



Canada Road Trip 2026

📅 August 3 – 19, 2026

Our journey

Our journey



Seventeen days from the Rocky Mountains to the Pacific coast. Canoes on still lakes, roadside picnics, forest walks and new discoveries around every bend. These are the moments our family brought home from Canada.



17
DAYS

47
PLACES

57
PHOTOS

TRIP CONTENTS

Contents

DAY 01

Calgary to Banff	6
------------------	---

DAY 02

Banff town and gondola	8
------------------------	---

DAY 03

Lake Minnewanka loop	10
----------------------	----

DAY 04

Moraine Lake start	12
--------------------	----

DAY 05

Johnston Canyon walk	14
----------------------	----

DAY 06

Bow Lake picnic	16
-----------------	----

DAY 07

Lake Louise and gondola	18
-------------------------	----

DAY 10

Peyto Lake viewpoint	24
----------------------	----

DAY 11

Icefields Parkway	26
-------------------	----

DAY 12

Jasper canyon day	28
-------------------	----

DAY 13

Maligne Lake morning	30
----------------------	----

DAY 14

Road to the coast	32
-------------------	----

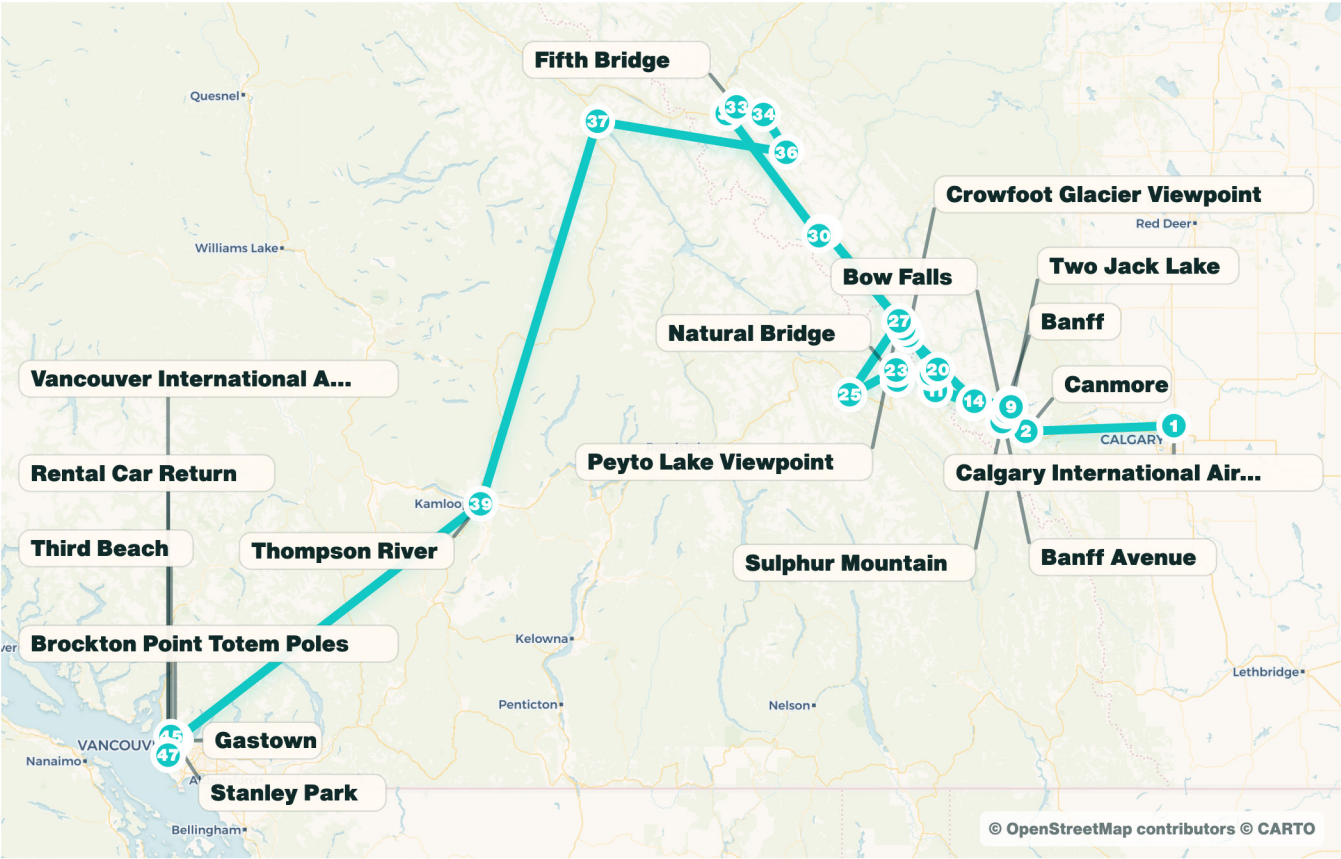
DAY 15

Vancouver coast	34
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DAY 16

Stanley Park slow day	36
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Canada Road Trip 2026

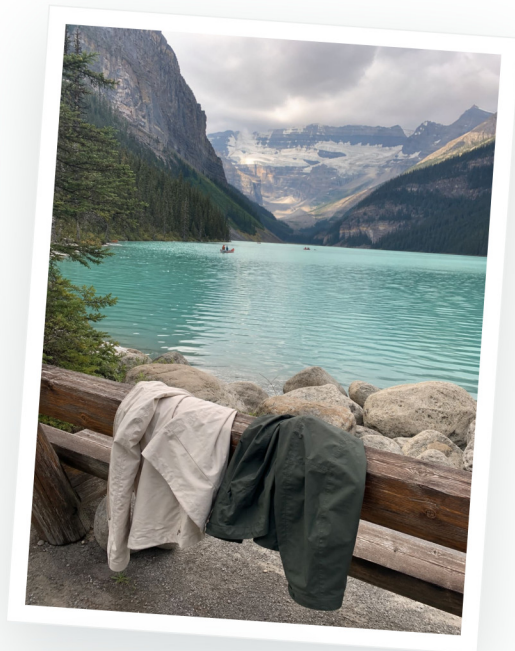


1308 km · from route

Calgary International Airport · Canmore · Banff · Banff Avenue

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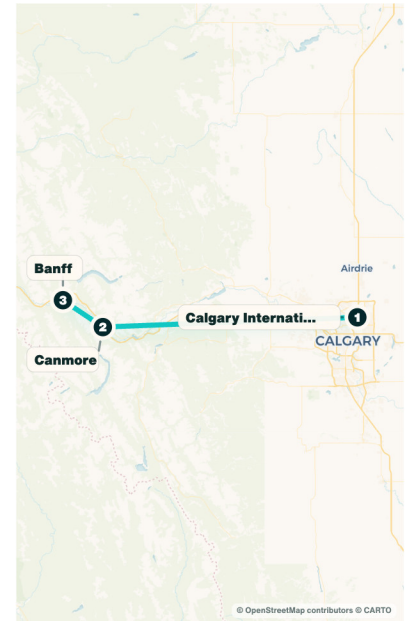
Brockton Point Totem Poles · Third Beach · Rental Car Return · Vancouver International Airport



DAY 1

August 3, 2026

Calgary to Banff



DAY NOTES

After the long flight, the first glimpse of the Rockies woke everyone up again. We stopped in Canmore for groceries, reached the cabin just before sunset and ate our first dinner outside with the mountains already turning pink.

