

Calgary Weekend Getaways: Complete Planner & Checklist

Your printable guide to the perfect Calgary weekend getaways with checklists, maps, and emergency contacts

Quick Reference Guide

Best Time to Visit: Late September - Early October (perfect weather, fall colors, fewer crowds)

Essential Numbers: - Calgary Tourism Hotline: 1-800-661-1678 - Parks Canada: 1-888-773-8888 - Emergency Services: 911 - Road Conditions: 511.alberta.ca

Transportation: - YYC Airport to Downtown: Route 300 Bus (\$10.75, 45 minutes) - Calgary to Banff: Highway 1 West (126km, 1 hour 20 minutes) - Leave Calgary by 7 AM on weekends to avoid traffic

Budget Planning Worksheet

Budget Weekend (\$340 total for 2 people, 2 nights)

- ☐ HI Calgary hostel: \$35/night each = **\$140**
- ☐ Banff day pass: \$21 family = **\$21**
- ☐ Groceries + 2 restaurant meals = **\$120**
- ☐ Gas + parking = **\$80**
- ☐ Calgary attractions = **\$60**
- **Total: \$421** (Note: Adjust based on current rates)

Mid-Range Weekend (\$680 total for 2 people, 2 nights) RECOMMENDED

- ☐ Hotel Arts Calgary: \$220/night = **\$440**
- ☐ Banff activities + passes = **\$140**
- ☐ Restaurant meals = **\$180**
- ☐ Gas + premium parking = **\$100**
- ☐ Shopping + souvenirs = **\$40**
- **Total: \$900** (Note: Adjust based on current rates)

Luxury Weekend (\$1,200+ total for 2 people, 2 nights)

- ☐ Fairmont Banff Springs: \$400/night = **\$800**
- ☐ Spa + premium activities = **\$300**
- ☐ Fine dining experiences = **\$350**

- ☐ Premium tours + guides = **\$150**
- ☐ Wine tastings + extras = **\$100**
- **Total: \$1,700** (Note: Adjust based on current rates)

Your Budget Choice: _____ **Total Estimated Cost:** \$ _____

Booking Timeline Checklist

90 Days Before

- ☐ **CRITICAL:** Book Johnston Canyon parking at reservation.pc.gc.ca (releases at 8 AM MT)
- ☐ Research accommodation options

4-12 Weeks Before (depending on season)

- ☐ Book Calgary accommodation
- ☐ Book Banff accommodation (if staying overnight)
- ☐ Reserve rental car
- ☐ Winter: 6 weeks ahead | Spring: 4 weeks | Summer: 12 weeks | Fall: 8 weeks

2 Weeks Before

- ☐ Make restaurant reservations (especially Charbar, Model Milk, OEB)
- ☐ Book Banff Gondola tickets online (save \$10)
- ☐ Check current road conditions

1 Week Before

- ☐ Download Parks Canada app
 - ☐ Download offline maps
 - ☐ Check weather forecast
 - ☐ Pack according to season
 - ☐ Confirm all reservations
-

48-Hour Itinerary Planner

FRIDAY EVENING: Calgary City Introduction

6:00 PM - Arrive & Check-in - Hotel: _____ -
 Transportation used: _____ - Cost: \$ _____

7:00 PM - Kensington Neighborhood Stroll - Walk Peace Bridge - Phil & Sebastian Coffee (original location) - Browse local shops - Cost: \$ _____

8:30 PM - Dinner Reservation - Restaurant: _____ -
 Reservation time: _____ - Estimated cost: \$ _____

Evening Notes: _____

SATURDAY: Full Banff National Park Adventure

6:00 AM - Early Departure to Banff - ☐ Car fueled up (Calgary prices cheaper) - ☐ Snacks and water packed - ☐ Bear spray (if hiking backcountry) - ☐ Camera batteries charged - Departure time: _____

7:30 AM - Johnston Canyon - ☐ Parking reserved ✓ Confirmation #: _____ - ☐ Ice cleats (winter) or hiking boots (summer) - Activity completed: _____ - Photos taken: _____

10:00 AM - Lake Louise - ☐ Shuttle info (summer): Parks Canada shuttle \$8 - ☐ Winter: Direct parking usually available - ☐ Canoe rental (summer): \$95/hour OR Ice skating (winter): Free - Activity chosen: _____ - Cost: \$ _____

