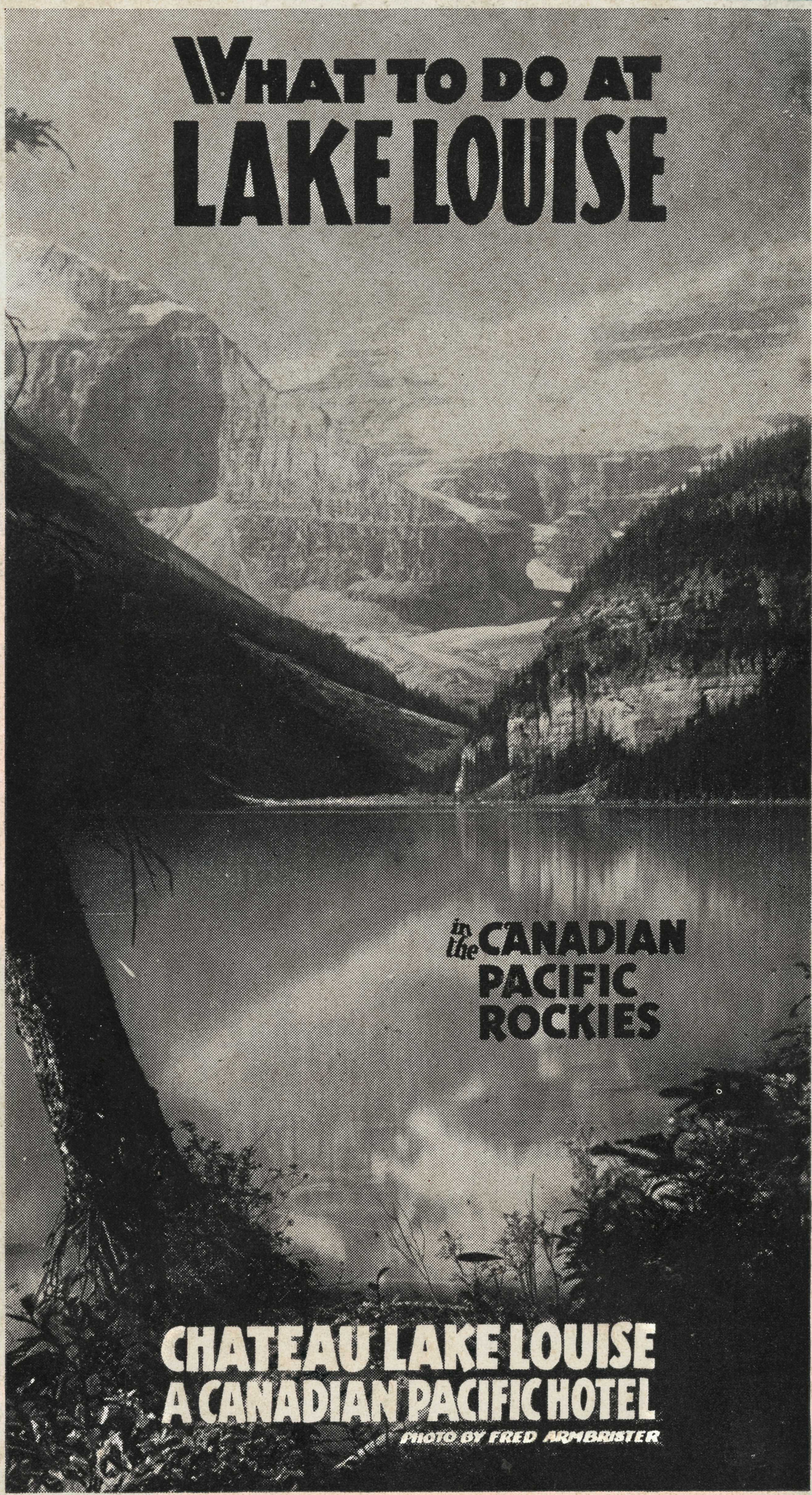
# WHAT TO DO AT LAKE LOUISE



in the CANADIAN PACIFIC ROCKIES

CHATEAU LAKE LOUISE
A CANADIAN PACIFIC HOTEL

PHOTO BY FRED ARMBRISTER

*The Chateau*

# LAKE LOUISE

*A Canadian Pacific Hotel*

1400

# WHAT TO DO *at* LAKE LOUISE

The central jewel of the Canadian Rockies is Lake Louise—a gleaming emerald in a setting of snow-crowned majestic mountains, with a pale jade glacier, a million years old, at one end, the most charming of modern hotels at the other, and all around purple hills whose pines and spruce trees keep the world away, and whisper peace.

Perhaps you have dreamed of this place for years, yet never have conceived of beauty such as this which lies in the haunted lake or on the gleaming mountain peaks. Year after year you may revisit Lake Louise and compare it, again and again, with the graven image you always carry in your heart, but as you gaze upon it whether for the first or the hundredth time, you gasp with sheer wonder that its loveliness can have exceeded so far your own cherished hopes, or your precious memories.