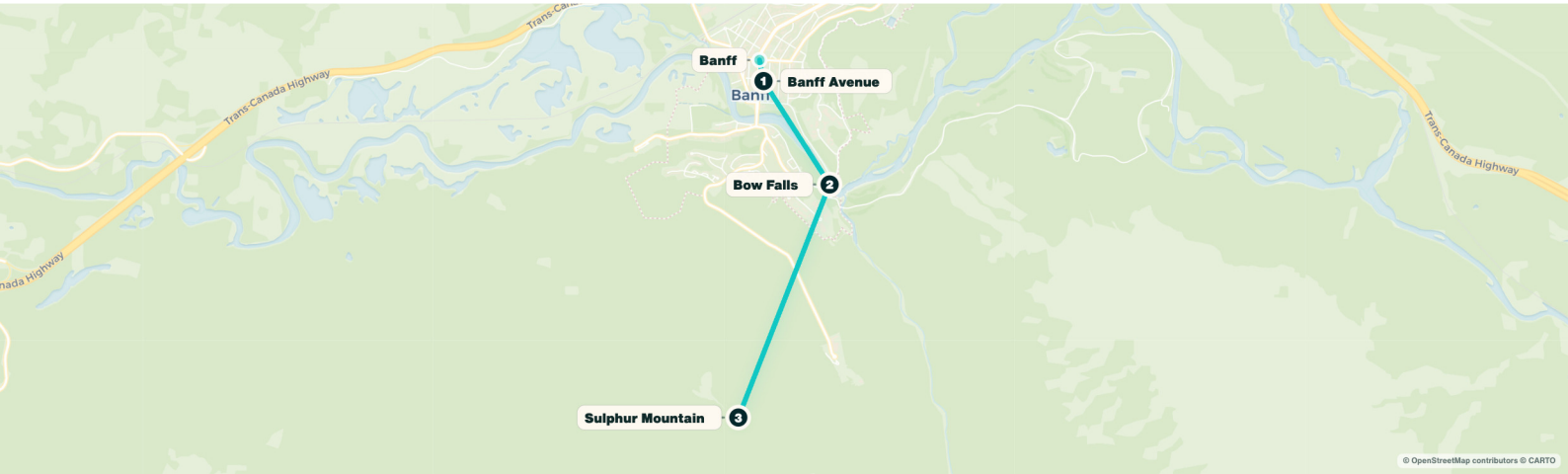


Banff town and gondola



DAY NOTES

We let the children set the pace today: pancakes in town, stones skimmed at Bow Falls and the gondola in the late afternoon. At the top, Mia counted every ground squirrel while Leo tried to name the peaks from the panorama board.

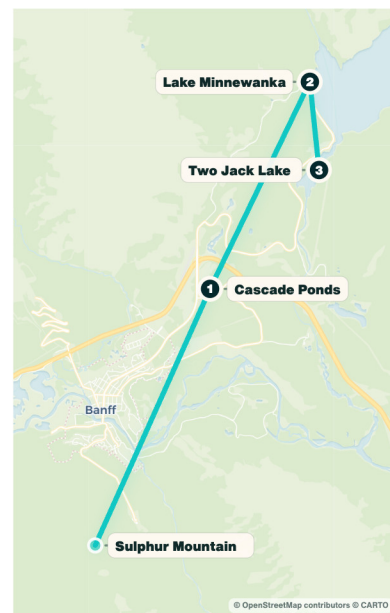




DAY 3

August 5, 2026

Lake Minnewanka loop



DAY NOTES

The lake was almost perfectly still when we arrived. We rented a red canoe for an hour, paddled close to shore and found a quiet spot for hot chocolate afterwards. Leo wanted to steer; Mia was mostly interested in the tiny fish between the stones.