1:00 PM - Lunch Location - ☐ Fairmont Chateau Lake Louise (splurge option) - ☐ Packed lunch (budget option) - ☐ Other: _____ - Cost: \$ _____

3:00 PM - Banff Gondola - ☐ Tickets purchased online (save \$10) - ☐ Weather check (clear views?) - ☐ Jacket packed (cooler at elevation) - Ticket cost: \$ _____ - Views rating (1-10): _____

6:00 PM - Banff Upper Hot Springs - ☐ Towel rental available on-site - ☐ Swimsuit packed - ☐ Perfect after hiking! - Cost: \$ _____ - Experience rating: _____

8:00 PM - Return to Calgary - ☐ Gas up in Canmore (last reasonable prices) - ☐ Check traffic conditions - ☐ Dinner plans: Calgary or Canmore? - Arrival time in Calgary: _____

Saturday Highlights: _____

SUNDAY: Calgary Local Favorites

9:00 AM - Brunch - ☐ OEB Breakfast Co. (expect 30-45 min wait, worth it!) - ☐ Other choice: _____ - Wait time: _____ - Cost: \$ _____ - Must-try dish: "Pot of Gold" ✓

11:00 AM - Calgary Central Library - ☐ Free admission - ☐ Instagram-worthy spiral staircase - ☐ City views from top floor - ☐ Great weather backup plan - Time spent: _____ - Photos taken: _____

12:30 PM - Prince's Island Park Walk - ☐ 2km easy loop - ☐ Dog-friendly (if traveling with pets) - ☐ Winter: Ice skating available - ☐ Summer: Check for festivals - Weather: _____ - Activities done: _____

2:00 PM - Calgary Tower OR Studio Bell Choice made: _____
Why: _____ Cost: \$ _____ Experience
rating: _____

4:00 PM - 17th Avenue Shopping - [] "Red Mile" exploration - [] Co-op
Wine Spirits Beer (local craft beer) - [] Local boutiques - [] Souvenir
shopping - Purchases made: _____ - Total spent: \$ _____

Sunday Highlights: _____

Accommodation Details

Your Chosen Accommodation:

Hotel Name: _____ **Address:** _____
Phone: _____ **Check-in:** _____
Check-out: _____ **Confirmation #:** _____
Total Cost: \$ _____ **WiFi Password:** _____
Parking: _____

Backup Options (if needed):

1. _____
2. _____

Restaurant Reservations

Friday Dinner:

Restaurant: _____ **Time:** _____
Party Size: _____ **Phone:** _____
Confirmation #: _____

Saturday (if dining in Banff):

Restaurant: _____ **Time:** _____
Confirmation #: _____

Sunday Brunch:

Restaurant: _____ **Note:** OEB doesn't take reservations -
arrive early!

Backup Restaurant Options:

1. Charbar - Argentine, Bow River views: _____
2. Model Milk - Modern Canadian: _____
3. Una Pizza + Wine - Casual: _____

Transportation & Parking

Rental Car Details:

Company: _____ Confirmation #: _____
Pickup Location: _____ Return Location: _____
_____ Vehicle Type: _____ Cost: _____
_____ Emergency Contact: _____

Parking Locations & Costs:

- **Calgary Downtown:** \$3/hour
- **Johnston Canyon:** \$5/day (if spots available)
- **Lake Louise:** Free but limited
- **Banff Townsite:** \$3/hour

Route: Calgary to Banff

- **Highway 1 West** - 126km exactly
 - **Normal time:** 1 hour 20 minutes
 - **Weekend traffic:** Add 45+ minutes if leaving after 8 AM
 - **Gas stops:** Canmore (last reasonable prices)
-

Packing Checklist

Documents & Electronics:

- ☐ Driver's license
- ☐ Credit cards
- ☐ Hotel confirmations (printed)
- ☐ Car rental confirmation
- ☐ Phone + charger
- ☐ Camera + extra batteries/memory cards
- ☐ Portable phone charger
- ☐ Emergency contact list

Winter Packing (Dec-Mar):

- ☐ **Ice cleats/yaktrax** (MANDATORY for Johnston Canyon)
- ☐ Base layers (moisture-wicking)
- ☐ Insulating layers (fleece/down)
- ☐ Waterproof outer shell
- ☐ Warm hat + gloves (bring backup pair)
- ☐ Waterproof boots with grip
- ☐ Hand/foot warmers
- ☐ Sunglasses (snow glare intense)
- ☐ Emergency blanket for car