"Louise" is a lake of the deepest and most exquisite colouring, ever-changing and defying analysis. She has many moods and will always surprise you; you will never exhaust her infinite variety, though you watch her from hour to hour, day to day, moment to moment. This lake in whose depths is reflected sombre forests, snow-crowned peaks and the great vault of heaven, responds to every subtle change of atmosphere. You may watch it pass from the rose of dawn to the colour of the purplish twilight shadows, and thence to deep azure struck with stars, or to the shimmering silver of a moon-lit evening—and there will always be a picture more beautiful than the last.

## *The Discovery of Lake Louise*

It was Tom Wilson, a western pioneer, who found this lovely gem among the pine-clad mountains. The story goes that Wilson, who was in camp near Laggan in 1882, heard the roar of an

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***The Chateau Lake Louise, from the air***
*Air Photograph by Department of National Defence*

avalanche, one day, and was informed by some Stony Indians, that the sound was thunder from the big snow mountain above the "Lake of Little Fishes". The next day Tom visited the Lake and the wonder of the scene left him breathless. The name of the lake was later changed to "Louise", in honour of the Princess Louise, a daughter of Queen Victoria and wife of the then Governor-General of Canada, the late Duke of Argyll.

## *The History of the Chateau*

It was about 35 years ago that the Canadian Pacific Railway built an unpretentious log inn, with accommodation for a few guests, on the shores of the lake. Some years later a bigger building was erected higher up on the slope from the lake, and this has been repeatedly enlarged to meet the demands of an ever-increasing stream of tourists, until to-day a fire-proof modern and luxurious hotel with accommodation for seven hundred guests has replaced the humble chalet. This no doubt will require enlargement as time goes on, and the architects have planned accordingly. The Chateau Lake Louise now offers every comfort and opportunity for recreation to its guests; the bed-rooms are very comfortable, the public rooms large and artistically furnished; while attached to the hotel are two fine tennis courts, one clay and one board, and this summer will see the opening of a big concrete swimming pool with glacial water heated to a comfortable temperature. A fine orchestra furnishes music for dancing in the evenings.

***Lake Louise, from the Chateau***

## *The Beginning of the Rockies*

But Lake Louise and the giant mountains surrounding it, with their tremendous caps of eternal snow, existed for millions of years before Tom Wilson found them, or the Canadian Pacific broke its way through the mountains. When you think of the dateless centuries through which these gaunt grey peaks have looked out across the plain, your own life seems as ephemeral as that of the butterflies fluttering over the poppies. In the calendar of the mountains, a thousand years are as one day, and our little civilization as a watch in the night.

It is even more awe-inspiring to imagine a time when the Rockies weren't here at all. That was long ago, before the jelly-fish and the brachiopod ever squirmed in the Cambrian slime, and the place where these great mountains now stand was the floor of an inland sea. The western limit of this sea was the Selkirk range on the shores of the great continent of Cascadia which stretched almost to where China is to-day, and its eastern limit was probably somewhere near Sudbury, Ontario. Through countless centuries mud poured into this sea from Cascadia until a bed 50,000 feet thick was formed. During the Carboniferous period, as the result of tremendous pressure exerted from the west, the floor of the ocean began to rise; slowly it rose through the millions of years which followed, until there was a great swamp, where huge dinosaurs wallowed in luxurious content. Then again, at the end

***The Lakes in the Clouds***

of the Age of Reptiles—there was another tremendous thrust which crumpled up the rocky crust, folded it and lifted it miles high in the air. No sooner were the mountains uplifted than the forces of destruction began the work of tearing them down. Wind and frost split up the rocks along the lines of striation and carved them into sculptured forms.

## *Glaciers*

Then for many thousands of years, frost and silence held the mountains in their grip. Glaciers formed in the valleys, pressing down the heights with increasing force and tearing the rocks as they came. For thousands of years the ice advanced, then receded to advance again. After countless ages the warmth came again and the Frost King went back to the Arctic, but many of the glaciers still remain, and it has been observed that they move a certain distance from time to time. The glaciers of the Canadian Pacific Rockies, like those of some other countries, are nearly all in retreat, owing to lessening snowfall and moderating climate.

## *Opening Up of the Mountains*

It was only a little more than one hundred years ago that the Rockies came to the knowledge of the white man. The Indian preceded him, but except for shelter from hostile tribes, or hunting, they avoided the mountains. Many names are linked with the opening of the Rockies to the world, among which are those of

***Trout Fishing at Moraine Lake***

de la Verandrye, who crossed the prairies in 1743, and Sir Alexander Mackenzie, who overcoming toil and hardship made his way to the coast. The discovery of Kicking Horse Pass by Sir James Hector, geologist of the British expedition under Palliser, and of Rogers Pass by Rogers, Engineer for the Canadian Pacific Railway Company, were the two keys needed to unlock the Rockies. In 1885, when the last spike in the junction of the eastern and western division at Craigellachie was driven by Sir Donald Smith (later Lord Strathcona), the West and East were at last linked together.

