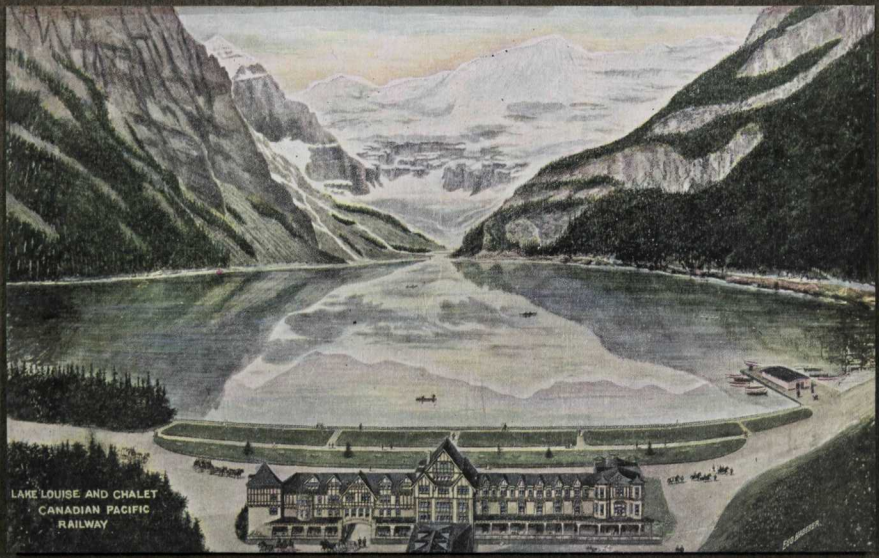
Guide to Lake Louise

With MAP


LAKE LOUISE AND CHALET
CANADIAN PACIFIC
RAILWAY

GUIDE TO

LAKE LOUISE

AND THE BEAUTIFUL SCENERY
OF THIS WONDERFUL REGION

"Lakes of gray at dawn of day,
In soft shadows lying,
Lakes of gold with gems untold,
On thy bosom glowing.
Lakes of white,
At holy night,
Gleaming in the moonlight."

Published by the
SOUVENIR DEPARTMENT, WINDSOR STATION
MONTREAL, QUE.
(G-07)

MacLeods
May, 1935

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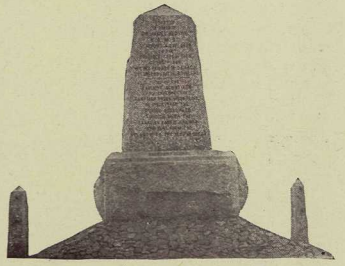
L A K E L O U I S E

Thirty-four miles westward from Banff by the Canadian Pacific Railway is Laggan (the station for Lake Louise and Lakes in the Clouds). Two and a half miles distance from the station by a fine carriage road and Lake Louise (altitude 5,670 ft.)—the most winsome spot in the Canadian Rockies—is reached. Of the beauty of this remarkable lake there is no divided opinion; every visitor to its shores sings its praises, and it is acknowledged by the most competent judges to be one of the great masterpieces in the world's gallery of Nature. As a gem of composition and coloring it has no rival. At every hour of the day the view is ever-changing with the shadows. This is especially true of the early morning and evening hours. Walter Dwight Wilcox, F.R.G S., in his charming book, "The Rockies of Canada," describes the colorings of Lake Louise as follows: "It is impossible to tell or paint the beautiful colors, the kaleidoscopic change of light and shade under such conditions. They are so exquisite that we refuse to believe them even in their presence, so subtle in change, so infinite in variety, that memory fails to recall their varying moods. I have seen twenty shades of green and several of blue in the waters of Lake Louise at one time." Mr. Edward Whymper has compared it to Lake Oeshinen in Switzerland, but has declared it "is more picturesque and has more magnificent environments." It is about a mile and a half long and half a mile broad, while its depth is over 200 feet.



Monument to Sir James Hector at Laggan.

THE LAKE LOUISE CHALET

Charmingly situated on the shore of Lake Louise in the midst of the evergreen wood, is a lovely chalet which has been enlarged to a great hotel, and is one of the chain of hotels owned and operated by the Canadian Pacific Railway Company that have gained a world-wide reputation for beauty of location and excellence of service. It is open from June to September, and at it Swiss guides, horses, and packers can be hired for excursions near or far. It affords most splendid accommodation and comfortable conveyances meet every train. The rates are $3.50 per day and upward Tourist tickets from Banff, Field or Glacier, at single fare for the round trip to Lake Louise are issued on presentation of certificates from the manager of the Canadian Pacific Hotel. Telephonic connection is established between the hotel and Laggan station, from which telegraphic communication is had with all parts of the world, and at the hotel is a dark room for the use of photographers. Visitors to this chalet always remember its home-like air of comfort which adds so much to the enjoyment of the guests.

One of the Chinese waiters at Lake Louise Chalet.

THE FIRST CHALET

The growth of interest in this wonderful region has been very rapid. A few years ago, about 1890, a small log house was sufficient to accommodate the visitors who came to pay homage to this matchless scenery. Each year brought people from all parts of the earth in increasing numbers, and every season the accommodation had to be increased and the little house was soon replaced by a larger building, wings have been added, remodelling has taken place and today is seen the splendid Chalet with all its modern equipment for the comfort of guests. What twenty years hence it will be who shall say, for Lake Louise is gaining new friends in increasing numbers each year.

The First Chalet at Lake Louise.

THE BEEHIVE

The Beehive and Mirror Lake.

LAKES IN THE CLOUDS

The trail to the Lakes in the Clouds is easy to travel, somewhat steep in places but offering no real difficulties to the average pedestrian, though many prefer to use the horses. It is best to take the lower path to Mirror Lake, thence around the lake skirting the side of Beehive Mountain, then up the stairs to Lake Agnes. Here a stay of a few minutes should be made and return by what is known as the high trail, which is a well-beaten path commencing at the back of Lake Agnes cabin and over the side of Mount St. Piran to the Lake Louise Chalet. The scenery of this trail will always be remembered by every visitor.

On the Trail at Lake Louise.

L A K E A G N E S

Lake Agnes (altitude 6,875 ft.). The highest of the Lakes in the Clouds. A clear, cool sheet of water, cliff-girt and overhung with towering pinnacles. An impressive and beautiful view can be obtained from the shores of this lake and from the trail on Mt. St. Piran of Mt. Niblock, Mt. Whyte, Lake Louise, and far down the Bow Valley. Perpetual silence reigns except for the sound of the cascades that fall into Mirror Lake. Lake Agnes is almost encircled with towering walls of rock whose height almost shuts out the sun and gives to the lake a much smaller appearance than it really deserves.

