

Cycling in Alberta







General Information

Alberta is very popular with cyclists, due to its sunny days and rather dry climate, beautiful mountain scenery, and plenty of paved bike paths and mountain bike trails. With terrain that varies from prairie to mountain, Alberta offers a biking experience you will remember.

You will encounter some of the most scenic rides of your life, when you cycle the stunning ice fields of the Rocky Mountains through Banff, Jasper, and YOHO National Parks.

If you're up for some racing you can enter the TransRockies Challenge, one of the most adventurous mountain bike races in the world.

Total # of Rides Listed: 4

-  Easy Rides: 2
-  Moderate Rides: 0
-  Difficult Rides: 2
-  Very Difficult Rides: 0
-  Loop Rides: 2
-  Out & Back Rides: 2



When to Visit

The best time to visit Alberta for cycling activity is between late spring and early autumn when temperatures are more comfortable and suitable for cycling. The best time to cycle in the mountains is from mid-June through early September.

How to Get There

If you are traveling by air, you will most likely arrive at Calgary International Airport, which is about 13 miles (20km) northeast of downtown Calgary.

From the airport you have several transportation options. Calgary Transit provides a public bus service #57 to and from the airport and buses run between the airport, the city centre and other Alberta destinations. There is also an Airport Shuttle Express, which services most hotels in the Calgary area; and several hotels offer a courtesy shuttle service. Airport taxis are available outside of the Arrivals area.

If you are traveling by car and plan to stay at one location from which you will engage in your cycling activities, check our [DESTINATION RIDES](#) cycling pages for local routes.

Climate and Weather

Alberta's summer runs from May to September. Summer days are warm and evenings are cool. Winters are cold with heavy snowfalls, particularly in the Rockies.

Alberta gets most of its precipitation in the form of rain during the summer months of June through August. Rain is mostly in the form of thunderstorms, which are frequent, especially along the eastern edge of the Rockies and in the mountains.

The Roads

Roads in Alberta are generally cyclist-friendly, and most Alberta's motorists are tolerant of cyclists. Of course, it is always recommended that you ride defensively and obey all traffic rules.

The surfaces of Alberta's roads are generally fair. Unfortunately, due to extreme temperature changes between seasons, they take a lot of abuse; and, as a result, especially on mountain roads, you may find occasional road hazard in the form of cracked pavement, pothole, gravel or sand.

Paved shoulders on rural roads and in the mountains are minimal or non-existent. Some roads in Alberta have rumble strips (grooves ground into the pavement to alert swerving drivers) which can be very dangerous for a cyclist. Additionally, on rural roads you may encounter cattle guards, which should be crossed with utmost care and as perpendicularly as possible.

Alberta Road Rides (1-4 of 4)

The Rides

Banff National Park: Chateau Lake Louise
34 mi/54 km (*Out & Back* Total: 68 mi/108 km)

Banff National Park: Lake Minnewanka
18 mi/29 km (*Loop*)

Banff National Park: Icefields Parkway
23 mi/37 km (*Out & Back* Total: 46 mi/74 km)

Banff National Park: Chateau Banff
17 mi/27 km (*Loop*)

