1929

WHAT TO DO AT

LAKE LOUISE

IN THE CANADIAN ROCKIES

CHATEAU LAKE LOUISE
A CANADIAN PACIFIC HOTEL

Issued by

THE CHATEAU LAKE LOUISE

A Canadian Pacific Hotel

Lake Louise, Alberta, 5,670 feet above sea level
Open in 1929 from June 1st to October 1st

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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 where pines and spruce trees keep the world away, and whisper peace.

"Louise" is a lake of the deepest and most exquisite colouring, ever-changing and defying analysis. Probably the most perfect gem of scenery in the known world, it bears the liquid music, the soft colour notes of its name, almost into the realm of the visible. Geographically a "cirque lake"—a deep, steep-walled recess caused by glacial erosion, nestling 600 feet above the railway on the far side of a mountain palisade, amidst an amphitheatre of peaks— it is a dramatic palette upon which the Great Artist has splashed his most gorgeous hues, a wonderful spectrum of colour.

Deepest and most exquisitely coloured is the lake itself, sweeping from dawn to sunset through green, blue, amethyst and violet, undershot by gold; dazzling white is the sun-glorified Victoria Glacier, at the farther end; sombre are the enclosing pine-clad peaks that dip perpendicularly into the lake; and magnificent are the stark

Printed in Canada—1929

Lakes in the Clouds

immensities of the snow-covered peaks that enclose the picture except for the fleecy blue sky overhead.

The Colour of the Lake

"LOUISE" 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. 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.

A word about this colour, which is so intense yet never the same for two minutes in succession. Geologists say that the brilliant colours of this mountain lake are due to glacial silt. The colour 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 explain satisfactorily the changes of colour 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.

The Swimming Pool, Chateau Lake Louise

The Discovery of the Lake

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 avalanche one day, and was told by some Stony Indians that the sound was thunder from the big snow mountain above the "Lake of Little Fishes." The next day, when Tom visited the Lake, 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 Chateau

ON THE MARGIN of this most perfect lake, in a wonderful Alpine flower garden where poppies, violets, columbines, anemones and sheep laurel slope through terraced lawns to the water's edge—the Canadian Pacific has placed its great Chateau Lake Louise.

It was in 1890 that the Canadian Pacific Railway built an unpretentious log chalet, with accommodation for a few guests. Some years later a bigger building

Plain of Six Glaciers Tea House

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. To-day a fire-proof modern and luxurious hotel, with accommodation for seven hundred guests, has replaced the humble chalet.

Across the front of the hotel extends a vast lounge that commands an uninterrupted view of the Lake through beautiful, single-pane windows of enormous size. The dining-room, in the right wing, has the same wonderful windows and view. From the ballroom in the left wing the lake may be seen through the arches of the cloistered terrace. Thus the visitor may rest, dine and dance without losing sight of the beauty that attracted him hither.

The Swimming Pool

Two fine hard tennis courts are attached to the hotel, and a boat-house supplies rowing boats to the many who cannot resist the magnetism of the clear, blue water. Below the dining-room and overlooking the lake is an attractively terraced concrete swimming-pool filled with heated glacial water and with an instructor in attendance.

Lake Agnes Tea House

A Circle of Peaks

THE PEAKS that surround Lake Louise form such a magnificent background that many visitors ask nothing better than to sit on the hotel verandah watching the marvellous kaleidoscope of beauty and colour that they present. From left to right they are:—Saddleback, Fairview, Lefroy, Victoria, Collier, Popes Peak, Whyte, the Devil's Thumb, the Needles, Big Beehive, Niblock, St. Piran, and Little Beehive. At the far end of the Lake, catching for the greater part of the day the full glory of the sun, their snowfields standing out in dazzling whiteness, are the glaciers that drop down from Mount Victoria and the lofty ice-crowned head of Mount Lefroy.

Along the westerly shores of Lake Louise a delightful mile-and-a-half walk along a level trail affords splendid views of further peaks—Mount Haddo, Aberdeen and the Mitre.