Lake Agnes.

MOUNT ST. PIRAN

One of the easiest mountains to climb and having one of the finest views to be obtained in the mountains is Mount St. Piran. The crest of this mountain is quickly reached from the Chalet by the Lakes in the Clouds trail.

Edward Whymper, the conqueror of the Matterhorn, was so entranced with the scene to be had from this mountain that he is reported to have slept on the crest over night. The climb is so easy, and there is so much to repay for the time, that it should be one of the most popular trips for visitors who desire to get some idea of the magnitude and beauty of this mountain district.

A Wonderful View.

MOUNT FAIRVIEW

Mount Fairview is a very easy mountain to ascend and well repays the climber for the trouble. It is the nearest to the Chalet though not as high as many peaks in this vicinity, yet it affords a magnificent view of this wonderful district. The Saddleback is part of this mountain and from this point some idea of the distance and the labor required to make the ascent can be obtained. The name, Mount Fairview, is well chosen for the outlook from the top is indeed a fair view. It is a favorite climb for the less ambitious Alpinist and will always be regarded with favor because of the many points on this trail which look out over magnificent scenery in various directions.

Information regarding the trail can be obtained at the chalet and the ascent can be made in safety without the services of a guide or the use of a rope.

The Top of Mount Fairview.

THE SADDLEBACK

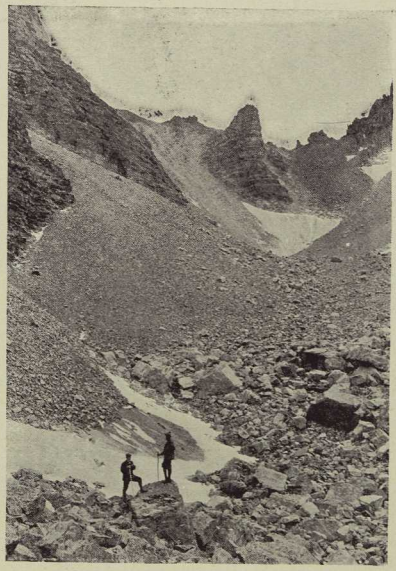
Paradise Valley from the Saddleback.

One of the most impressive sights in the vicinity of Lake Louise is the scene from the Saddleback lookout, reached by a good trail from the Chalet across the bridge thence upward through the trees. So interesting and pleasant is this trail that the time passes quickly and the charming scene of Paradise Valley and surrounding mountains is soon viewed from a vantage point that seems to have been prepared by Nature for the benefit of mankind. A short stay should be made to observe the mighty mountains and contemplate the beautiful valley with its silver stream far below nestling among the dark green trees.

PARADISE VALLEY

To the east of Laggan run two mountain valleys, both of which are noted for their exquisite scenery. Paradise Valley, the nearer to Lake Louise, lies between Mt. Sheol and Mt. Temple, while the Valley of the Ten Peaks, as its name implies, is lined by ten great peaks, and holds at its head, Moraine Lake.

Paradise Valley is bounded on the east and west by some splendid glacier mountains, such as Mt. Temple, (11,626 feet above sea level) ; Mt. Lefroy, (11,220); Mt. Aberdeen, (10,340) ; Mt. Hungabee, (11,447); and Mt. Victoria, (11,355), is nearby.

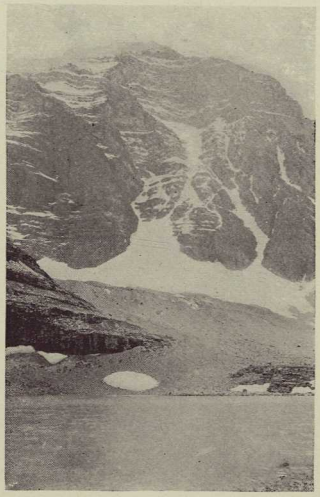


Pinnacle Pass, Paradise Valley.

MOUNT TEMPLE

A small blue lake called Lake Annette lies at the base of Mount Temple somewhat elevated above the valley and hemmed in by the forest, which sparkles like a diamond when the sun is in the south. It is more than 5000 feet from the water of this lake to the top of Mount Temple. A glacier crowns the summit and at intervals avalanches fall into the valley below, a distance of 7,000 feet, and the thunder of their fall can be distinctly heard at Laggan over six miles away.

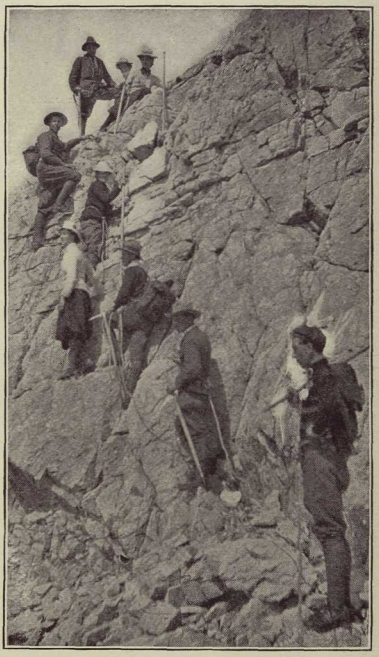
Mount Temple is one of the most imposing mountains in the Canadian Rockies and is a favourite climb for ambitious Alpinists. Fifty-three members of the Canadian Alpine Club ascended this mountain at their annual camp in Paradise Valley—season 1907. Numerous ascents have been made of this mountain and it is said to be somewhat arduous but not very dangerous for experienced climbers. A very fine view of the side of this mountain is obtained from the Saddleback. From its imposing appearance, which from a distance looks like the dome of a vast cathedral, this mountain derives its name. On a clear day the panorama that is seen from the top of the mountain is wonderful.



Mount Temple from Lake Annette.

MOUNT ABERDEEN

Mount Aberdeen is another of the Paradise Valley group and has also found favor with the Canadian Alpine Club, for this mountain was the one selected for the official climb of the Club. By reaching the top of this grand peak the novice becomes qualified to have his name enrolled as an active member of the Canadian Alpine Club. To scale the rocks and ice of this giant peak and to look out from the summit with most of the Continent of America beneath your feet is sufficient evidence that the conqueror of this mountain is an active member of the human family and the person who successfully performs this feat is worthy of honor.