## *What to do at Lake Louise*

Lake Louise is one of the principal points where the Canadian Pacific Railway has opened up the magnificent country for the tourist. It is doubtful if any other spot in the mountains accommodates itself so generously to all tastes and capacities as does Lake Louise. If you are hopelessly lazy, you may stroll down to the shore between beds of yellow iceland poppies, and enjoy a perfect picture of the peaks encircling the Lake. From left to right these are Saddleback (7,993 feet), Fairview (9,011 feet), Sheol (9,018 feet), Aberdeen (10,350 feet), Lefroy (11,230 feet), Victoria (11,365 feet), Whyte (9,786 feet), Big Beehive (7,440 feet) Niblock (9,764 feet), St. Piran (8,691 feet), and Little Beehive (7,100 feet). The leisurely walk along a good trail to the other end of the lake will prove a revelation of beautiful scenes; or you may take a little boat and row down to the southern landing and back; or again, you may look up

***Moraine Lake—The Valley of the Ten Peaks***

on either side to the towering cliffs and feel yourself very insignificant indeed, or down, down into the clear, limpid unfathomable depths, that are so marvellously steeped in colour.

## *The Color of the Lake*

A word about this color, which is so intense yet never the same for two minutes in succession; which sweeps the whole gamut of green, blue, violet, undershot by marvellous tones of gold and silver, constantly altering from moment to moment. Geologists say that the brilliant colours of mountain lake are due to glacial silt. The color depends upon the size of the particles; if they are small they will reflect only the shorter rays of light, which are blue, and if they are larger they will send off rays of green. No one, however, seems to be able to satisfactorily explain the changes of color in Lake Louise, yet it would seem that this subtle mirror registers every change in the atmosphere and the light, and so gives one picture under brilliant noon-day sun, another under heavy clouds, and a thousand others at every time of day.

## *Trail Riding and Mountain Climbing*

For those who are eager to go out on the trail there are many fine excursions around Lake Louise and millions of beautiful things to be seen. Thousands of mountain flowers bloom on the alpine meadows, whose fragrance is more virginal and fresh than that of lowland blossoms. On the high plateau myriads of arctic alpine plants with big flowers and tiny leaves find shelter from the gales beneath bent pine trees and a profusion of Creeping Juniper.

***Saddleback Rest House***

Here are Alpine Harebells, Arctic Poppies, and some of the wee yellow Saxifrages, while covering the lower altitudes you will find the mountain slopes thickly covered with scarlet Indian Paint Brush, Red and White Mountain Heath and Heather, wild Heliotropes and the trailing vines of the lovely Northern Twin Flower. Bordering the lake grow the little pink Swamp Laurels, dainty Wintergreens and fragrant Orchids, and as you follow up the trail at the southern end which leads to the foot of Victoria Glacier, vast numbers of False Forget-me-nots, yellow Arnicas and red-tasselled Meadowrues and the showy blossoms of the Cow-Parsnips fill the floor of the valley where your pathway is edged by Anemones, Alumroots and Gentians.

If you are not used to mountain climbing, do not be alarmed if you cannot mount the slope with alacrity and your heart thumps. It may do so simply because the air is thin up in the mountains, and until you are well acclimatized to these altitudes it is better to walk leisurely, also you can rest awhile on one of the rustic log benches that are placed beside the path, with care and appreciation of the artistic vistas one beholds on every side.

Livery agents are attached to the hotel and sure-footed mountain ponies may be had for the trail by those who care to ride.

The tariffs are approved by the Commissioner of Parks.

## *The Lakes in the Clouds*

One of the loveliest short climbs is to the Lakes in the Clouds—Mirror Lake and Lake Agnes. It is but a short walk or ride up an excellent winding trail. Mirror Lake lies a thousand feet

***Moraine Lake Bungalow Camp***

above Lake Louise, and Agnes is a couple of hundred feet higher still. Up there the ice and snow seldom melt before July, and yet there are quantities of wild flowers blooming near the little tea-house on the brink of Lake Agnes, with its flower-decked tables and a great log fire, which offers shelter and refreshments to climbers. If you are not too weary, it is possible that you may go on from here to the top of Little Beehive, or up to the observatory on Big Beehive, but for these expeditions it is best to be equipped with stout mountain boots.