The heights of the above-mentioned peaks are: Saddle Mountain (7,783 feet), Fairview Mountain (9,001 feet), Mount Lefroy (11,220 feet), Mount Victoria (11,355 feet), Collier (10,400 feet), Popes Peak (10,360 feet), Mount Whyte (9,776 feet), The Devil's Thumb (8,066 feet), The Needles (8,500 feet), Big Beehive (7,440 feet), Mount Niblock (9,754 feet), Mount St. Piran (8,681 feet), Little

Saddleback Rest House

Beehive (7,110 feet), Haddo Peak (10,073 feet), Mount Aberdeen (10,340 feet), The Mitre (9,470 feet).

Wild Flowers

FOR THOSE who are eager to go out on the trail there are many fine excursions around Lake Louise, and scores of beautiful things to be seen. Hundreds of mountain flowers bloom on the Alpine meadows, the fragrance of which is more virginal and fresh than that of lowland blossoms. On the high plateaus, 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. 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 meadow-rues and the showy blossoms of the cow-parsnips fill the

Moraine Lake Bungalow Camp

floor of the valley where your pathway is edged by anemones, alumroots and gentians.

Trail Riding

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. 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.

There is a livery office in the hotel, and sure-footed mountain ponies may be obtained for the trail.

Lakes in the Clouds

TO THE RIGHT of the Chateau is one of the easiest and loveliest trails to follow. It rises rapidly through a steep pine forest abounding in shrubs and alpine flowers, while varied and sweeping views are to be seen through the occasional gaps in the forest. Passing above the snow-line the trail reaches the first of the Lakes in the Clouds, resting an icy blue in the green

Wapta Bungalow Camp

forest bowl. This is Mirror Lake; into it a noisy cataract drops down a boulder-strewn cliff from Lake Agnes, the second of the Lakes in the Clouds.

The trail winds then over a rocky path above the pines to Lake Agnes, 1,200 feet above Lake Louise. This lake never thaws until mid-July and is as quiet, though not so brilliantly coloured, as Mirror Lake, some 200 feet below. It is guarded by its own little cirque of white-headed peaks around which the sunlight and the billowing clouds chase each other with fascinating swiftness.

A delightful log Tea-House stands on the cliff-top where the cataract falls down from Lake Agnes. Its wide hearth throws out a welcome warmth, and its windows command two wonderful views. On the one side is Lake Agnes and the cirque almost overhead; on the other side a vast panorama of the Bow Valley fades into the distance.

The well-shod climber can continue to the top of the Little Beehive, or to the Observatory on top of the Big Beehive, or still further afield to the top of Mount St. Piran, 3,000 feet above Lake Louise.

Plain of the Six Glaciers

BESIDES THE mighty tongue of the Victoria Glacier, many smaller glaciers descend into the cirque, and on the right side of the cirque is the Plain of the Six

Victoria Glacier, from the Lower Trail

Glaciers, where a beautiful Tea-House with broad verandahs has been placed at the head as an excellent resting place. The six glaciers in question are the Lower Victoria, the Upper Victoria, the Lower Lefroy, the Upper Lefroy, Aberdeen, and Popes.

The Plain can be reached by two trails. One continues from the Lake Agnes Tea-House, following the right shore of the lake into the little cirque as far round as the Big Beehive, then descending between the Big Beehive and the Devil's Thumb down a steep zig-zagging trail into the Plain. Before reaching the plain the trail branches in three directions, all of which eventually lead to the second trail into the plain.

The second trail leads directly from the Chateau to the Plain, some 4 miles away, along the broad path to the right of Lake Louise and up the Victoria Creek to the foot of the glacier. At this point the trails finally unite and make a winding ascent to the Tea-House, from which the view of the cirque and Victoria Glacier, hanging between the cliffs of Mounts Lefroy and Victoria, is unparalleled.

The tea-house provides all meals, and sleeping accommodation. There is a continuation of the trail down to the route over Abbot Pass.

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 the Victoria Valley and following the edge of Victoria Creek until you reach the foot of the glacier. You can make a short diversion to the Plain of Six Glaciers Tea-House en route.