Canadian Alpine Club at Work

FALLING AVALANCHES

Lake Louise is a noted place for avalanches, and it is not uncommon to hear the thunder of several of them in one day. The sides of the mountains in the vicinity are plowed and furrowed by these immense masses of falling rocks and ice which cut down trees and sweep everything from their path by a terrible, irresistible force. From the precipitous sides of Mounts Lefroy and Victoria ice and rock are continually becoming detached, and large falling avalanches are frequently seen from the Chalet descending through the airy abyss and striking the rock with thundering noise far below. It is said to take nearly twenty seconds for the noise to reach the Chalet, and when their thunder is heard all that is then seen is large clouds of fine snow rising from the place where the avalanche has fallen.

AN AVALANCHE ON MOUNT VICTORIA.

(The whole of the foreground is the Victoria Glacier, here buried beneath the rocks and stones carried down by avalanches from the cliffs above. The avalanche seen in picture, a little to the left of the centre, is falling about 1,800 feet.)

VIEW FROM LITTLE BEEHIVE

Here is a view easy to obtain and will give a better idea of the work of Nature in this marvellous district than possibly any other journey of an equal distance from the chalet. The trail is easy and good enough for the ponies. The time should not be limited to minutes for an hour is well spent in contemplation of this scene, which is unsurpassed in the gallery of Nature.

View of Lakes in the Clouds, Mts. Lefroy, Victoria and the Beehive.

MOUNT VICTORIA

That giant snow-capped mountain situated at the end of Lake Louise and directly in front of the Chalet is the magnificent Mount Victoria (11,355 ft.). It has been frequently ascended and is not considered a difficult peak to attain. The time required is from ten to fourteen hours, according to the condition of the snow. The ascent is made by way of the Abbot Pass or Death Trap and is somewhat arduous in places, particularly when the snow is soft. In places the sides are very steep and for 700 to 800 feet a ladder-like steep snow curtain must be scaled and then a long narrow ridge must be traversed which are the only difficult places in this climb. Guides should be secured well in advance and an early start made for this peak.

Mount Victoria is at the head of Lake Louise.

VALLEY OF THE TEN PEAKS

The Valley of the Ten Peaks extends parallel to Paradise Valley on the other side of Mt. Temple. In it is Moraine Lake, two miles long and half a mile wide, in which there is trout fishing. The Government have recently constructed a splendid carriage road from Lake Louise to Moraine Lake.

A great glacier has found its way down the heights at the head of the lake and has forced its course between and around the peaks. For a third of the distance from the lake to the summit the ice is entirely covered by a picturesque mass of rocks, piled in such disorder as chance directed the ice should have them. It is a picturesque and awe-inspiring sight, the effect of which is magnificent in the extreme.

Moraine Lake and Valley of the Ten Peaks.

M O R A I N E L A K E

Walter Dwight Wilcox, who has written that charming work "The Rockies of Canada," is the real discoverer of this lake and thus describes his experience :—

"There lay before me one of the most beautiful lakes I have ever seen. This lake, which I called Moraine Lake, from the ridge of glacial formation at its lower end is about a mile and a half long. A green forest covers the north shore, while the opposite side is overhung by a high precipice. Surrounding the water is a succession of high peaks rising five to six thousand feet above it, with a few short glaciers among them. The water is very clear and of the characteristic blue-green color. At the time of my arrival the lake was partly calm and reflected the rough escarpments and cliffs from its surface. No scene has ever given me an equal impression of inspiring solitude and rugged grandeur."

Moraine Lake.

MOUNT HUNGABEE, 11,447 ft.

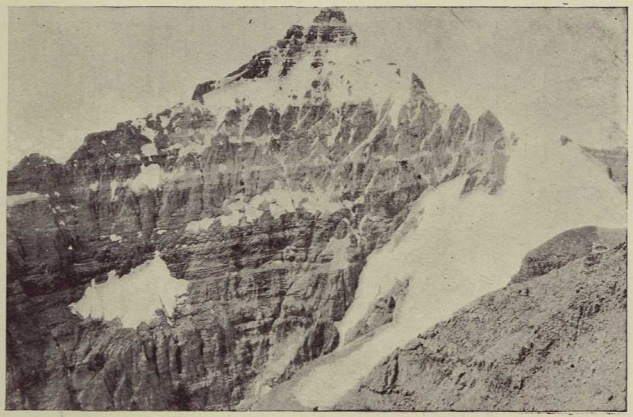
The most difficult and most dangerons mountain in this whole region is Mount Hungabee (Indian for chieftain) situated at the head of Paradise Valley, which has only been climbed once, and that by one of the most strenuous Alpinists in America — Prof. H. C. Parker, of Columbia University, New York. The glacier which feeds Paradise River is packed in the lap of Mt. Hungabee, and is said to be one of the most dangerous glaciers in the Rockies.

Mount Hungabee

MOUNT DELTAFORM

This is one of the most difficult peaks to climb in the Canadian Rockies. It is only possible to ascend to the peak under favorable circumstances and accompanied by the most experienced and determined guides. The first ascent was made by Professor Parker of Columbia University, on September 1st, 1903. It required ten hours of the hardest kind of climbing to reach the crest, and the party encountered almost vertical ledges, sensational traverses, difficult ice and steep chimneys. The descent required eleven hours, and for a portion of the time the party were in a very severe snow storm. Luckily they succeeded in this ascent without an accident and arrived in camp at 3 a.m.

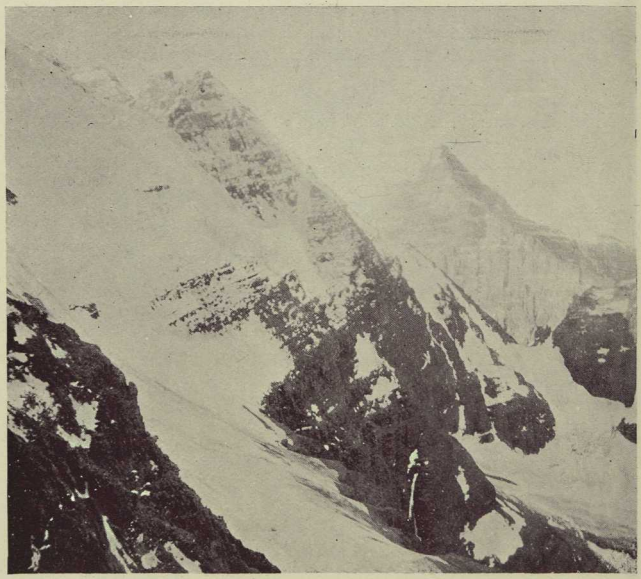
If the ambitious alpinist wants a climb that will test his pluck, skill and energy, Mount Deltaform will gratify his every wish.