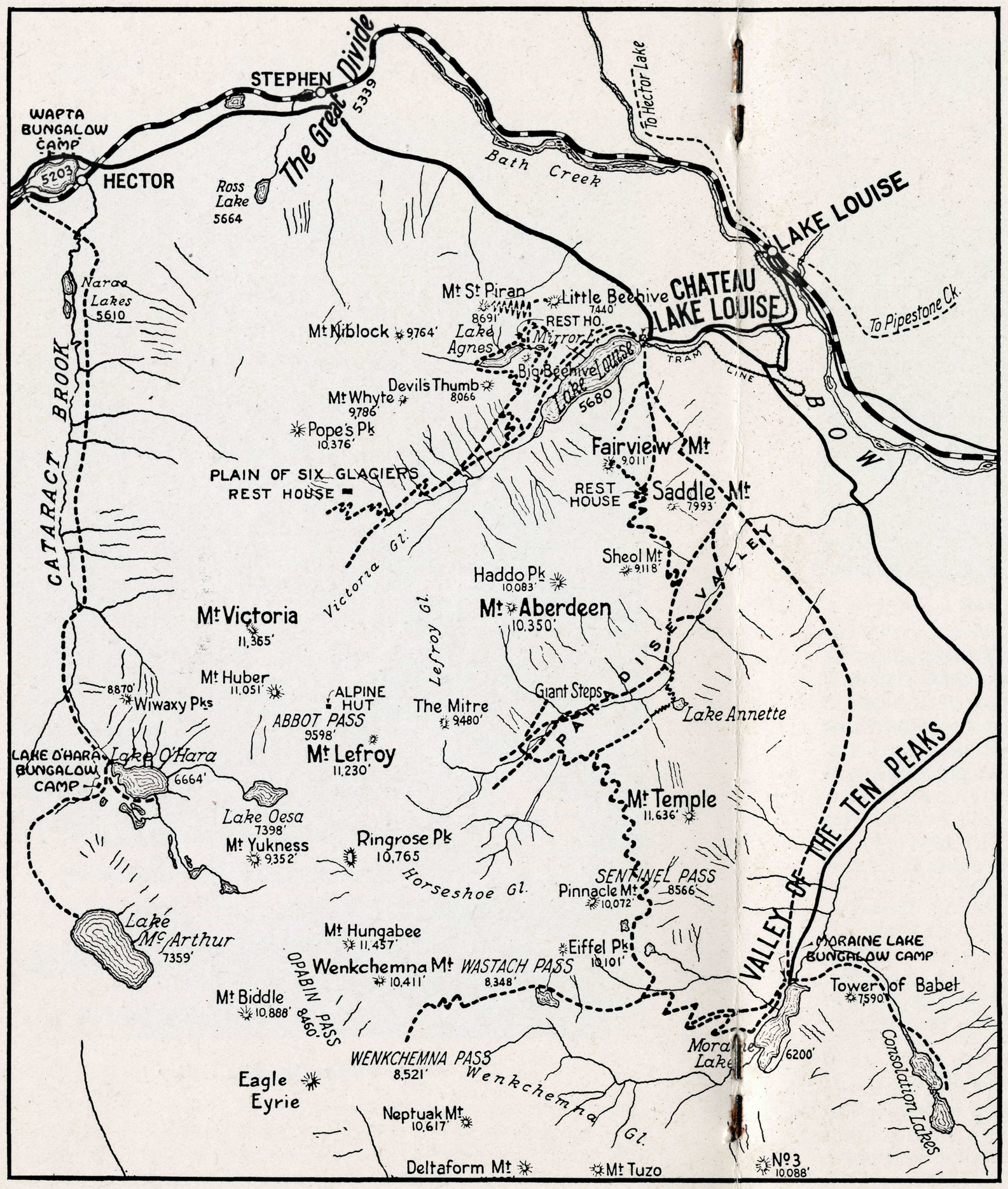
## *Moraine Lake*

Moraine Lake, lying exquisitely blue-green at the base of the Ten Peaks, which are all over ten thousand feet in height, is nine miles distant from the Chateau. Motors leave the hotel twice daily for this beautiful spot or you may ride or walk along the excellent road. There is good fishing at Consolation Lake, two miles further on, and lunch and rods may be obtained at the Bungalow Camp on the shore of Lake Moraine.

## *The Saddleback*

Another excellent walking or pony excursion is up a good trail to the Saddleback, an altitude of 1,800 feet above Lake Louise. From an alpine meadow on the pass a fine view of Paradise Valley is obtained, with dainty lake Annette lying far below, and

*The Giant's Steps, Paradise Valley*




# LAKE LOUISE

*and its vicinity*

*Motor Roads show thus* ———

*Trails show thus* — — — — — —

*Canadian Pacific Railway*

Moraine Lake Bungalow Camp is nine miles by road from the Chateau Lake Louise. Wapta Bungalow Camp is eight miles—Banff, 42 miles.

Saddleback Rest House, Lake Agnes Tea House, and Plain of the Six Glaciers Rest House are reached by trail. Abbot Pass Alpine Hut—by climbing. Lake O'Hara Bungalow Camp is reached by climb from Abbot Pass or by trail from Wapta.

The Chateau Lake Louise has an altitude of 5,670 feet above sea-level. Lake Louise station is 5,050 feet. Altitudes of some of the principal peaks are shown on this map.

***Victoria Glacier, from the lower trail***

the gigantic guardian peaks, including Mount Temple, towering above. The very contrast of the frowning walls which enclose it lend an additional charm to this fairyland at your feet. There is much to interest the traveller on this climb to Saddleback; quantities of alpine flowers—Willow-herb, Indian Paint Brush, Vetch and Windflower—grow in abundance, and the rocks give shelter to little marmots whose whistles frequently startle the unwary pedestrian, though seldom he catches a glimpse of this swift-moving little animal. Saddleback also has a tea-house which claims to be the highest in the British Empire. From Saddleback there is an easy trail to the summit of Fairview Mountain (9,001 feet).

## *Mount St. Piran*

Another easy climb leads to Mount St. Piran, 3,000 feet above Lake Louise. Ponies for the St. Piran climb may be taken as far as Mirror Lake, but from there on, the trail must be made on foot.

