



Welcome to PPDM Field Trip “An Excursion to the Canadian Rockies”

PPDM Contacts:

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Monday, October 22, 2018	7:30am	Field Trip - Meet the bus at the Marriott Calgary Downtown, outside One18Empire
	8:00-12:00pm	Field Trip Participants - Depart for Banff and four-hour Geology Field Trip
	12:00-2:45pm	Field Trip Participants - lunch and afternoon on own in the Banff Townsite
	12:00-4:00pm	Exhibitor Set Up Feature Gallery North
	3:00-5:00pm	Field Trip Participants - Return to Marriott Calgary Downtown, outside One18Empire
	5:00-7:00pm	Welcome Reception Marriott Calgary Downtown, Lobby Lounge

Activities in Banff

- Cave and Basin Historical Site
 - Open until 5:00pm
 - Visit the Cave and Basin National Historic Site to experience the birthplace of Canada's national parks and learn about the natural and cultural history of the mountains. Touch the hot water that seeps from the rocks, smell the minerals and explore the trails.
 - Admission: \$3.90/person
- Banff Gondola
 - Climb up 698 meters to the summit ridge of Sulphur Mountain, with restaurants, observation decks, interpretive boardwalks, and hiking trails
 - Open Until 4:30pm year round
 - Shuttles are available the from Elk + Avenue Hotel or Fairmont Banff Springs, running every 40 minutes
 - Admission: \$64/person
 - **Please note this excursion could take up to 2 ½ hours to experience (depending on method of transportation up to Gondola), please plan accordingly.**
- Whyte Museum of Canadian Rockies
 - Open until 5:00pm
 - Visit the Whyte Museum of the Canadian Rockies and explore the culture shaped by this mountain landscape!
 - Admission: \$10/person
- Fairmont Banff Springs Hotel
 - For more than a century, 'The Castle in the Rockies' has been providing luxury in the heart of Banff National Park, a UNESCO World Heritage Site. The discovery of hot springs in the area led to the creation of Banff, Canada's first national park. Visit the many shops or restaurants on site, the art gallery, or just take time exploring the over 100+ year old Castle of the Rockies.
- Banff Avenue
 - Banff Avenue has a variety of shops, restaurants, candy stores, and cafes, surrounded by the mountains. Explore shops selling genuine Canadian goods, sports equipment, and a gift for everyone on your list and don't miss Canada's largest, year-round Christmas store for a festive experience in any season!



Places to Eat

*This is not a sponsored list, rather a variety of options

- Grizzly House Inn (\$-\$\$\$), *207 Banff Ave, Banff, AB*
 - o The grizzly house consists of fondues and sizzling hot rock selection with 14 varieties of meat, including Alberta beef, chicken, buffalo, lobster, cheese, and if your feeling adventurous, rattlesnake and shark, to name a few.
- Melissa's Missteak (\$\$), *218 Lynx St, Banff, AB*
 - o Melissa's has been voted "Favorite" Banff Restaurant for 7 years by Calgary Herald Readers' Choice awards. Offering a wide selection of top-of-the-line Alberta beef and signature salads. Serving lunch until 4:00pm, including some breakfast items.
- Eddie Burger (\$\$), *137 Banff Ave #6, Banff, AB*
 - o Serving hamburgers, both classic and some unique spins on the classic. Eddie's offers a wide variety of poutine, craft beers and shakes
- Balkan Resturant (\$\$), *120 Banff Ave, Banff, AB*
 - o A classic Greek restaurant in the heart of main street Banff. Serving traditional greek food, as family for 50+ years.
- Park Distillery Restaurant and Bar (\$\$), *219 Banff Ave, Banff, AB*
 - o Inspired by the Campfire feel, Parks food is focused on wood-fired, spit roasted, and a smokey flavor. Locally sources campfire cooking & small batch spirits, distilled right in house.
- Fairmont Banff Springs Resturants (Open for Lunch)
 - o Stanley's Smokehouse (\$-\$\$\$)
 - o The Vermillion Room (\$\$\$-\$\$\$\$)
- Evelyn's Coffee Bar
 - o Featuring different coffees from around the world, choose your favorite blend, or try a specialty drink. Evelyn's also offers a variety of food such as sandwiches, pastries, and desserts.

Getting Around

- One of the most common methods of transportation is the ROAM bus. With many buses along Banff Avenue, it is easy to get up to a variety of places not within the town centre
 - o Rates: \$2/one way
 - o For routes and times please visit: <http://roamtransit.com/schedules-routes/banff-local-route-one/>
- Uber is available in Banff
- Banff Taxi Dispatch:
 - o Banff Transportation Group: (403)762-0000

Please Note, if you miss the bus back to Calgary there is a shuttle service that runs from Banff to Calgary every 1-2 hours, with the last departure at 19:30

- o **Banff Airporter: 1 888 449 2901**
- o **www.banffairporter.com**

Banff at a Glance