Mount Deltaform.

MOUNT BIDDLE

This mountain is situated near Lake McArthur. The first ascent was made by Professor Parker and two Swiss guides on September 3rd, 1903. Professor Parker says of this ascent :—"The view from the peak is very fine and the difficult climbing, where the greatest caution is required, is for so short a distance that it does not become fatiguing. The time required was about seventeen hours, and the two Swiss guides said that for a short distance this ascent was the most difficult they had encountered.



Mount Biddle.

LAKE McARTHUR

Mr. Bell Smith, the well-known artist, thus describes this lake in August, 1903 :—"This is a most beautiful spot ; from our camp on the shore near its outlet a clear view opens over the full length of the lake, at the upper end of which the water comes down from the glaciers of Victoria and Lefroy in a series of falls which spring forth out of a high rocky cliff, and reflected in the exquisitely colored waters of the lake form a most attractive feature of an altogether lovely scene. The weather being fine and warm we, after spending two days in sketching and photographing, on August 5th made an early start, and after an easy walk over the pass, found ourselves in a rocky gulch too rough for the horses to get through, so we had to leave them tethered at the extremity of tree line, for we had now ascended 2,000 feet above our camp, and after a short scramble found ourselves near the shore of the most beautifully colored lake I have ever seen. Over a mile in length, nearly surrounded by high rocky precipices, and studded over its surface with veritable icebergs, which were constantly breaking off from a huge glacier that thrust its bulk far into the lake at its upper end, this wonderful tarn spread out before us, reflecting in its depths the titanic masses of rock and snow in shimmering glints of violet, blue and green. Before leaving this charming scene, which we did most reluctantly, Mr. Wilcox discovered quite near the shore at one end of the lake a small whirlpool, which indicated the spot where the waters found their subterranean outlet. Only about four or five persons had ever before seen this lake, and none of them had noticed this place. The noise which the waters made in being sucked down into this terrifying abyss exactly resembled that produced by small pebbles rolling down an iron pipe, and could be heard at a considerable distance. Probably the first white man to see this lake, which he did from a lofty height and at some distance, was Mr. J. McArthur, Government Surveyor, after whom it has been named."

SIDE TRIPS FROM LAKE LOUISE

To Lakes in the Clouds.—Distance, three miles for round trip. Time required from two and a half to three hours. Good trail. May be made on foot or by pony.

Go to Mirror Lake first, then up the stairs to Lake Agnes. Take trail back of shelter at Lake Agnes and return by the high trail to Chalet.

Ready for the Trail.

To the Saddleback.—Distance, five miles for round trip. Time required from three to three and a half hours.

May be made on foot or by pony.

Moraine Lake and Valley of the Ten Peaks.—Distance, twenty miles for round trip. Time required six to seven hours. Lunch should be taken.

This trip may be extended to the Wenkchewna Glacier.

Paradise Valley.—Distance, eighteen miles for round trip. Time required six to seven hours. Take a lunch.

This trip may be extended to the Horseshoe Glacier.

Consolation Valley.—Lake the Moraine Lake road or trail, crossing the stream at the end of the lake, then around the Tower of Babel. Time, ten hours.

NOTE.—Much if not all the pleasure is lost if you give too little time to these trips.

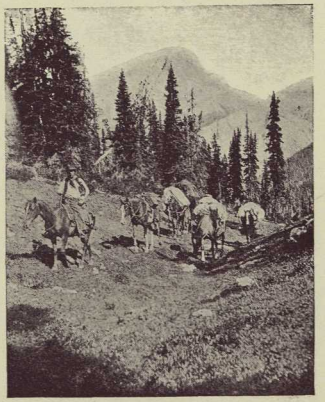
SIDE TRIPS FROM LAKE LOUISE

Victoria Glacier.—Distance, about six miles. Time required from four to five hours. With guides this trip may be extended to a full day and interest greatly increased by doing some climbing on the snow and ice.

Lake O'Hara.—Take the ponies at Hector Station. Round trip forty miles. Time, two days. If Lake McArthur and Lake Oesa are to be visited add another day.

Lake McArthur.—Take the ponies at Hector Station. Round trip forty-six miles. Time required, two days. A full week can be well spent in this charming locality.

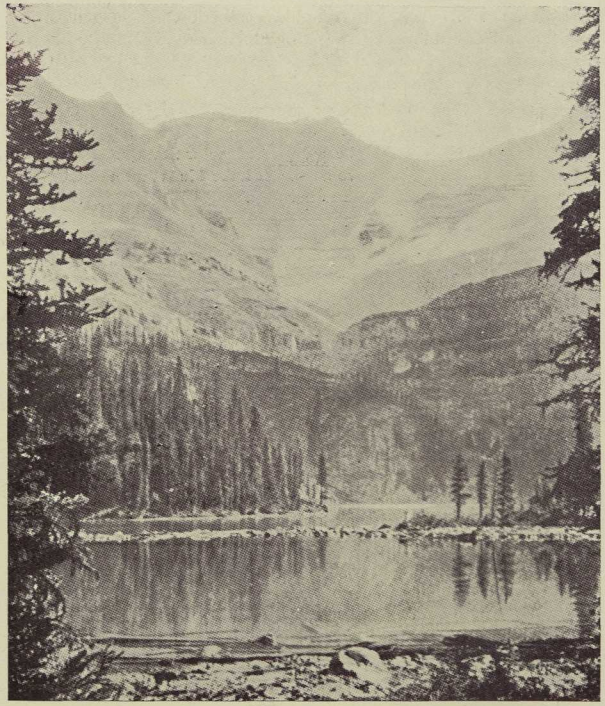
Ptarmigan Lake and Valley. — Distance, thirty miles. Time, two days. This is a delightful trip to practically a new country.



Pack Horses in the Canadian Rockies.

NOTE.—To get full enjoyment of mountain trips—*never hurry*.

L A K E O ' H A R A



Lake O'Hara.

L A K E O ' H A R A

"If six of the most beautiful Lakes in the mountains were selected this would certainly be among them. Personally I regard Lake Louise, Moraine Lake and Lake O'Hara as the finest I have ever seen. Each is between one and two miles long and each has certain individual charms. O'Hara Lake is surrounded by a noble amphitheatre, the cul de sac made by Mounts Victoria, Lefroy and Hungabee. The water, and even the bottom itself, are colored a vivid, clear green. Not far from the outlet, a pretty bay is made by a narrow point which projects a line of trees into the water. Then it dissolves in a chain of rocky islets covered in part with moss willows, a few dwarf species and beds of purple rayed astors. Beyond the minature cape the shore sweeps out into the broader reaches of the Lake and carries the eye to the cliffs of the farthest shore, where the inlet stream makes a curtain of water as it falls in cascades over dark rocks. At night and sometimes by day you may hear the echo distinctly a mile or more distant as it is carried over the Lake. I have never discovered whether there are any fish in this lake or not, though every condition is favorable for them."—Walter Dwight Wilcox, in "The Rockies of Canada."