## *Victoria Glacier and Abbot Pass*

One of the longer expeditions that can be undertaken by the novice, who must however be accompanied by a Swiss guide, is over Abbot Pass from the Victoria Glacier. It is well to start in the morning, taking the trail round the west shore of the Lake, ascending

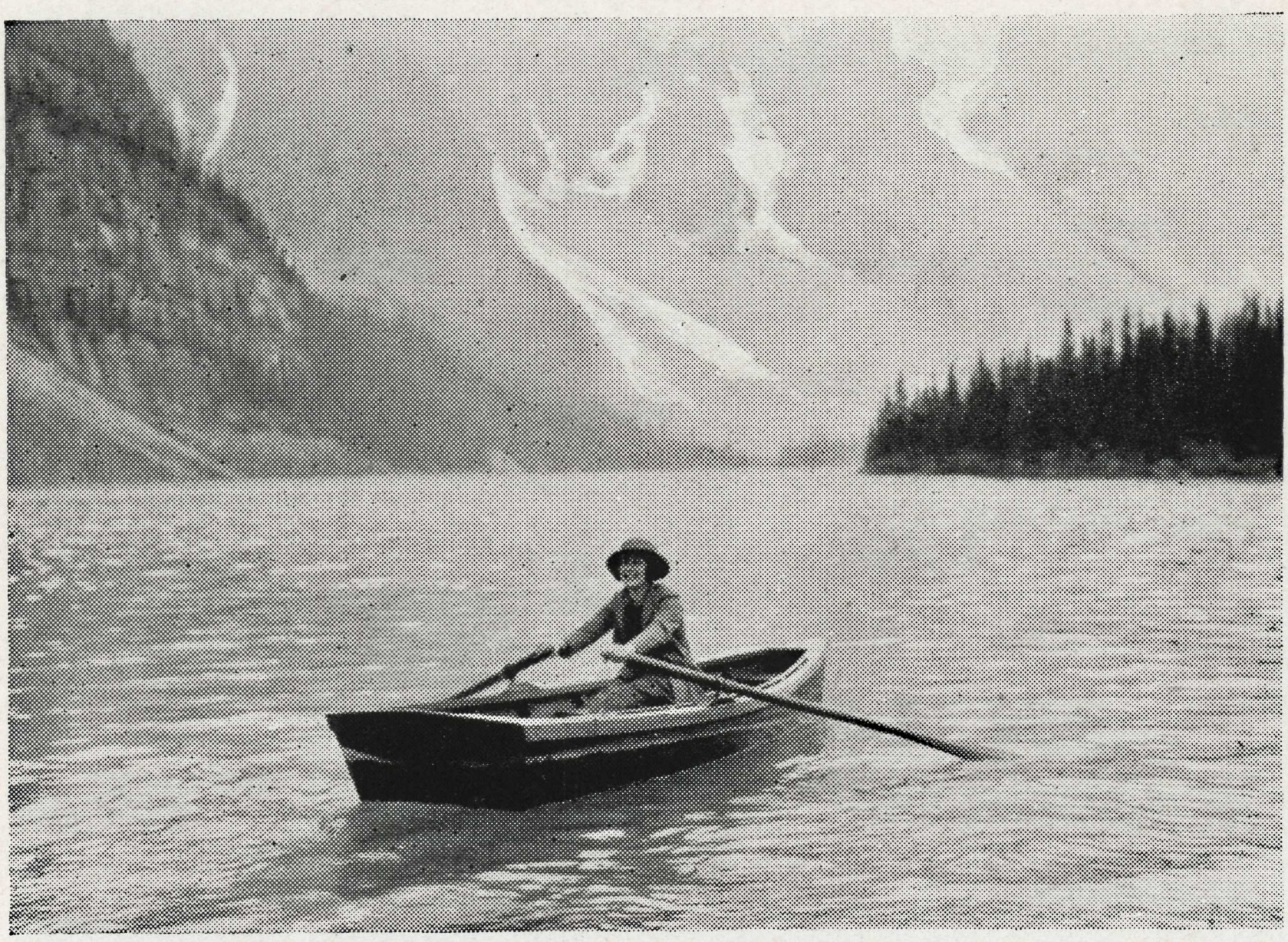
***Crossing Victoria Glacier, with Swiss Guides***

the Victoria Valley and following the edge of Victoria Creek until you reach the foot of the glacier. The glacier is three miles long and half a mile wide, and there is much of interest such as glacier tables, moulins and seracs, that your guide will be able to tell you all about. Most people prefer to stop for the night at the comfortable hut on Abbot Pass, and see a most glorious sunrise in the morning. The trip may be continued to Lake O'Hara on the second day.

## *Paradise Valley*

For infinite variety of alpine scenery, and some interesting and not difficult snow-climbing and rock work, you should negotiate, one day, the Mitre Col, which lies between Mount Aberdeen and the Mitre. The return trip can be made through Paradise Valley.

This beautiful valley is a veritable wonder-world of glaciers, waterfalls, and glorious peaks. For majesty of form and colour there is nothing to surpass it. For those who do not care to traverse the Mitre Col, there is another route into "Paradise" along the road from Lake Louise past Fairview Mountain, and thence into the north end of the valley. The head of the valley is carpeted with the fairest flowers; Buckbean, Hare's Tails and Ladies' Tresses fill the swamps, while on the upland meadows are masses of Rhododendrons, Labrador Tea, Penstemons and Garlics.