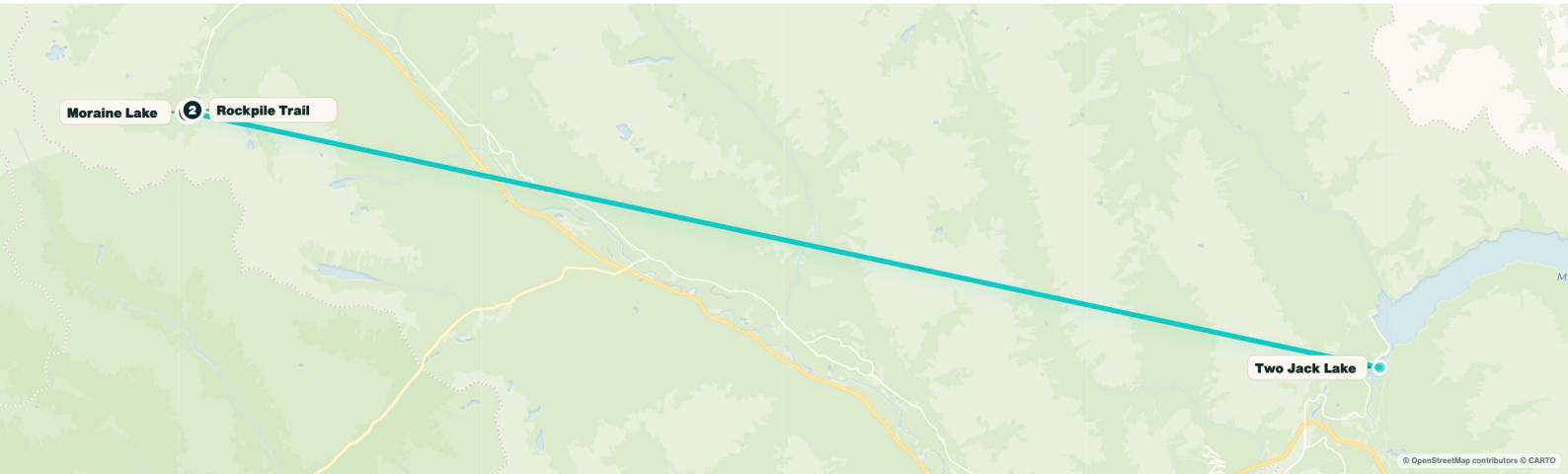


Moraine Lake start



DAY NOTES

The alarm at 5:15 felt brutal, but Moraine Lake was worth every sleepy complaint. We ate breakfast on a warm rock above the water, walked only as far as everyone still enjoyed it and spent the afternoon doing absolutely nothing at the cabin.