There is a good trail from Hector to Lake O'Hara, and it is a very enjoyable trip in favorable weather. The distance to the lake and return is almost forty miles and two days should be devoted to this trip.

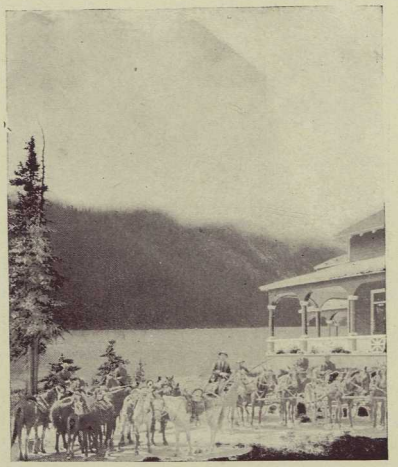
GAME IN THE ROCKIES

Lake Louise being within the confines of the Canadian National Park there is no opportunity for the hunter of big game in this immediate vicinity. Yet many parties in search of mule deer, caribou, moose, mountain goat and sheep, start from here, for, by good trails and within easy distance, is one of the best big game districts in America. Of smaller game, the lynx, coyote, wolverine, muskrat and marten are most common, and the whistling marmot and waddling porcupine are often seen close to the Chalet. Squirrels, chipmunks and gophers are also in abundance. Not to be forgotten are the black, cinnamon and grizzily bears which are often seen by guides and others who wander from the beaten paths of civilization. Hunting in this altitude has many additional charms, for nowhere else can be found such remarkable and diversified scenery to interest the sportsman together with the abundance of game, making an outing that is most beneficial and amply repays for the time spent in reaching this favorable territory.

A Grizzly Bear.

L I V E R Y R A T E S

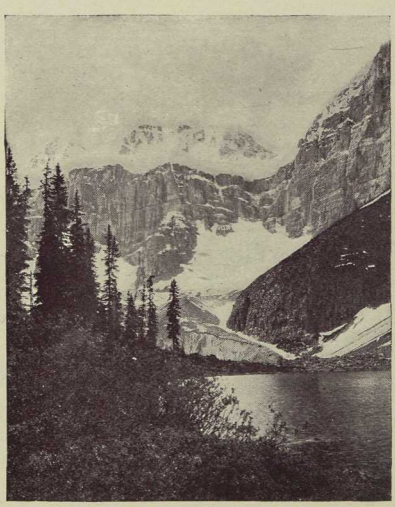
Between Laggan Station and Lake Louise Chalet	$ .50
Hand baggage not exceeding two pieces for each person	Free
For each additional piece of hand baggage	.25
Trunks from Laggan Station to Lake Louise and return	.75
Pony from Lake Louise to Moraine Lake and return	4.00
Pony from Lake Louise to Saddleback and return	1.50
Pony to Lake Agnes and return	1.50
Pony to Victoria Glacier and return	1.50
Saddle and pack ponies for trips not herein specified, for each horse per day	2.00



Horses and Carriages at the Chalet.

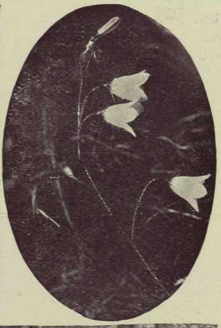
CONSOLATION VALLEY

This is a characteristic upland valley of the Canadian Rockies of singular beauty, with glaciers, moraine, dark forests, and winding silver streams and charming nestling blue lakes whose restfulness make the traveller forget the world of bricks and mortar, noise and strife, as effectually as if he were transported to a land where these troubles never had an existence. To the south of this valley is a rock precipice commencing with the Tower of Babel and then gradually increasing in height eastward till it terminates in the Alpine peak fringed with a border of ice near its pointed crest. Some of the cliffs around this valley rise in a sheer wall for thousands of feet and make a picture of quiet isolation and secluded beauty unsurpassed by any mountain valley in the world.



Consolation Valley.

WILD FLOWERS AROUND LAKE LOUISE



Orchid.
Avalanche Lily.

Harebell.
Asters and Columbines.

Among the many flowers found in the Lake Louise region are moss campion, alpine campion, alpine dandelion, crepis, star thistle, erigeron, arnica, arctic saxifrage, stonecrop and alpine willows, and harebells, romanzoffia, grass of parnassus, pentstemon, anemones, large thistle, chives, shooting-star.

S W I S S G U I D E S

Each year the Canadian Pacific Railway Company has brought out from Switzerland sturdy guides, men who are familiar with the dangers of Alpine climbing, who have practically spent their lives scaling lofty heights and ascending the giant monarchs of the Old World. To the caution of these men is due the freedom from accidents which has been so marked in the Canadian Rockies. The neophytes can safely trust themselves in their care and feel sure no undue risks will be taken and every precaution exercised for safety and comfort while attaining dizzy heights and getting a vision of the world from an altitude where man feels his own insignificance and Nature is seen in all her majesty and glory.

Swiss Guides are brought to Lake Louise each season by the Canadian Pacific Railway Company.

THE TRAGEDY ON MOUNT LEFROY

The list of fatal accidents in the Canadian Rockies contains but one name up to the present, and that is Philip Stanley Abbot of Boston. A man of long experience in mountain climbing in the Swiss Alps and in the Canadian Rockies ; a member of the Appalachin Mountain Club. On August 3rd, 1895, Messrs. Abbot, Thompson, Little and Professor Fay left Lake Louise Chalet and started to ascend Mount Lefroy. The party at 5.30 drew up under an immense bastion and Abbot, who was leading, saw beyond an angle in the bastion a verticle cleft up which it was possible to climb. Unroping, Abbot ascended some thirty feet when Professor Little called to him if it would not be better to try and turn the bastion on the shelf. To this question Abbot replied 'I think not. I have a good lead here.' These were the last words he ever uttered. A moment later Professor Little, whose attention was for the instant diverted, was conscious that something had fallen swiftly past him and knew only too well what it must be.