***Moraine Lake***

There are many fascinating side-trips that may be taken from the valley by those who would acquaint themselves with the more intimate beauties of these mountain fastnesses; Wastach Pass, Wenkchemna Pass, Opabin Pass, together with Sentinel Pass form a series of unrivalled view-points. Near Sentinel is the beautiful Larch Valley, so-called from the quantities of Lyall's Larches which grow there in profusion.

## *Ptarmigan and Phacelia Lakes*

Two typical alpine pools, where arctic-alpine plants grow in dwarfed form, among them the purple-pink Moss Campions, Hare's Tails, Buckbean and Brook Lobelia, are Ptarmigan and Phacelia Lakes. As its name indicates ptarmigan are plentiful in the region of Ptarmigan lake, as are also grouse and wild-fowl. Phacelia Lake is named after the quantities of these lovely blooms that grow near its brink.

## *Lake O'Hara*

One of the most lovely of all Rocky Mountain waters is Lake O'Hara, a pool of deep jade at the foot of a circle of majestic, snow-covered peaks, and this should not be missed by anyone who has the leisure to make an expedition lasting two or more days. The Lake is reached over Abbot Pass from Lake Louise, or by pony trail round by Wapta. There is a Bungalow Camp at Lake O'Hara with an additional chalet under construction, so that one can spend a restful night there before going on to Lake O'Hara, whose blue waters lie

***On the Little Bee-Hive***

at an altitude of 7,359 feet. There is a glacier here, and huge blocks of ice may be seen floating on the surface of the Lake even in the summer time.

## *Longer Trips*

A good trail leads from the back of the Chateau Lake Louise to the Great Divide, about five miles away over the slopes of Mount St. Piran, and through the woods of spruce and pine.

Longer trail rides or camping trips with guides may be made, north up the Bow Valley or up Pipestone Creek, or Corral Creek, through the Ptarmigan Valley to the Skoki Valley. These may be combined with splendid trout fishing in virgin streams and lakes.

## *Some Real Climbs*

For the expert Alpinist there are plenty of climbs that will provide him with sufficient opportunity to use his skill. Some of these are the ascent of the Devil's Thumb, the Pass between Mount Saint Piran and Mount Niblock, Eiffel Peak, Wenkchemna Lake and Glacier, Consolation Pass and Boom Lake, Mount Aberdeen, Mount Temple and Saddle Mountain. The Swiss guides attached to the hotel are a reliable source of information as to all climbs.

## *Wild Flowers and Creatures*

All these expeditions hold a wonderful charm, especially for those interested in the wild animal life of the mountains, and in the exquisite alpine flowers. Over 500 species of flowers grow in the

***The Great Divide***

Rocky Mountains, and many of these are to be found in the valleys and on the lower slopes and alpine meadows of the Lake Louise region. The most plentiful species have been mentioned above.

Of the wild creatures, the Hoary Marmot, who is well-known by his shrill whistle, the marten, the chipmunk, the Bighorn or Mountain Sheep and Blacktail or Mule Deer, are seen in large numbers. Black Bears are also not uncommon and are very tame, many of them even showing a willingness to become pets.

It is a common saying that there are no birds in the mountains, but anyone with eyes and ears can soon disprove this belief. The Franklin grouse is one species which nearly every visitor is bound to see. This bird seems to have no sense at all and is generally referred to as the "fool-hen". A type of Canadian jay, the Whiskey-jack, is plentiful enough, and sometimes these saucy birds will inspect you from every angle. Other birds likely to be seen are: the Mountain bluebird, eagle, ptarmigan, the cheerful chickadee, water ousel and humming-bird.

During the season of 1926, a demonstrator from McGill University will be attached to the Hotel as "nature guide," and will give talks on the flora, fauna and geology of the Lake Louise district.

## *What to Wear*

It is most important for anyone undertaking climbs to be properly dressed and equipped. Most men find that they are com-

***Lake O'Hara Bungalow Camp***

fortable in closely woven tweed or corduroy knickerbockers—flannel shirt, soft hat, heavy stockings, sweater, and strong boots properly studded with nails. It is wiser to wear suspenders rather than a belt; and if in addition to the above mentioned articles, you carry woollen gloves, a pair of smoked glasses, field glasses, ice-axe, a collapsible drinking cup and a silk handkerchief, your comfort will be assured under any circumstances. A woman should wear a short walking skirt, or knickerbockers, a woollen shirt, high stout boots with nails, and a sweater or coat. If she is riding, she may procure a divided skirt at the hotel or may wear knickerbockers.

Lake Louise is a paradise for photographers: its infinite variety of pictures can never be exhausted. There are new and beautiful vistas at every turn, so always take your camera with you, so that you may be able to take pictures of some of them back home with you.

The Chateau Lake Louise has its own photographic department, where developing and printing is done by experts and at reasonable prices.

## *Motoring in the Rockies*

Visitors to Lake Louise will find a number of very attractive motor excursions available. Those from Lake Louise to Banff, paralleling both the railway and the Bow River, and from Lake Louise to Field, are exceptionally fine.