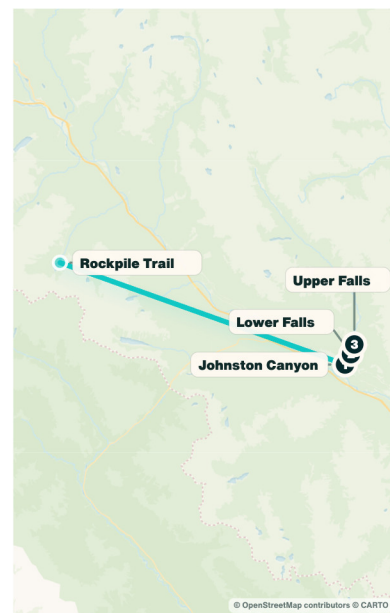




DAY 5

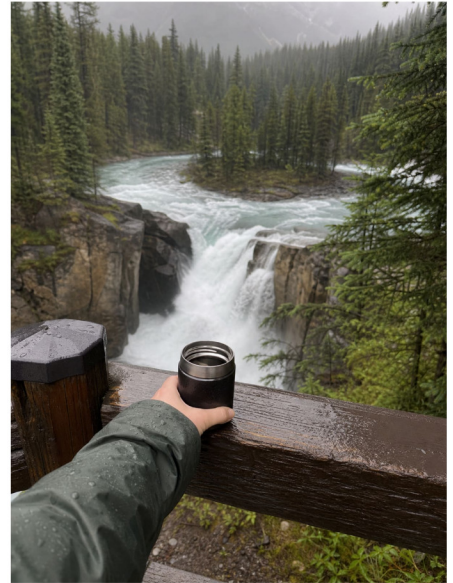
August 7, 2026

Johnston Canyon walk



DAY NOTES

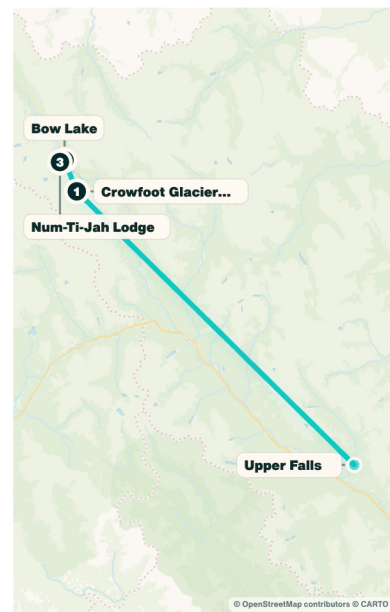
Rain made the canyon smell like wet pine and turned the creek an impossible blue. The catwalks were slippery, so we took our time. Mia held Alex's hand all the way to Lower Falls; Leo sprinted the last stretch and came back soaked from the spray.



DAY 6

August 8, 2026

Bow Lake picnic



DAY NOTES

Today was built around small stops rather than a destination. We watched clouds move across Crowfoot Glacier, spread our blanket at Bow Lake and finished the last sandwiches while the children searched the shoreline for the flattest skipping stones.

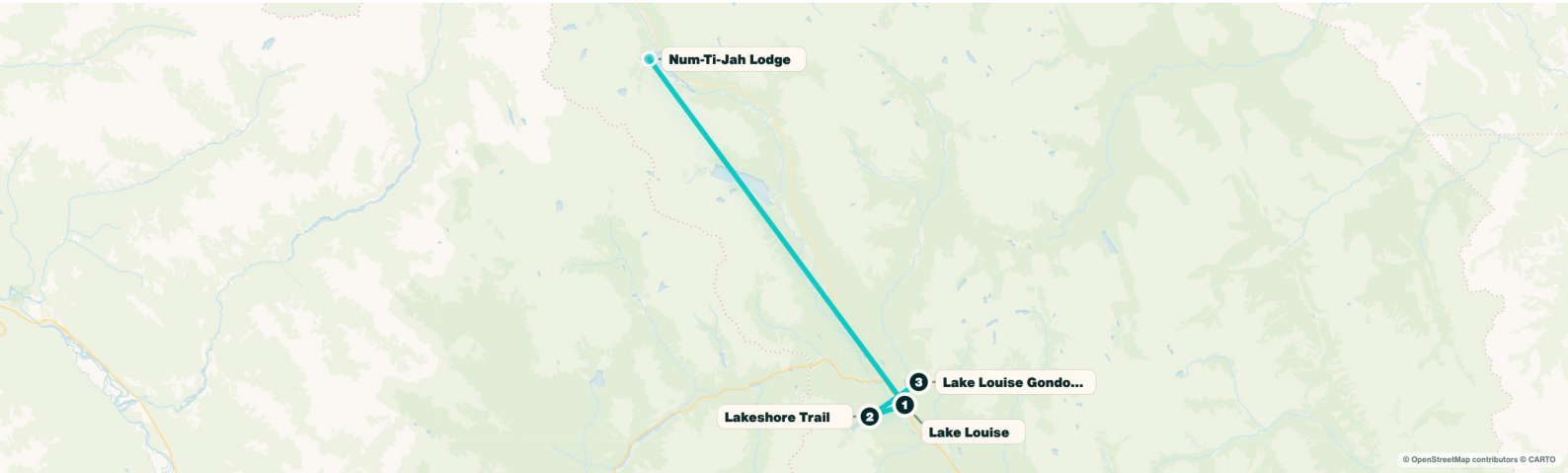


Lake Louise and gondola



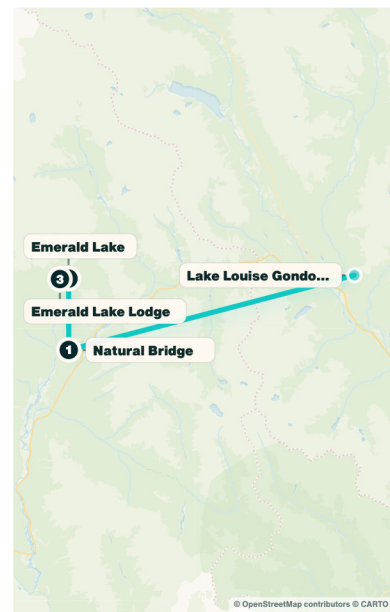
DAY NOTES

We reached Lake Louise before the first tour buses and finally took a family photo with everyone looking in roughly the same direction. After the lakeshore walk, the gondola gave us our first bear sighting — far below and safely from above.