Thompson, standing at the base of the cliff, saw Abbot fall backward, then head foremost saw him strike the upper margin of the ice, turn completely over and begin rolling down a steep incline. As the limb body rolled downward two lengths of rope coiled upon it as upon a spool, this effected the velocity of the descent of 900 feet and prevented the unconscious form from falling over the cliff below. Abbot died a few moments after his friends reached the place where his body had been arrested in its terrible fall. Two days later the party returned and recovered Abbot's body now wrapped in a mantle of snow.

This sad event should not be forgotten by those who attempt mountain climbing in this region and it must be remembered that danger is near and that no risks should be taken without every available precaution for safety being exercised.

CAMPING IN THE CANADIAN ROCKIES

The Canadian Rockies excel all other places for a camping trip because there is so much to see that is interesting, novel and exhilarating. Blest, indeed, are those that can get away from the turmoil of the city and spend some time among these matchless mountains and see Nature in all her grandeur of towering peaks and glittering glacier, wild and weird canyons, picturesque mountain lakes and tarns, spacious valleys and enchanting streams.

Camping in the Canadian Rockies is a delightful and beneficial vacation.

HEALTHFULNESS OF MOUNTAINS

It is well known that the chemical composition of the atmosphere differs but little, if at all, wherever the sample be taken ; whether it be on the high Alps or at the surface of the sea, the relation of oxygen to nitrogen and other constituents is the same. The favorable effects, therefore, of a change of air are not to be explained by any difference in the proportion of its gaseous constituents. One important difference, however, is the bacteriological one. The air of high altitudes contains no microbes, and is, in fact, sterile, while near the ground and some 100 feet above it, microbes are abundant. In the air of towns and crowded places not only does the microbic impurity increase, but other impurities, such as the products of the combustion of coal, accrue also. Several investigators have found traces of hydrogen and certain hydrocarbons in the air, and especially in the air of pine, oak and birch forests. It is these bodies, doubtless, to which the curative effects of certain health resorts are ascribed. Thus the locality of a fir forest is said to give relief in diseases of the respiratory tract. But all the same these traces of essential oils and aromatic products must be counted, strictly speaking, as impurities, since they are not apparently necessary constituents of the air. As recent analyses have shown, these bodies tend to disappear in the air as a higher altitude is reached, until they disappear altogether. It would seem, therefore, that microbes, hydrocarbons, and entities other than oxygen and nitrogen, and perhaps we should add argon, are only incidental to the neighborhood of human industry, animal life, damp, and vegetation.—The London Lancet.

There can be no divided opinion as to the healthfulness of Lake Louise or the benefit to be derived from a visit in this charming region.

G L A C I E R S

James Outram has written, "In the Heart of the Canadian Rockies," thus on glaciers :—"Glaciers and their ways take a life time to understand fully. Snowcraft is an education which many guides with the experience of years are not masters of; and almost every season the treacherous snows will claim among their victims men who have spent years in studying their conditions. Many a vast abyss is hidden under an unbroken expanse of seemingly solid snow where even the keenest and most practiced eye cannot detect their presence, and frequently an intricate net work of these huge crevasses may be gaily passed over by an unskilled party perhaps unroped, where an experienced guide would have had each individual on the rope, held taut, the eye and hand watchfully ready as he winds here and there probing at every step and noting indications of the most subtle type. Still more appalling and even more difficult to recognize are the limitations of avalanching snow. The average athlete requires a hundredfold less education to become safe or even expert on rocks than on snow or ice.

"Dangers are more apparent and easily recognized. It is the open rather than the hidden and treacherous foe that he has to battle with ; and certainly amongst amateurs for one expert on snow and ice will be found ten or a dozen in the foremost rank on rocks. The masked crevasse, the slippery surface, the frail snow bridge, the tendency to avalanche demand every possible care to guard against an accident."

From a man of such wide and varied experience these words of warning should be heeded by every person who visits the glaciers in the vicinity of Lake Louise, named as follows: Victoria, Lefroy, Horseshoe and Wenkchemna. The first two are situated at the end of Lake Louise and in plain view of the Chalet. Their distance and size is most deceiving and upon nearer view one is impressed with their immensity. Great yawning crevasses seam and furrow these mighty masses of ice and snow, making them exceedingly dangerous for the unfamiliar to traverse.

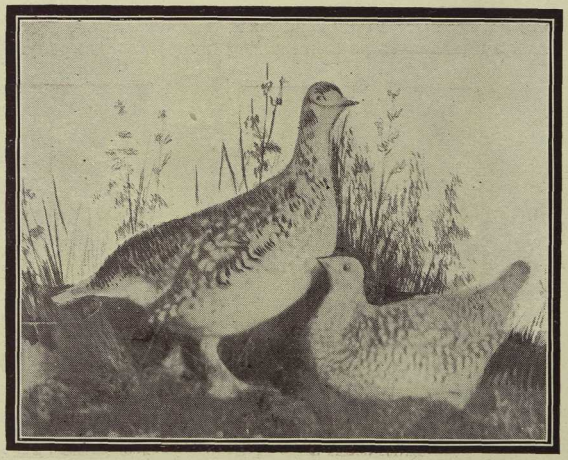
PACK HORSE TRIPS

To see the Rockies best one must leave the beaten track and go by pack-horses into the very heart of the wilds. This is easily done, even by ladies. The outfitter will supply all requisites for camp life. Pack-horses carry all provisions, and saddle-ponies, sure-footed as a mountain goat and trained to the trail, are supplied. The camp cook and usually a boy of all trades precede the campers inland; and, if there are ladies in the party, have the camp stove for the ladies' tent going and refreshments ready. One party including ladies recently made a trip of sixty miles. It was necessary to ford nine mountain torrents, cross two miles of giant fallen timber, climb a vertical bench 2,000 ft. high by means of the zigzag, or corkscrew bridle path, and come to a lake by trail through three miles of muskeg. So perfect were the outfitters' arrangements that it was not necessary to dismount once—excepting to rest. For such a trip the charges are according to the size of the party.

Pack Horse Trips.

BIRDS IN THE ROCKIES

From the English sparrow to the golden eagle, birds of all sizes visit Lake Louise and the vicinity during the summer months. The blue grouse, Franklin grouse or fool hen are plentiful, and Rocky Mountain ptarmigan are found at higher altitudes. In the wooded lower valleys bird life in endless variety is found. On the lakes are frequently seen different varieties of water fowl, and the common whiskey-jack is everywhere to be found. It is good to know that shooting is not permitted within the boundaries of the National Park, but if the tourist be so inclined and in the regular season he can find abundant opportunity for the exercise of his skill in many famous districts beyond said boundaries.