***Looking down Abbot Pass towards Lake Oesa***

The road from Lake Louise to Field is a new scenic highway that will be opened for automobile traffic in June, 1926. Continuing the Banff-Lake Louise highway, this road leads west on a high line to the Great Divide, and, crossing to near Wapta Bungalow Camp, follows the Kicking Horse River. It is a most spectacular ride, and links up with established roads in Yoho National Park.

During the season, after the road is open, a regular daily sight-seeing motor service will leave Lake Louise each morning, via the Great Divide, Wapta Camp, Yoho Valley Camp, Field, Emerald Lake, and return, arriving at Lake Louise in the late afternoon. Stops will be made for meals.

A very wonderful trip is the Banff-Lake Louise-Windermere run of 104 miles, through Rocky Mountain Park and Kootenay Park to Lake Windermere, in the beautiful Columbia Valley. This new road, of firm, stable construction, penetrates some of the very finest mountain scenery of the entire continent. Along its route are three convenient bungalow camps—Storm Mountain, Vermilion River and Radium Hot Springs—to serve as stops for meals or for lodging; at the southern end is Lake Windermere Camp. At Windermere the road links up with roads that cross the International Boundary and form part, eventually, of the great "Columbia Highway".

***Abbot Pass Alpine Hut***

## *Automobile Tariff at Lake Louise*

(Rates are per person)

To Moraine Lake and Valley of the Ten Peaks—$2.50.

To Johnston Canyon and Banff—one way, $5.00; round trip, $8.25.

To Lake Windermere—one way, $10.00; round trip (2 days), $18.00.

To Emerald Lake and return (via Yoho Valley Camp)—one way, $5.00; return, $8.25.

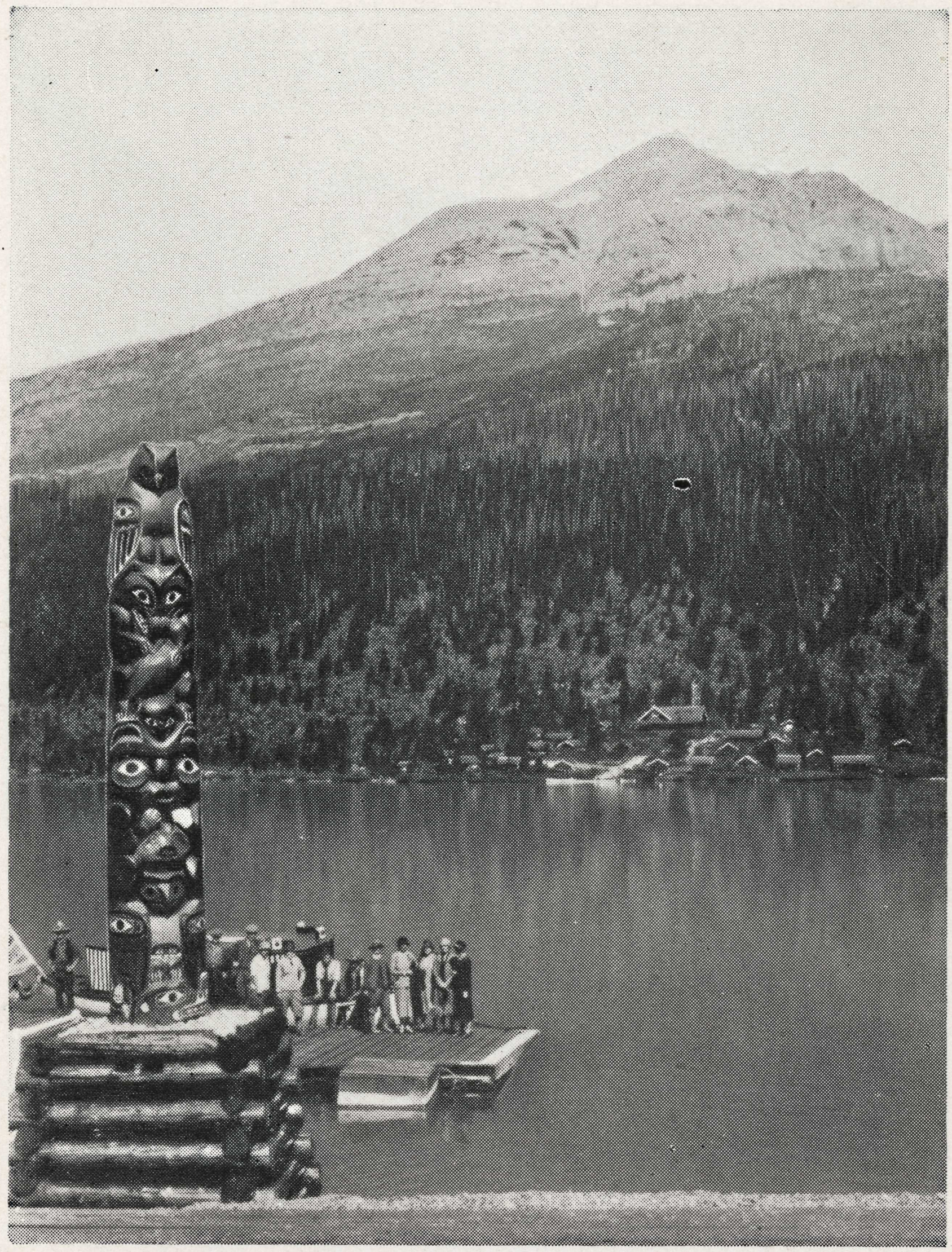
## *Transfer*

Gasoline railway between station and Chateau—50c. each way. Small handbags (not exceeding two per person) free; trunks and heavy baggage—25c. per piece, each way.

