



ROCKY MOUNTAIN Internal Medicine

Optional Wellness Activities to pursue during your stay in Banff!

Rimrock Fitness and Spa

The Rimrock is pleased to offer a full-service Spa providing body treatments, facials, hand & foot care and massages. Group bookings can be accommodated with advance notice through their Spa & Fitness Manager. The Rimrock is pleased to offer the following:

10% off any One (1) spa service. Discount is not applicable on Saturday/Sunday or packages. Please contact the Rimrock Resort Spa to reserve your appointment at 403-762-1835

The Rimrock Fitness Centre comprises of an Atlantis Multi-Station weight trainer, various cardiovascular equipment (including treadmills, elliptical, and bikes), exercise balls and mats, free weights, dumbbells, and squash court. Additional fees apply for rental of squash equipment, participation in scheduled aerobic classes, and use outside of regularly scheduled hours. The steam rooms, saunas, indoor whirlpool, indoor pool and change room facilities are available complimentary to all registered guests.

Please note that guests using the Rimrock Fitness Centre or Fitness Spa must be 16 years or older.

Banff Gondola

“With six stunning mountain ranges and the sweep of the Bow Valley before you, views from the Sulphur Mountain summit are nothing short of breathtaking. And there’s much more to discover in a state-of-the-art building that will heighten your senses at every turn.” – Banff Jasper Collection website

Conference guests can get a discounted rate from November 10-19. There are two ways to book.

- Call the toll-free line at 1-877-625-4372. When speaking to one of the agents identify yourself as being with ROCKYMOUNTAINIM in order to get a 15% discount.

Book on-line at [Banff Gondola](#). In order to get the 15% discount on-line, you will need to enter the following under the promo code at “check out” ROCKYMOUNTAINIM.

For more information visit: www.banffjaspercollection.com/attractions/banff-gondola/

Banff Upper Hot Springs

“Soak in the steamy hot mineral water where travellers have come to ‘take the waters’ for over a hundred years. Banff National Park’s only hot springs pool welcomes you year-round for an authentic heritage experience that is a favourite amongst visitors.” - Hotsprings.ca

Hours of operation: Thursday 10:00 am – 10:00 pm | Friday and Saturday 10:00 am – 11:00 pm
Pool Fee: Adult (18-64) \$8.30 | Senior (65+) \$7.30, includes locker token

For more information visit: www.hotsprings.ca/banff-upper-hot-springs

Cave and Basin National Historic Site

“Experience the birthplace of Canada’s national parks and learn about the natural and cultural history of the mountains. Discover the hot water that seeps from the rocks, smell the minerals and explore the trails. Enjoy it on your own or take one of the many guided tours.” - Parks Canada Website

Hours of operation: Wednesday to Sunday: 11:00 am – 5:00 pm
Admission: Adult \$3.90 | Senior \$3.40 | Youth: free

For more information visit: <https://www.pc.gc.ca/en/lhn-nhs/ab/caveandbasin>

Thermal Waters Pass

If you are interested in visiting both the Banff Upper Hot Springs and the Cave and Basin, you can purchase a Thermal Waters Pass that allows you access to both these facilities at a combined discounted price.

Adult \$11.35 | Senior \$9.95 | Family \$30.05

Details: <https://www.hotsprings.ca/thermal-waters-pass>

Whyte Museum of the Canadian Rockies

“Visit the Whyte Museum of the Canadian Rockies and explore the culture shaped by this mountain landscape. The museum acquires, preserves, interprets and makes accessible the history and culture of the Rocky Mountains of Canada by inspiring and cultivating the exchange of knowledge and ideas through their collections and exhibitions.” – Whyte Museum of Canada website

Hours of operation: Open daily from 10:00 am to 5:00 pm
Admission: \$10 (free for children under 12), \$9 for seniors

For more information visit: www.whyte.org

Park Distillery

From glacier to glass, Park distills in the purest place on the planet. Sign up for a free 30 minute distillery tour Saturday at 3:30 pm with tastings (call 403.762.5114 to reserve a spot), or book your own private distillery tour for up to 8 people for a fee.

Visit: <https://www.parkdistillery.com/book-a-tour> for more information

Banff Christmas Market

“The Banff Christmas Market is inspired by the Old World and influenced by the New. It captures all of the tradition, heritage and romance of these European Markets, while showcasing the best artisanal products of the Bow Valley and its surrounding regions. Boasting unique products, family friendly entertainment and an exotic menu of beers, BBQ, mulled wine, and sweets, The Banff Christmas Market creates a warm and inviting environment for families of all ages during the day and an adult atmosphere in the evening.” – Banff Christmas Market Website

Hours of operation: Saturday 10:00 am – 5:00 pm | Sunday 10:00 am – 4:00 pm

Admission: \$7.50 | Children 12 & under are free

For more information visit: www.banffchristmasmarket.com

Santa Claus Parade Day in Banff

“At dusk, the streets come alive with the magic glow of the Santa Claus Parade of Lights. Get into the holiday spirit as a procession of floats, performers, and Santa himself, traverse Banff Avenue. After the parade, follow the performers to Central Park for the Carols by Candlelight concert.” – Santa Claus Parade Website

Date: November 16

Time: 6 p.m.

Location: Banff Avenue

For more information visit: <https://www.banfflakelouise.com/SantaClausParade>