Emerald Lake detour

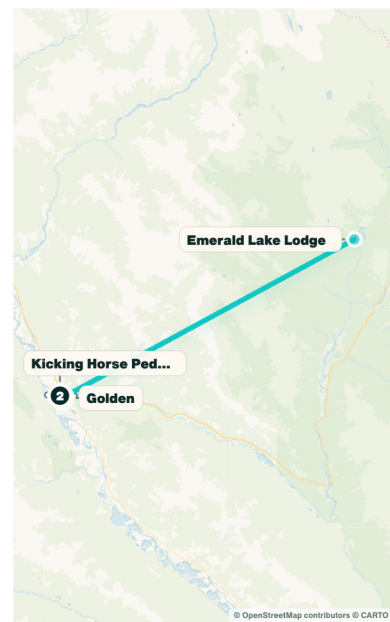


DAY NOTES

Emerald Lake really was that green. We walked the first quiet part of the loop, crossed to Natural Bridge and lingered on the shore until hunger won. The children invented a competition for the most turquoise thing they could find.



Golden road break

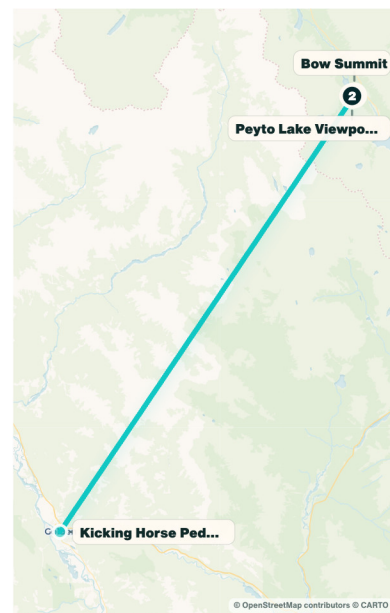


DAY NOTES

A deliberately ordinary road-trip day: laundry in Golden, fuel, groceries and an hour by the Kicking Horse River. It felt good not to chase a landmark. We ordered pizza, reorganized the car and everyone was asleep before ten.



Peyto Lake viewpoint



DAY NOTES

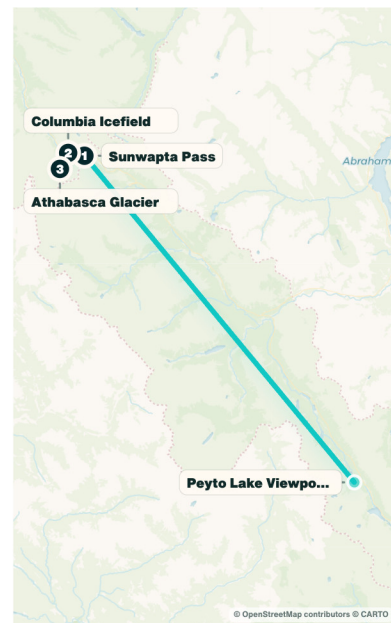
The wind at Bow Summit made the summer jackets feel too thin. Emma and Leo stayed at the viewpoint with the binoculars while the rest of us fetched gloves from the car. Ten minutes later the sun returned and Peyto Lake glowed below us.