Grouse.

F I S H I N G

Trout from Moraine Lake.

Trout of a good size have frequently been caught in Moraine Lake and also in Lake Louise. The water in the vicinity of Lake Louise being largely of glacier origin, contains a large amount of glacier sediment which is not a favorable condition for angling. The guides at Lake Louise, however, know of good fishing waters within easy distance from the Chalet.

M O U N T F A Y

This mountain is named after Professor Fay, President of the American Alpine Club, who thus describes the ascent of this mountain : "The approach of Mt. Fay is from one of the most exquisite of those deep blue Alpine lakes, in the number and beauty of which Switzerland is quite outclassed by this region—Moraine Lake. Its environment is most impressive, yet almost forbidding Mt. Fay is another massive ridge, rising, as if to form a second terrace, from a great arena filled to the depth of hundreds of feet with a crevassed glacier. Its feeding neve sweeps at a precipitous angle up this frowning ridge, and seems to curl backward like a breaking wave in a ponderous changing cornice that precludes secure approach from this side. And this is, in part, why the ascent was one of the longest as well as most arduous that I have hitherto made—fifteen hours from our camp by the lakeside and return, from 3.30 a.m. until 6.30 p.m. . . . To the top of the couloir we made our way, chiefly on the ice, with frequent step-cutting, but with one diversion, for variety, to the crags. It was a parlous-looking place, and, as we noted it upon our return by the ice below, we asked ourselves : 'How many persons inexperienced in such climbing would consider a passage over such a frowning donjon as in any way possible without wings?' Then over snow-fields and a brief rocky ridge between peaks Three and Two, then skirting over the latter's snowy side—avoiding in one place a mass of rock discharged at us as if in fury from the outcrop near its summit—and we found ourselves at the col, or depression, between Two and the great snow-faced ridge still left for us to surmount, and even now towering some thousand feet above us. . . . It remained only to pass over the ponderous dome of snow that crowns the midway portion of the great ridge, and then beyond it by an easy slope to gain its culmination. A vast panorama is here unfolded, the most impressive feature of which is the seemingly perpendicular drop of about 5,000 feet, on its northern side to the lakelets of Consolation Valley."

THE GREAT DIVIDE

The Great Divide.

Six miles from Laggan the summit of the Rockies is reached, and the Great Divide is passed, 5,296 feet above sea level. It is marked by a rustic arch spanning a stream, under which the waters divide by one of those curious freaks with which nature occasionally diverts herself. For the two little brooks have curiously different fates, though they have a common origin. The waters that deviate to the east eventually mingle with the ice-cold tides of Hudson Bay, while the rivulet that turns to the west adds its mite to the volume of the Pacific.

APPRECIATION AND ADVICE

"There can be little purpose to serve in writing an appreciation of the superb scenery which presents itself on every hand in this locality. I would say see : First, the magnificent view from Saddleback. Second, the Victoria Glacier at close range. Third, the Lakes in the Clouds."

(Signed) ROBERT GALLOWAY.

"I have seen the grandeur of the Himalayas, the beauties of the Alps in Switzerland, the Yosemite and the Yellowstone Park, but I have not seen any place so picturesque as Lake Louise."

(Signed) SWAMI ABBEDAMANDA,
New York City.

"Surely this is a rare pearl of Nature set in a most magnificent mounting, overpowering in its quiet beauty."

(Signed) A. H. A.,
Milwaukee, Wis.

"Where, O reader, but at Lake Louise, do the snow-capped crests of mountain patriarchs glistening in the sun, against a sky of Italian intensity, look down upon you, filling you with awe and reverence."

(Signed) R. W. ASHCROFT.

"If you go mountain climbing here, always secure the services of a guide."

(Signed) G. C. BROWN,
London, Eng.

"Judging the distance by sight, I thought I could reach Victoria Glacier in an hour, but alas ! it took me four hours, and it was hard work."

(Signed) C. FORBES.

ON MOUNTAIN CLIMBING

" The joy of life is steepness overcome,
And victories of ascent, and looking down
On all that had looked down on us."—TENNYSON.

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

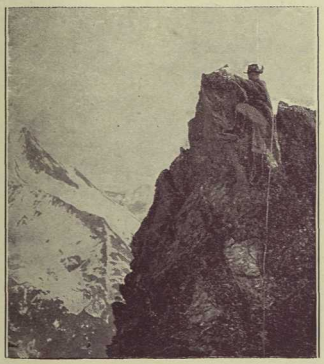
—JOHN MUIR.

Mountain climbing is not a dangerous pastime but a beneficial recreation which has no age limit, and within proper limitations is conducive to health and an aid to digestion.

DR. J. C. YONGE,
New York.

Climbing the mountains around Lake Louise has been to me a revelation of the beauties of Nature, and an interesting and exhilarating form of exercise, as a result I shall return to my labors with renewed vigor.

REV. J. S. SMITH,
London.



Victory.

Go to the mountain top, ye whose lives have been spent in the valleys. A vision of a new world awaits you, and an inspiration to higher, holier and loftier ideals.

CHAS. MOORE,
Chicago.

Anyone can go down and stay down—struggle upward, it always repays. This is true around Lake Louise.

MISS G. BRUCE,
Minneapolis, Min.

HISTORICAL

Lake Louise was named in honor of Princess Louise, daughter of the late Queen Victoria, and wife of the Marquis of Lorne, who was Governor-General of Canada from the year 1878 to 1883.

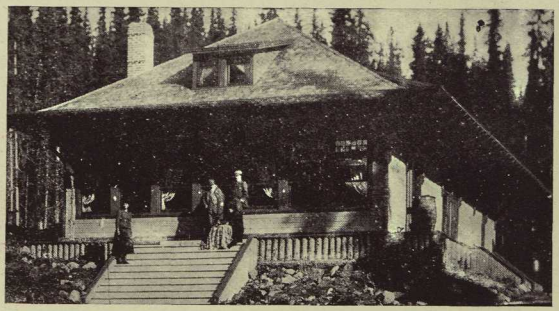
Lake Agnes was named after Miss Agnes Knox, of Toronto, who is said to have been the first woman to visit this lake.

The first sod on the Canadian Pacific Railway was turned May 2, 1881. The last spike was driven November 7, 1885.

The first passenger train across Canada, Eastbound, arrived in Montreal July 12, 1886.

The first transcontinental passenger train, Westbound, left Montreal June 28, 1886, and reached its destination, Vancouver, in five days and nineteen hours.

The Canadian Pacific Railway cost over three hundred millions to construct.



