberta-based Jacek chocolates – delicious and beautiful at the same time – a piece of heaven in every bite! [Stonewaters | Live Immersively](#)

**Ken Hoehn Gallery:** Spectacular wilderness and nature photography. [The Ken Hoehn Gallery - Canmore Art Gallery Alberta](#)

**Valhalla Pure Outfitters:** Everything to outfit you for outdoor adventures.

**Hi Jinx Toy Shop:** An independent local toy store. [Mountain Littles Baby + Kids Boutique](#)

**Black Rock Fudge and Gifts:** The name says it all!

**Café Books:** An independent bookstore operating in Canmore. Voted one of the “dreamiest bookstores to visit in Canada” by Chatelaine. [Cafe Books](#)

**Old Tyme Candy Shoppe:** What town in Alberta is complete without a candy shop? Specializing in retro favourites and imported and hard to find candy. [OLDE TYME CANDY SHOPPE](#)

**Carter-Ryan Gallery:** Striking Indigenous visual art. [Carter-Ryan Gallery - Jason Carter - Indigenous Artist](#)

## ***Dining in Canmore***

With everything from casual burger joints and ramen rooms to one of Canada's Top 100 restaurants, you won't leave Canmore hungry. Here's our favourites.

**Ankor:** Don't let it's slightly out of the way location dissuade you. Voted #23 on the list of Canada's top 100 restaurants, Ankor is not to be missed. [Home - Änkôr restaurant](#)

**Blake Brewhouse:** A casual offering from local chef Blake Flann located on Bow Valley Trail – the Bao Buns are perfection. [BLAKE Brewhouse & Distillery](#)

**Bridgette Bar Canmore:** Just east of the Malcom Hotel; serving upscale casual food and drinks with a fantastic 4-season patio. [Canmore — Bridgette Bar](#)

**Communita:** For the healthy eater; a local hangout with live music. [communita cafe - Communita Cafe](#)

**Crazy Weed Kitchen.** No, not THAT kind of weed! Established in 1997, Crazy Weed is a family-owned and operated Canmore classic offering a unique dining experience in a relaxed, welcoming atmosphere. Describe themselves as convivial, eclectic, fun, and refuse to be boxed in. Truly a local favourite. <http://crazyweed.ca>

The **Drake Screaming Retriever Restaurant & Brewery:** A local landmark with live music. [Drake Screaming Retriever | Screaming Retriever Brewing Co. - Fetching Great Beer](#)

**1890 Smokehouse in the historic Canmore Hotel:** Unpretentious burgers, beer, and live music in the thick of Main Street. A local favourite. [Best Bar, Restaurant and Nightclub in Canmore. Inside the iconic Canmore Hotel and Hostel.](#)

**Fergus & Bix:** Great burgers and pizza; a good place to watch sports. [Fergus & Bix – Restaurant and Beer Market](#)

**Four Two Nine Six:** An intimate and elevated dining experience with local chef Blake Flann on Main Street. [fourtwoninesix | Restaurant | 3-626 Main Street, Canmore, AB, Canada](#)

**Iron Goat Pub & Grill:** Come on the Sunny Side of the street and enjoy one of Canmore's leading dining destinations. The Iron Goat Pub & Grill is known for Alberta steaks, upscale pub food, extensive gluten-free options, and the best mountain-view patio in the Bow Valley with a great view of the Three Sisters Mountains. Tough to beat. <http://www.irongoat.ca>

**Marra's Way Sushi:** Delicious sushi with a casual mountain vibe.

**Ramen Arashi:** Authentic Japanese comfort food just off Main Street. [Ramen Arashi - Japanese Restaurant Franchise](#)

**Rocky Mountain Bagel Co.:** Best bagels in the West. [Rocky Mountain Bagel Co., Canmore, Alberta](#)

**The Rose and Crown:** Canmore's local bar. Enjoy the picturesque patio along Policeman's Creek, live music, and comfort food. [The Rose Canmore](#)

**Sauvage:** A "curated adventure through the Canadian landscape", Sauvage offers truly unique fine dining. Looking to try Elk or Bison – this is the place! [Best Fine Dining Restaurant in Canmore | Sauvage by Chef Tracy Little](#)

**Tavern 1883:** "Mountain hour" every day from 2-5 pm. Good Burgers, Angus Beef Brisket, Montreal Smoked Meat, Bison Ribs, chicken wings, hand-cut fries, poutine and Music – always a winning combo! Another local favourite located a few blocks north of the Malcolm Hotel on 709 9<sup>th</sup> street, Canmore

### ***Golfing in Canmore, Banff and the Bow Valley***

The Bow Valley boasts some of the most scenic golf courses in the world. Here are a few to consider:

**Canmore Golf and Curling Club:** Located in the heart of the Bow Valley, the Canmore Golf & Curling Club offers a scenic and memorable golf experience. \$120 per person for 18 holes, \$60 for 9 holes. \$45 for a cart. <http://canmoregolf.net>

**Fairmont Banff Springs Golf Course:** A Stanley Thompson designed course situated right beside the Fairmont Banff Springs Hotel. There's a reason this is considered a must-play while in the Rockies! Over 100 years of history with luminaries from British royalty to golf royalty to Hollywood stars enjoying the "Final Word in Golf". After swinging away on course, take a load off inside one of the lounges in the Hotel and enjoy a Fairmont moment with the "Right Word" to really enjoy the scenery! The perfect cocktail for the occasion. [The Fairmont Banff Springs Golf Course](#)

**Kananaskis Country Golf Course:** 1 Lorette Dr, Kananaskis T0L 2H0. About 20 minutes from Canmore, these two spectacular courses are well worth the drive. Located on the Kananaskis Trail in Kananaskis Provincial Park and nestled in the valley with breathtaking views and world-class golf, what's not to love! [Golf Course | Kananaskis Country Golf Course | Kananaskis](#)

**Kananaskis Ranch Brewster's Golf:** "Some of the best bang-for-the-buck of any 18-hole golf course in Southern Alberta. Great people run the facility and the layout is a worthwhile challenge for any type of golfer." In Exshaw, Alberta, about 16 minutes east of Canmore. <https://brewstersgolf.com>

**Silvertip Resort:** Located in Canmore, Silvertip Resort offers one of the finest mountain golf and event settings anywhere in the world. Rated one of the best new courses in Canada. <https://www.silvertipresort.com>



**Stewart Creek Golf & Country Club:** Another Canmore course. The pinnacle of Canada's mountain golf is Stewart Creek Golf & Country Club, consistently rated among the best golf experiences in the country. Few golf courses in North America enjoy the spectacular combination of setting, extraordinary vistas and fantastic golf. \$250 to \$285 for 18 holes.  
<http://www.stewartcreekgolf.com>

**Three Sisters Disc Golf Course:** Riva Heights, Canmore, AB T1W 3L3 A nice little beginner friendly disc golf course set in some beautiful scenery [Visit Canmore: Town of Canmore](#)

## **BANFF**

The Town of Banff (pop. 8,000) is one of only two municipalities located within a National Park. Nestled in a UNESCO World Heritage Site, the Town of Banff offers stunning mountain views as well as a lively shopping and dining district.

Banff is a 20-minute drive on Highway 1 from Canmore. If you don't have a car or prefer an eco-friendly option, you can reach Banff on the Roam transit system (Route #3). You can also cycle between Canmore and Banff on the Legacy Trail (a 25km dedicated cycling route with a picnic stop and washrooms at the half-way point: <https://parks.canada.ca/pn-np/ab/banff/activ/cyclisme-biking/cyclismeroute-roadcycling/heritage-legacy>).

**Local tip:** *While Canmore and Banff do have taxi service, you can expect to pay a significant premium to travel between towns – an average fare is \$60 each way – so consider your carpool options!*

## **Things to See and Do in Banff**

**Still up for a hike?** Try the Bow Falls Trail or hike up Tunnel Mountain:  
<https://banff.ca/98/Hiking>.

**Ahhh, the Spa!** Reward your tired legs with a soak in 100% natural mineral water at the **Banff Upper Hot Springs**: <https://parks.canada.ca/pn-np/ab/banff/sources-banff-springs>. Or visit one of Banff's world class spas:

**Fairmont Banff Springs Spa:** Mineral pools, mountain views, and indulgent treatments make this a must-visit. Call 1.403.762.1772 to book. No direct bill - they do provide receipts.  
[Spa in Banff - Fairmont Banff Springs](#)

**Cedar and Sage Spa:** Banff's holistic wellness hub, offering massage, acupuncture, and natural therapies in a warm, grounding atmosphere. They also offer sound and energy therapy. Call 1.403.985.2200 to book. No direct bill - they do provide receipts:  
<https://www.banffsholisticlounge.com/>.

**Prefer something educational?** Visit the Whyte Museum (<https://www.whyte.org>), the Banff Park Museum (<https://parks.canada.ca/lhn-nhs/ab/banff>) or the Cave and Basin National Historic Site (<https://parks.canada.ca/lhn-nhs/ab/caveandbasin>).

**Visit the “Castle in the Rockies”.** A visit to Banff isn’t complete without enjoying an icon of the Canadian Rockies. Step through the doors of fabulous Fairmont Banff Springs Hotel and you'll instantly feel the grandeur of Canada's "Castle in the Rockies". Treat yourself to a luxurious meal and a tour of the grounds. Located just minutes away from the downtown of the town of Banff, this historic resort offers travelers the same hospitality that it has since 1888. Wildlife, hiking, world-class skiing, and championship golf are all at your fingertips.