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 Alpine Hut on Abbot Pass, and see a most glorious sunrise in the morning.

Lake O'Hara

IN THE MORNING you can descend the other side of the Pass to Lake O'Hara, one of the loveliest of all Rocky Mountain waters. Here there is a Bungalow Camp where you may stay before returning to Louise, and perhaps, if you have a few hours to spare, take the trail that leads to Lake McArthur, whose blue waters lie 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.

Moraine Lake

ANOTHER PEARL of the Rockies is Moraine Lake, 9 miles from the Chateau Lake Louise, at the end of one of the finest short motor rides in the mountains. This lovely mountain lake, exquisitely blue-green in colour, lies in the Valley of the Ten Peaks—a tremendous and majestic semi-circle that with jagged profile encircles the eastern and southern end of the lake. Not one of these peaks is less than 10,000 feet in height—the highest, Mount Deltaform, is 11,225 feet. Standing off a little, as a sort of outpost, is the Tower of Babel, an interesting rock formation of unusual shape.

Moraine Lake Bungalow Camp

AT THE FOOT of the lake, where the creek flows out into the Valley, is Moraine Lake Bungalow Camp. The main building, in its attractive forest setting, contains a bright living and dining-room. The small, separate, log sleeping cabins are near at hand providing sleeping accommodation. The camp is an admirable centre for

The Valley of the Ten Peaks, Moraine Lake

trail-riders and walkers who wish to explore the valley's surroundings, and for mountaineers who aspire to the peaks. An attractive excursion is to the Consolation Lakes, within easy reach of the Camp, and the waters of which contain a plentiful supply of rainbow, Dolly Varden and cut-throat trout.

Saddleback

TO THE LEFT of the Chateau Lake Louise, another beautiful ride or walk follows the broad trail up the further side of Fairview Mountain to the Saddleback. The view from the pass between Fairview and the Saddleback is a magnificent panorama of Paradise Valley far below, with its little Lake Annette gleaming like an emerald and its steep, brown-sided guardian mountains crowned by the snowy summit of Mount Temple in the distance rising 11,626 feet.

On the Saddleback is a rest-house, 1,800 feet above Lake Louise. From this point climbers can reach the summit of Fairview, 9,001 feet high, or can go in the opposite direction to the top of the Saddleback, 7,993 feet high. The rider can continue between the Saddleback and Mount Sheol down a winding trail through the lovely Sheol Valley to find himself at length in beautiful Paradise

Valley, which from the Pass had looked so mysteriously lovely and distantly low that it had seemed a vision rather than reality.

Paradise Valley

PARADISE VALLEY is about 6 miles long and lies between Lake Louise and Moraine Lake. It is a garden of the mountains, carpeted with green and dotted with brightly hued Alpine flowers of many varieties, including anemones and asters. It is a very attractive trail ride either directly from the Chateau or by way of the Saddleback. At the head of the Valley, Paradise Creek cascades down an enormous rock stairway called the Giant's Steps, from which the trail leads across the creek and returns by way of Lake Annette. This tiny mountain lake is the emerald heart of the valley and over it rises the mighty white head of Mount Temple. The trail then recrosses the creek to join the main trail back to the Chateau.

The route to Moraine Lake can also be followed by trail-riders, while climbers can test their skill by returning along the steep and difficult trail leading from the head of the Lake, over Sentinel Pass, and down into Paradise Valley.

