



# Alberta Staycation Guide: Canmore & Kananaskis

**Canmore** and nearby **Kananaskis** showcase the Rockies at their autumn best, with golden larches lighting up trails and mountain slopes. Crisp, fresh air, panoramic vistas, and the vibrant hues of fall create an unforgettable backdrop for hiking, scenic drives, and lakeside exploration.

**Canmore** itself blends small-town charm with adventure, featuring cozy cafés, artisanal shops, and restaurants serving hearty seasonal fare. The surrounding mountains provide opportunities for both active outdoor experiences and tranquil moments by alpine lakes or scenic overlooks.

**Kananaskis** offers more secluded trails for wildlife spotting and quiet reflection, making it ideal for visitors seeking both adventure and serenity. Autumn in this region is perfect for photography, leaf-peeping, and experiencing the **Rockies' natural beauty**.

## Notes

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## Highlights

- Golden larches along mountain trails.
- Scenic Bow Valley drives and lookout points.
- Charming town with restaurants and shops.

## Suggested Itinerary (2-3 Days)

### Day 1

- » Arrive in Canmore, explore the town boardwalk.
- » Dinner in town.

### Day 2

- » Hike to Grassi Lakes or visit larch valleys.
- » Afternoon relaxation or spa visit.

### Day 3

- » Drive Bow Valley Parkway with scenic stops.
- » Enjoy local bakery or café before departure.

## Seasonal Tips

- **Best time to visit:** late September to early October for peak larch season.
- Pack layers for mountain weather.
- Check trail conditions before hiking.



Kananaskis Road



Downtown Canmore