Summer Packing (Jun-Aug):

- ☐ Layers (mountain weather changes fast)
- ☐ Rain jacket (afternoon thunderstorms)
- ☐ Hiking boots/sturdy shoes
- ☐ Sun hat + strong sunscreen
- ☐ Water bottles (stay hydrated)
- ☐ **Bear spray** (backcountry hiking)
- ☐ Insect repellent
- ☐ Swimsuit (hot springs)

Spring/Fall Packing:

- ☐ All-weather layers
- ☐ Waterproof jacket
- ☐ Comfortable walking shoes
- ☐ Warm layers for evenings
- ☐ Camera for fall colors (Sept-Oct)

Year-Round Essentials:

- ☐ First aid kit basics
- ☐ Personal medications
- ☐ Emergency snacks + water
- ☐ Nice outfit for dinner
- ☐ Day pack for hiking
- ☐ Reusable water bottle
- ☐ Cash for parking meters

Key Locations & Addresses

Calgary Attractions:

Calgary Central Library 800 3 St SE, Calgary, AB T2G 0E7

Calgary Tower 101 9 Ave SW, Calgary, AB T2P 1J9

Prince's Island Park 698 Eau Claire Ave SW, Calgary, AB T2P 2T1

Peace Bridge (Kensington access) Memorial Dr NW & 3 St NW, Calgary, AB

Banff Locations:

Johnston Canyon Trailhead Bow Valley Pkwy, Improvement District No. 9, AB

Lake Louise Lake Louise, AB T0L 1E0

Banff Gondola 100 Mountain Ave, Banff, AB T1L 1J2

Banff Upper Hot Springs 1 Mountain Ave, Banff, AB T1L 1K2

Restaurants:

Charbar 618 Confluence Way SE, Calgary, AB T2G 4C7

OEB Breakfast Co. (Hillhurst) 223 10 St NW, Calgary, AB T2N 1V7

Phil & Sebastian (Kensington) 2134 Kensington Rd NW, Calgary, AB T2N 3R8

Weather Planning

Current Weather Check:

Friday: _____ **Saturday:** _____
Sunday: _____

Mountain Weather Reality:

- Temperature can change 20°C in one day (Chinook winds)
- Always pack layers, even in summer
- Afternoon thunderstorms common in summer
- Mountain areas 5-10°C cooler than Calgary

Seasonal Highlights:

Winter: WinSport skiing, ice walks, hot springs **Spring:** Waterfalls at peak, fewer crowds, budget season **Summer:** All trails open, festivals, long daylight (until 10 PM) **Fall:** Spectacular colors, perfect hiking weather

Emergency Contacts & Useful Numbers

Emergency Services:

Emergency (Police/Fire/Medical): 911 **Alberta Health Link:** 811
Calgary Police Non-Emergency: 403-266-1234

Tourism & Information:

Tourism Calgary: 1-800-661-1678 **Parks Canada:** 1-888-773-8888 **Banff Information Centre:** 403-762-1550

Transportation:

Calgary Transit: 403-262-1000 **YYC Airport:** 403-735-1200 **Road Conditions:** 511.alberta.ca or call 511

Hotels (your reservations):

Hotel Name: _____ Phone: _____

Rental Car Emergency:

Company: _____ 24/7 Phone: _____

Personal Emergency Contacts:

1: _____
2: _____

Daily Expense Tracker

Friday:

- Transportation: \$ _____
 - Accommodation: \$ _____
 - Food/Drinks: \$ _____
 - Activities: \$ _____
 - Other: \$ _____
- Friday Total: \$** _____

Saturday:

- Gas: \$ _____
 - Park passes: \$ _____
 - Food/Drinks: \$ _____
 - Activities: \$ _____
 - Parking: \$ _____
 - Other: \$ _____
- Saturday Total: \$** _____

Sunday:

- Food/Drinks: \$ _____
 - Activities: \$ _____
 - Shopping/Souvenirs: \$ _____
 - Parking: \$ _____
 - Other: \$ _____
- Sunday Total: \$** _____

WEEKEND GRAND TOTAL: \$ _____

Local Insider Tips & Secrets

Money-Saving Hacks:

- Book Calgary hotels Sunday-Thursday for 40% savings
- Buy groceries for mountain picnics (Banff restaurants 40% more expensive)

- Download Parks Canada app for offline maps and updates
- Fill gas tank in Calgary (cheaper than mountain towns)

Photography Gold Spots:

- Peace Bridge at golden hour
- Calgary Central Library spiral staircase
- Lake Louise early morning (reflection shots, no crowds)
- Banff Gondola on clear days (views to Calgary skyline)

Weather Survival:

- Chinook winds can change temperature 20°C in hours
- Pack layers ALWAYS, even summer
- Keep emergency kit in car (especially winter)
- Check 511.alberta.ca before mountain driving

Local Secrets:

- Kananaskis Nordic Spa > Banff Hot Springs (less crowded, better views)
- River surfing possible in downtown Calgary (Bow River wave)
- +15 skybridge system connects downtown (great for bad weather)
- Calgary Zoo Penguin Walk in winter months

Booking Insider Knowledge:

- Johnston Canyon parking releases exactly 90 days ahead at 8 AM MT
- Restaurant reservations: Call directly after online booking for upgrades
- Parks Canada shuttle summer: Worth \$8 to avoid Lake Louise parking stress
- Hotel Arts often includes breakfast deals when booking direct

Final Pre-Departure Checklist

24 Hours Before: - ☐ Check weather forecast (pack accordingly) - ☐
 Confirm all hotel reservations - ☐ Check restaurant reservations - ☐ Review
 road conditions at 511.alberta.ca - ☐ Download offline maps - ☐ Charge all
 electronics - ☐ Pack emergency car kit

Morning of Departure: - ☐ Check real-time traffic conditions - ☐ Grab
 printed copies of this planner - ☐ Pack layers (weather changes quickly) - ☐
 Bring reusable water bottles - ☐ Have emergency contacts accessible - ☐
 Double-check car rental pickup time

For Mountain Days: - ☐ Leave Calgary by 7 AM (avoid traffic) - ☐ Bring
 bear spray (if backcountry hiking) - ☐ Pack more water than you think you
 need - ☐ Inform someone of your hiking plans - ☐ Check for wildlife
 warnings/closures

Photo & Memory Log

Must-Get Photos:

- ☐ Calgary skyline with mountains
- ☐ Peace Bridge architectural shot
- ☐ Lake Louise turquoise water
- ☐ Johnston Canyon ice formations (winter) or waterfalls (summer)
- ☐ Banff Gondola mountain views
- ☐ Calgary Central Library spiral staircase
- ☐ Your group at iconic locations

Photo Spots by Time:

Golden Hour (first/last light): Peace Bridge, Lake Louise reflections

Midday: Johnston Canyon, indoor attractions **Blue Hour:** Calgary Tower, city skylines

Memory Notes:

Best meal: _____ **Favorite activity:** _____
Biggest surprise: _____ **Would**
definitely do again: _____ **Next time we'd skip:** _____
Hidden gem discovered: _____

Weather Experienced:

Chinook winds? _____ **Temperature range:** _____
Any surprises? _____

For Next Time

What Worked Well:

What We'd Change:

Places We Want to Explore Next Visit:

- ☐ Kananaskis Nordic Spa
- ☐ Drumheller (dinosaur country)
- ☐ Canmore downtown
- ☐ Fish Creek Provincial Park
- ☐ Heritage Park Historical Village
- ☐ Different seasonal activities

Restaurants to Try Next Time:

Activities Missed This Time:

Share Your Experience

Social Media Hashtags: #CalgaryWeekendGetaway #ExploreAlberta
#VisitCalgary

Rate Your Experience (1-10): - Overall trip: _____ - Accommodation:

- Food experiences: _____ - Activities/attractions: _____ - Value for money:

Would you recommend Calgary weekend getaways to friends? ☐
Absolutely ☐ Yes ☐ Maybe ☐ No

Why? _____

Thank you for using this Calgary Weekend Getaways Planner! Safe travels
and enjoy creating amazing memories in Calgary and the Canadian Rockies.

For more Calgary travel tips and guides, visit: SunnyDaysGo.com

Disclaimer: This planner contains general information and suggestions.
Prices, hours, and conditions can change. Always verify current information
before travel. Weather in the Canadian Rockies can change rapidly - exercise
caution and be prepared for all conditions.