Mount St. Piran

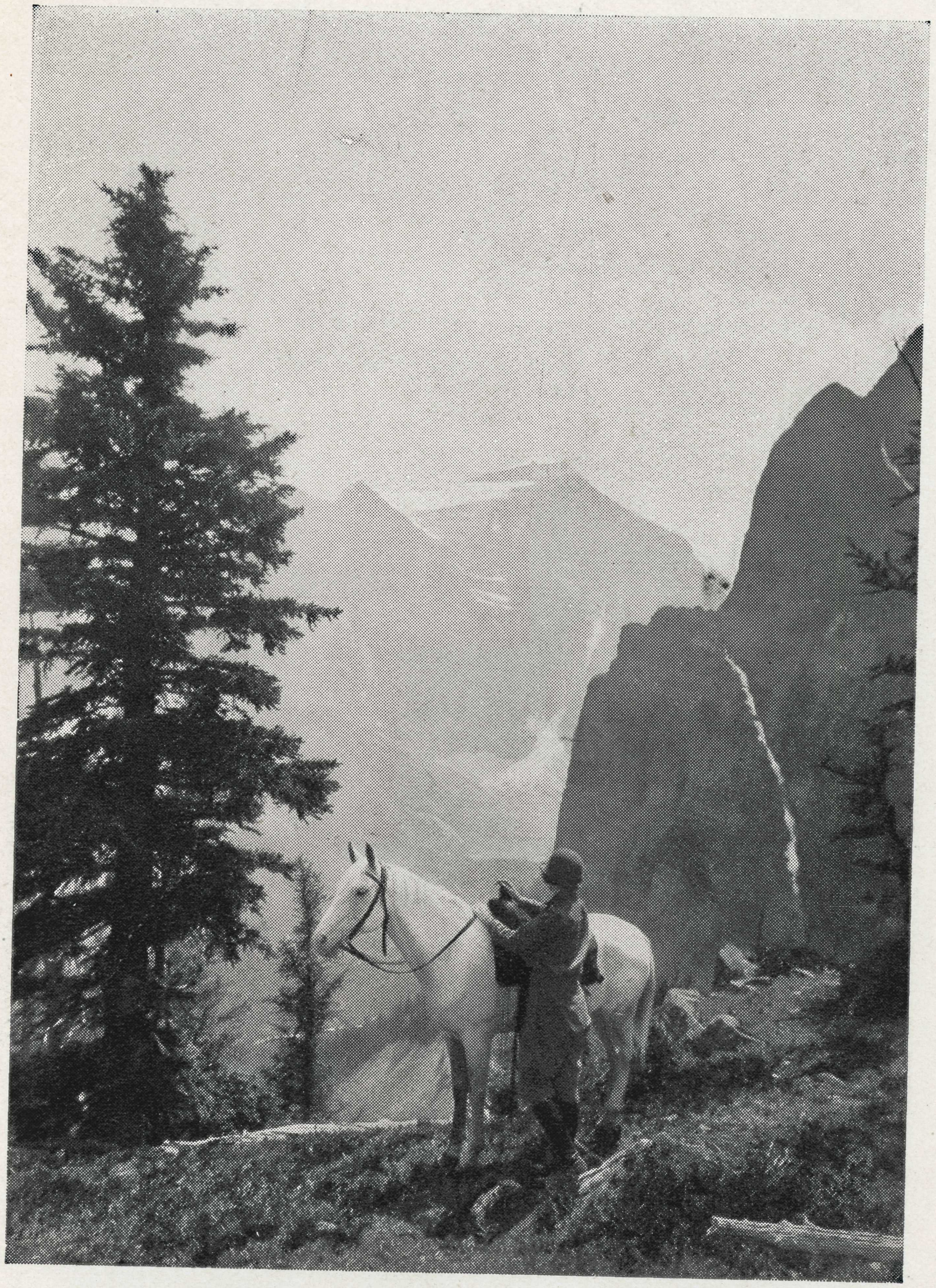
ANOTHER EASY climb leads to Mount St. Piran, 3,000 feet above Lake Louise. Ponies for the St. Piran climb may be taken as far as Mirror Lake, but from there on, the trail must be made on foot.

Motoring at Lake Louise

THE COMPREHENSIVE programme of road-construction carried on by the National Parks Department of the Canadian Government during the past few years has rendered easily accessible some of the most magnificent scenery in the Canadian Rockies. These roads are of hard, stable construction. Excellent automobile services (both private cars and organized sight-seeing busses) greatly enhance the pleasure of the visitor.