DAY 11

August 13, 2026

Icefields Parkway



DAY NOTES

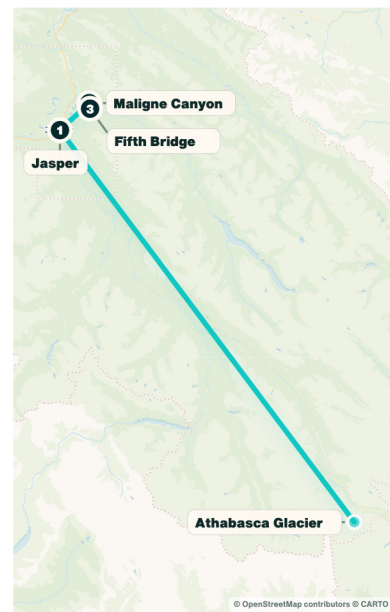
This was the day the road itself became the destination. We stopped for waterfalls, watched the temperature drop near the icefield and filled the car with crumbs from emergency snacks. The Athabasca Glacier made the children suddenly very quiet.



DAY 12

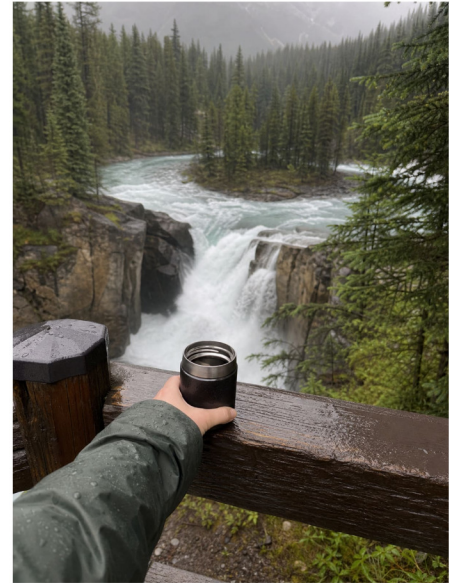
August 14, 2026

Jasper canyon day

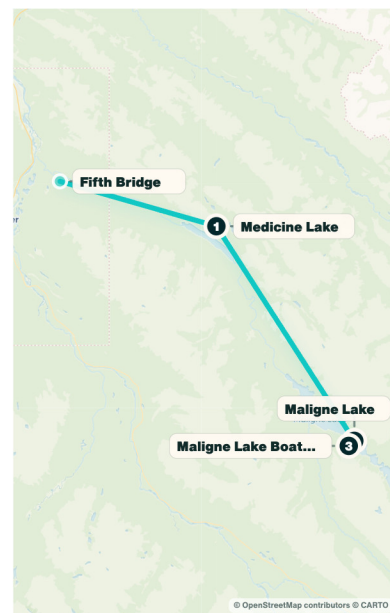


DAY NOTES

We started late and let Maligne Canyon unfold bridge by bridge. The children kept a running count of waterfalls and ravens; we lost track of both. Back in Jasper, everyone wrote one sentence about the day before dinner arrived.



Maligne Lake morning

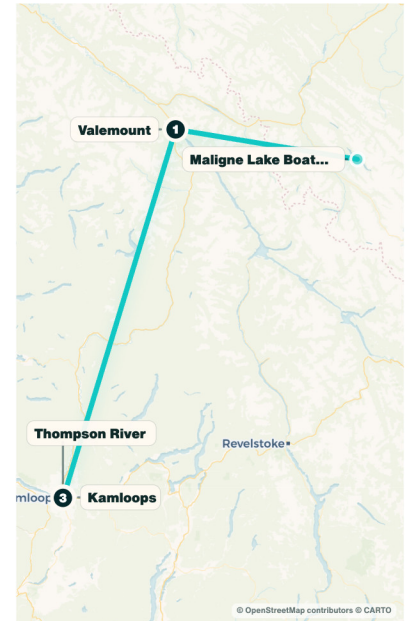


DAY NOTES

Maligne Lake was still wrapped in mist when Alex and Mia carried the paddles to the dock. We stayed close to shore, then stopped at Medicine Lake on the drive back. A herd of bighorn sheep caused the longest and happiest traffic jam of the trip.



Road to the coast



DAY NOTES

The landscape changed almost hour by hour on the long road west. We counted freight trains, stopped for peaches outside Kamloops and let the children choose the motel by one requirement: a pool. They were in the water before the bags reached the room.



