



WALK THROUGH HELENA'S STORY IN A WEEKEND

A LOCAL WEEKEND ITINERARY BY VANESSA LARSON

① DAY ONE

Breakfast Downtown

Start your morning at No Sweat Café, a Helena favorite since 1984, before strolling one block to the Helena Farmers' Market. Browse local produce, fresh flowers, baked goods, and handcrafted products while experiencing one of Helena's favorite Saturday traditions.

 **Local Tip:** Arrive early for the best market selection and convenient downtown parking.

Mid-Morning History Tour

Grab a cardamom latte from Montago Coffee before joining the Pedaling Through the Past Tour aboard Bert & Ernie's Pedal Pub. Discover Helena's Mansion District, Cathedral of Saint Helena, and the remarkable story of how a gold rush camp became Montana's capital city.

Lunch with a View

Head to Mount Ascension Brewing Company's rooftop patio for lunch overlooking downtown Helena.

Downtown Discovery

Spend the afternoon exploring Helena's locally owned businesses in the very [walkable downtown](#).

Favorites include:

- fourOsix
- Sage & Oats
- Montana Book Co.
- Margie's Vintage
- The Parrot Confectionery

Since You're Staying the Night...

Rest at Helena's Bell Hotel before another day exploring trails, public lands, and Montana history.

Visiting in September? Don't miss Septemberfest and Helena's famous soapbox derby.

Evening

Enjoy cocktails at the historic Montana Club before dinner at The Union, featuring seasonal Montana ingredients and an ever-changing menu.

② DAY TWO

Morning Adventure

Hike Mount Helena. Choose the accessible Ambrose Trail or venture to the summit for panoramic views of the Helena Valley. Learn more about [Helena's Trail System](#).

Lunch

Relax at Ten Mile Creek Brewery with handcrafted pizza and locally brewed beer.

Afternoon

Visit the Montana Heritage Center to explore Montana's history through immersive exhibits, art collections, and interactive galleries. Don't forget to browse the museum store before heading home!

WHY YOU'LL LOVE HELENA

Helena makes history feel alive. From historic neighborhoods and mountain trails to local restaurants, museums, and welcoming small businesses, every corner offers another reason to stay just a little longer.



HELENA
M O N T A N A

Come curious. Leave connected to Montana's story.

[LEARN MORE ABOUT HELENA HERE](#)