## *Pony Trips*

To Lakes in the Clouds, Victoria Glacier and return . . . . . $3.00
To Saddleback and return . . . . . 3.00
To the Great Divide, Wapta Camp, and return, 1 day . . . . . 4.00
To Ptarmigan Lake and return, 1 day . . . . . 4.00
To Paradise Valley and return, 1 day . . . . . 4.00
To Moraine Lake, 1 day—$4.00; or including Wenkchemna Pass and Lake, 2 days—$8.00.

(*Above Rates Not Guaranteed by Canadian Pacific*)



***Wapta Bungalow Camp***

Other bungalow camps are situated at Yoho Valley, Lake O'Hara, Emerald Lake, Lake Windermere, Storm Mountain, Vermilion River and Radium Hot Springs.

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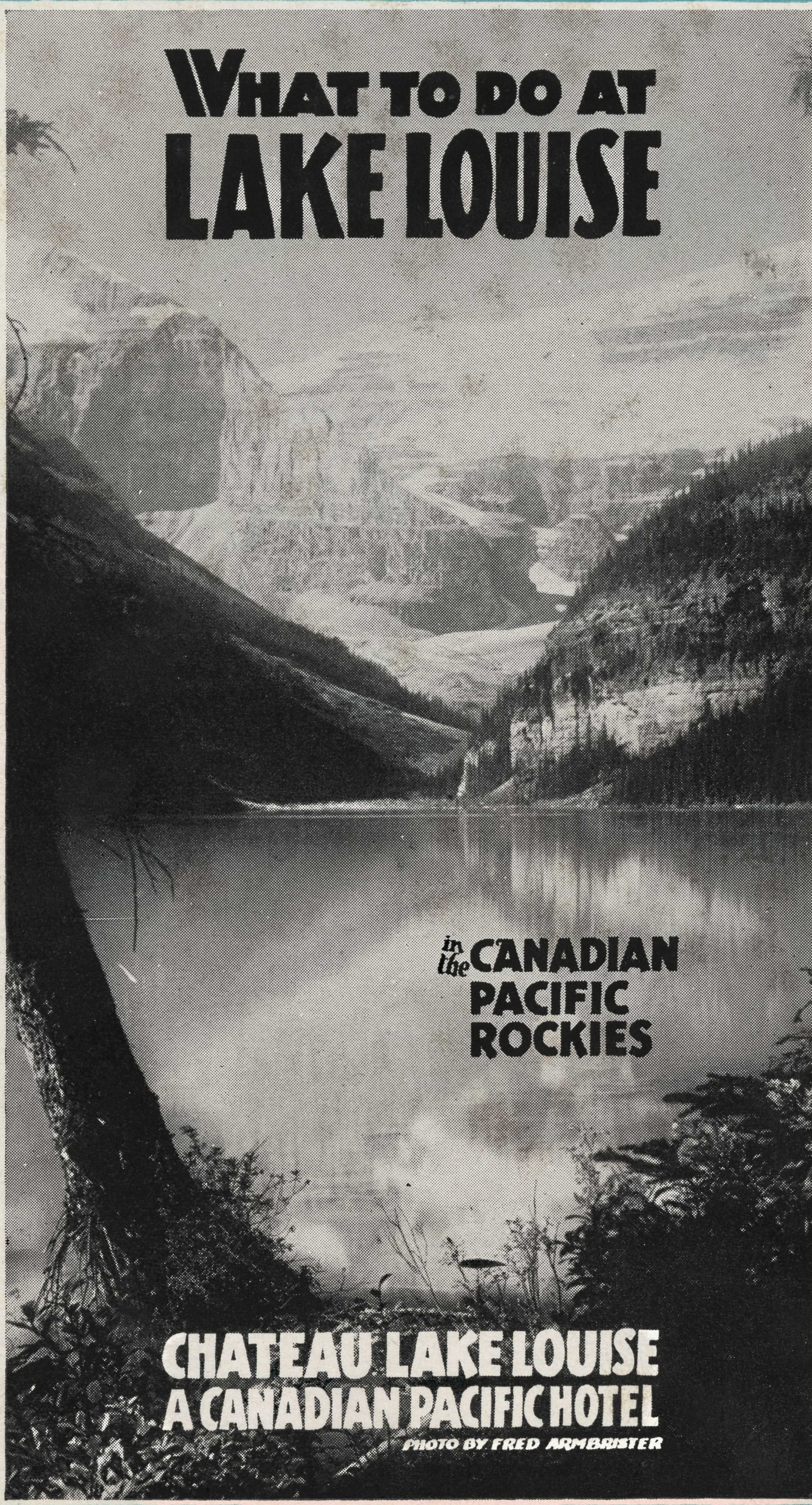

in the CANADIAN PACIFIC ROCKIES

CHATEAU LAKE LOUISE
A CANADIAN PACIFIC HOTEL

PHOTO BY FRED ARMBRISTER