<https://www.fairmont.com/en/hotels/banff/fairmont-banff-springs.html>.

## ***Shopping in Banff***

Perusing the shops of Banff is part of the experience of visiting this historic town. Here is a sample of what you can expect if you get the chance to visit Banff:

**A Bit of Banff:** A family owned and operated gift store carrying clothing, gifts, and personalized souvenirs.

**Quiviuk:** A boutique for garments woven with Qiviuk, which is a wool from the Canadian Arctic Musk Ox; very, very soft. [Qiviuk Boutique | Handcrafted Luxury Wool Clothing](#)

**Banff Trading Post:** sells souvenirs and gifts, including Native American crafts, moccasins, limited edition bead crafts and jewelry. [The Banff Trading Post](#)

**About Canada:** Carrying a comprehensive selection of authentic Canadian products; located in the historic Whyte building. [best gifts shops in banff - Best Gift Shops in Alberta](#)

**Branches:** Jewelry, gourmet foods, and homewares, all made by Canadian artisans. [Branches Marketplace | Canadian Made Gifts + Goods | Banff, Alberta](#)

**Big Bear Trading Co.:** A lifestyle adventure brand which is locally owned and operated; offering apparel and gifts. [Big Bear Trading Company](#)

**Banff Jewels and Gems:** Unique jewelry, ammolite, Canadian diamonds, pearls, precious stones, and silver collections. [215 Banff Ave, Banff AB T1L 1B5](#)

**Banff Candy Store:** Every town has to have one. A visit to Banff is not complete until you visit this store. <https://www.abitofbanff.com>

**Rocky Mountain Chocolate Factory:** Stock up on classic chocolate bear paws. [Home | Rocky Mtn Chocolate](#)

**Banff Tea Co.:** Offers a variety of specialty blends, which are all made in Banff. [Home | Banff Tea Co.](#)

**Mary’s Popcorn Shop:** If you’re a popcorn lover, Mary’s is a must! As much a staple in Banff as it is in Quebec City, try either the Banff Mix or the Quebec Style for fabulous caramel or maple syrup popcorn. Any flavour and mix is a winner. You can bet, I’ll be having some while I’m at the Conference! <https://www.maryspopcornshop.com>

**Banff Western Outfitters:** Souvenir and gift store; locally family owned since 1973. Something for everyone. [Souvenir & Gift Shops - Online Shopping | Banff](#)

**Rocky Mountain Soap Co.:** Natural soaps and skincare products; handmade in the Canadian Rockies. [Rocky Mountain Soap Company - Natural Canadian Skin Care](#)

**Rock, Paper, Silver:** Offers a selection of gemstones, crystals, carvings and fossils; large selection of meteorites. [Rocks and Gems Canada; Jewellery, Meteorite, Fossil, Mineral Retailer](#)

**Canada House Art Gallery:** Canadian, Indigenous and Inuit artists; painting, sculpture, jewellery, print and textiles. Custom crating and shipping services world-wide. [Canada House Gallery | Contemporary Canadian Art | Banff Alberta](#)

## ***Dining in Banff***

Banff's main street (Banff Avenue) is home to a vibrant food scene with over 100 restaurants and cafes. You'll find many of them in between Wolf and Buffalo Street; a gorgeous stroll with lots of shops and mountain vistas.

**Grizzly House:** Steak & cheese fondue, buffalo and caribou served. Need we say more? <http://banffgrizzlyhouse.com>

**The Bison:** One of Open Table's Top 100 restaurants serving a variety of Bison dishes and other regional flavours. <http://www.thebison.ca>

**Lupo:** Modern Italian food. <https://www.lupobanff.com>

**Melissa's Missteak:** A local favourite with great (you guessed it) steaks and live music and for years a sponsor of the famous 5k, 10k and Half Marathon Melissa's Banff Road Race. <http://www.melissasmissteak.com>

**Park Distillery Restaurant & Bar:** Serving locally distilled Park Gin and wood-fired rotisserie specials. <http://www.parkdistillery.com>

**The Balkan Mediterranean Restaurant:** Family run since 1984; a Banff institution serving traditional mediterranean food (as well as vegetarian and halal meals). <http://www.banffbalkan.ca>

**The Fat Ox:** An intimate, casual, Alpine-inspired Italian restaurant. <https://www.fatoxbanff.ca>

**The Prow:** Casual fine dining serving all the Alberta meats: Bison, Elk, Lamb, and Beef. (Located in the Buffalo Mountain Lodge on Tunnel Mountain) [Fine Dining in Banff | The Prow at Buffalo Mountain Lodge](#)

We look forward to seeing you!