Lady Aberdeen at Lake Louise Chalet, Oct. 18th, 1894.

FIRST ASCENTS

MOUNT VICTORIA,
August 3rd, 1897

MOUNT VICTORIA (N. Peak),
August 24th, 1900

MOUNT LEFROY,
August 1st, 1897

MOUNT TEMPLE,
August 18th, 1894

MOUNT ABERDEEN,
August 22nd, 1894

MOUNT BIDDLE,
Sept. 3rd, 1903

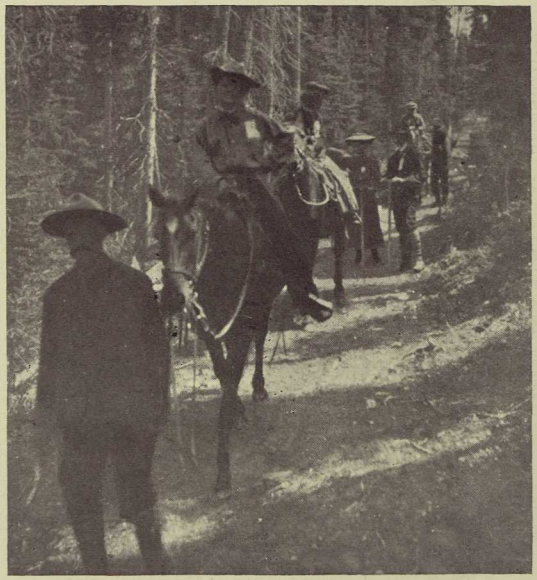
MOUNT DELTAFORM,
Sept. 1st, 1903

MOUNT HUNGABEE,
July 21st, 1903

Two Ladies who have won fame as Mountain Climbers.

F O R E S T R Y

The tree life around Lake Louise is abundant and ends at an altitude of about 7,000 feet. In this locality is found a splendid variety of timber, including the jackpine, spruce, balsam, fir, larch, cedar, hemlock, cotton wood, alder and willow. Visitors will note that strict regulations and heavy penalties exist regarding the starting of forest fires in the Canadian National Park, and care must also be exercised in the disposal of lighted matches when on trails in the timber Remember a careless act may cause very serious results.



On the Trail.

HOW TO USE LIMITED TIME

It is unfortunate to have but one day at Lake Louise, for in that time a passing glance can only be obtained of the beauty and magnitude of these wonderful mountains.

FOR A ONE-DAY VISIT.—In the morning visit the Lakes in the Clouds, going by Mirror Lake trail, returning by the high trail which is easily followed, starting as it does from the rear of the Lake Agnes chalet. Time should be allowed for a short stay at Lake Agnes, and to visit the best points of view on the high trail.

After lunch go to the Saddleback and see the beautiful Paradise Valley, with the glorious mountains surrounding this far-famed valley.

In the evening take a boat trip on Lake Louise to the end of the lake, and see from the trail Victoria Glacier at close range.

THE SECOND DAY.—Take a trip to Moraine Lake and the Valley of the Ten Peaks. A full day should be given to this most interesting scenery, which will be appreciated by every visitor to this famous valley.

THE THIRD DAY.—Secure the service of a Swiss guide, make an early start and visit Victoria Glacier. Your progress will be governed by the climbing ability of your party. See the immense crevasses and the wonderful formations of ice and snow. A day can be well spent on this most interesting trip. Strong boots are absolutely necessary.

THE FOURTH DAY.—Lakes O'Hara and McArthur should be visited. This will be a very enjoyable trip and the scenery will amply repay for the time spent in reaching these most interesting lakes.

MONTHS can be well spent at Lake Louise and new places visited each day. The fascination and charm of this region grows upon every visitor.

Adieu
To Lake Louise.

Unwilling feet I turn from thee
To seek my far off home,
Yet thy fair face I still shall see
Wherever I may roam.
For beauty seen remains for aye,
Strengthening the heart along
Life's way.

E. F. N.

SKETCH MAP
SHEWING THE
VICINITY OF LAKE LOUISE
AND
MORAINE LAKE

Summit L.
5294′
Sink L.
5,329′
Stephen
THE HEIGHT OF LAND
THE GREAT DIVIDE
Wapta L.
5,190′
Hector
5,654′
Ross L.
Popes Pk.
Narao Lakes
5,600′
Cataract Brook
5,037′
Laggan
CANADIAN PACIFIC RAILWAY
Mt St Piran
8,681′
Mt Niblock
9,754′
CHALET
CABIN
Mirror L.
6855′
6,875′
7,430′
The Beehive
Lake Agnes
8066′
The Devils Thumb
9,776′
Mt Whyte
Lake Louise
5870′
5,500′
8000′
9000′
10,000′
BOW RIVER
Fairview Mt
9,001′
CABIN 7983′
Saddle Mt
Sheol
Haddow Pk.
10,073′
Victoria Gl.
Lefroy Gl.
Mt Victoria
11,355′
Mt Aberdeen
10,340′
PARADISE VALLEY
Mt Huber
11,041′
8863′
Wiwaxy Pks.
Abbot Pass
9,588′
11,220′
Mt Lefroy
Mt Mitre
9,470′
Lake Annette
Lake O'Hara
6,664′
7,398
Lake Oesa
Mt Temple
11,626′
Mt Schäffer
8,824′
Mt Yukness
9,082′
Horseshoe Gl.
Sentinel Pass
8,556′
10,062′
Pinnacle Mt
Lake McArthur
7,359′
Mt Hungabee
11,447′
8,338′
Wastach Pass
Eiffel Pk.
10,091′
10,401′
№ 10
Park Mt
9,671′
Mt Biddle
10,876′
Opabin Pass
8,456′
Rock Tower
Wenkchemna Pass
8,521′
Wenkchemna Gl.
Moraine Lake
6190′
7,580′
Tower of Babel
Mt Babel
8,590′
CONSOLATION VALLEY
№ 9
8,767′
Neptuak Mt
THE TEN PEAKS
11,225′
№ 8
Deltaform Mt
№ 7
10,648′
№ 3
10,088′
10,028′
№ 4
Mt Little
№ 2
10,293′
№ 1
Mt Fay
10,612′
№ 6
10,520′
№ 5
10,018′
9,000′
Snowfield
10,109′
Mt Bident
Consolation Pass
8,300′
Misko Pass

NOTE

Driving roads ..... shown
Pony trails constructed ..... „
Pony trails projected ..... „

Scale — 1/50,000

MILES 0 1 2 3

FEET 0 5,000 10,000 15,000

Contour Interval = 500 feet

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