DAY 15

August 17, 2026

Vancouver coast

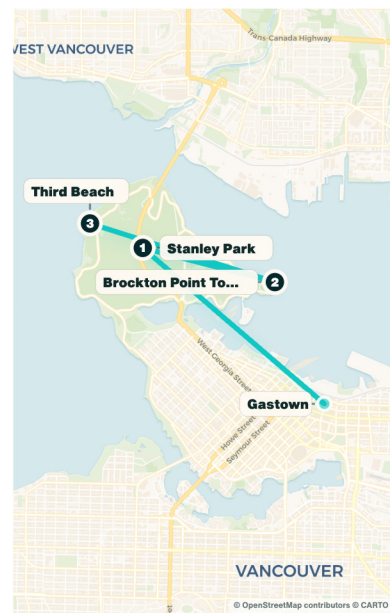


DAY NOTES

After two weeks of mountains, Vancouver felt loud and wonderfully alive. We saw orcas from the boat, shared hot chips on the waterfront and walked through Gastown until the children's legs gave up. Dinner tasted like a small celebration.



Stanley Park slow day

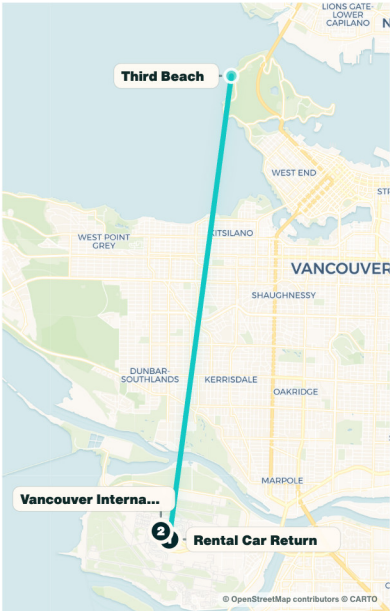


DAY NOTES

We rented bikes and followed the seawall without a plan. The children raced only between lamp posts, we stopped for the totem poles and ended with sandy shoes at Third Beach. No one wanted to start packing afterwards.



YVR farewell



DAY NOTES

The return-car checklist went smoothly until we found one last bag of snacks under Mia's seat. At the gate, she fell asleep against Emma while Leo swiped back through the photos. The book already held seventeen days that had somehow passed in an instant.



OUR JOURNEY

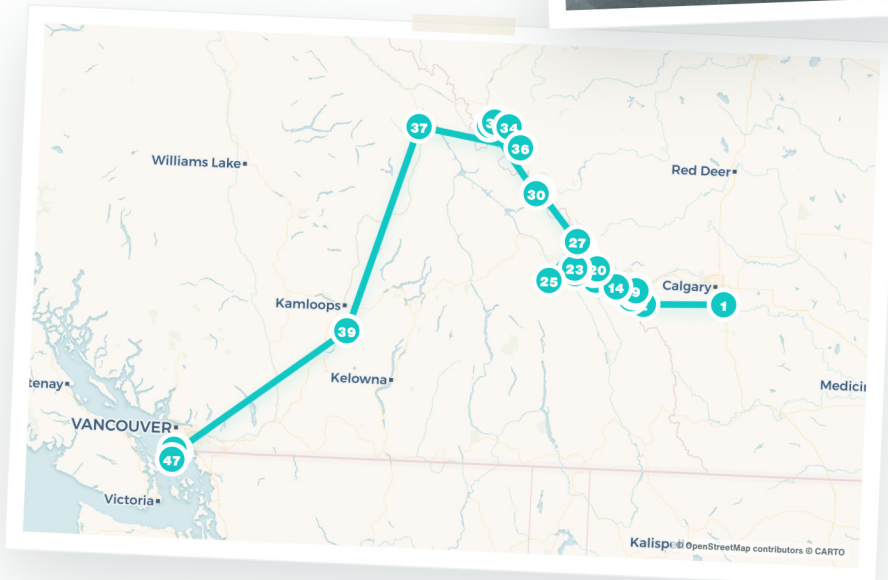
A little look back

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