

## *Activities - Summer and Winter*

A visit to the Rockies can be as active or relaxing as you desire. Recreational opportunities abound year round.

Hiking trails and leisurely walking paths for strolls are plentiful and will challenge the most adventurous and meet the desires of the most casual stroller.

Sightseeing, photography, hiking and walking, white water rafting, horseback riding, fishing, mountain biking, canoeing, kayaking, golfing, nordic and cross country skiing, dog sled tours, snowshoeing, and skating are some of the most popular summer and winter activities.

We also pride ourselves for living life at a slower pace here in the Rockies. Take the time to stroll through Canmore and Banff's downtowns, stop by and visit the local artisans and shops and relax at one of the local coffee shops or restaurants. Just take your time, relax and enjoy the fabulous mountain towns with their great atmosphere and friendly locals.

Another great option is to book into a local spa where you can relax, be pampered and enjoy the great views all at the same time or simply unwind at the end of a busy day.

Fitting everything into the time you have in the area is undeniably the biggest challenge!! We suggest to our guests to stay a minimum of three nights and staying longer is even better!