To Banff

FROM LAKE LOUISE to Banff is a fine 42-mile motor trip, following practically all the way close to the Bow River. Leaving behind Mount Temple—one of the most stately piles in the mountains—one comes to Castle Mountain, which rears its long and imposing castellated bulk along the north. A short detour south enables one



Paradise Valley from the Saddleback

Lake Louise

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 Tea House are reached by trail. Abbot Pass Alpine Hut — by climbing. Lake O'Hara Bungalow Camp is reached by climb over 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 5,044 feet. Altitudes of some of the principal peaks are shown on this map.

Castle Mountain Bungalow Camp

to reach Castle Mountain Bungalow Camp on the Banff-Windermere Road, from which a beautiful view of the Bow Valley is obtained.

At about 26 miles from Lake Louise a stop is made at Johnston Canyon, where the Johnston Creek dashes between high rock walls and falls in a series of miniature cascades which are spanned by tiny rustic bridges. Gradually the canyon reveals its loveliness. Its climax is a clear blue pool, only partly disturbed by the whirlpool caused by falls from a gorge above. From the road to the end of the Canyon is three-quarters of a mile.

From Johnston Canyon into Banff is a beautiful run, near the Vermilion Lakes crossing a spot that is the favorite haunt of a large herd of mountain sheep, which in this National Park have sanctuary, environed all the time by magnificent forests and mountains.

To Emerald Lake

THERE IS A fine road to Field and Emerald Lake. This leads west to the Great Divide, crossing the railway near Wapta Bungalow Camp at Hector, and follows the brawling Kicking Horse River. It is a spectacular ride and links up with roads in Yoho National Park. During the season, regular daily sight-seeing motor services leave Lake Louise and return in the evening.

Yoho Valley Bungalow Camp

The Kicking Horse Trail

IN 1927 A FURTHER extension was opened from near Emerald Lake to Golden—"The Kicking Horse Trail," named from the river which it follows for so many miles. This is a most spectacular ride.

At Golden, the Columbia River road, running south to Lake Windermere and Cranbrook, joins this road, and makes a magnificent circle trip which is mentioned later under the name of "The Lariat Trail."

24-Hour Motor Detour

ONE OF THE finest of organized automobile excursions is the new "24-Hour Motor Detour" inaugurated last year. This is from Banff to Golden, and gives a rapid survey of the "high-lights" of the nearer mountain region. Leaving Banff after lunch, a 42-mile run is made to Lake Louise, and the night spent at the Chateau Lake Louise. Next morning the journey continues to the Great Divide, Wapta Lake, the Kicking Horse Pass, Yoho Valley, Emerald Lake, the Kicking Horse Canyon and Golden. Similar schedules are established in the reverse direction.

This Detour is so timed as to waste no time, but to pick through passengers up soon after their arrival at

either Banff (going westward) or Golden (going eastward), and to set them down at the other end of the trip in time to take their train. Special arrangements are made for handling baggage and sleeping-car reservations. The length of the detour, including a sight-seeing ride round Banff, is 142 miles.

Banff-Windermere Road

THE FAMOUS Banff-Windermere Road, pioneer and still perhaps the leader of the mountain roads, takes you into a magnificent section. The journey can be commenced equally well from Lake Louise, the distances being the same, 104 miles to Lake Windermere; for the road to Windermere takes off from the Banff-Louise road near Castle Mountain, equi-distant between those points. It runs over the Vermilion Pass (altitude 5,264 feet) into Kootenay National Park, and then follows the Vermilion and Kootenay Rivers until within a few miles of Sinclair Pass. Passing through Sinclair Canyon, the road emerges after several miles into the Columbia River Valley and soon reaches the beautiful Lake Windermere.

To afford accommodation for those making this trip, the Canadian Pacific has erected two bungalow camps en route. These halts for either meals or sleeping accommodation are conveniently spaced as to distance: they are Castle Mountain Bungalow Camp (26 miles) and Radium Hot Springs Camp (91 miles) Each has a central club house for dining and recreational purposes, and sleeping accommodation in separate log bungalows.

Lake Windermere

LAKE WINDERMERE is a centre for excursions up Toby Creek and Horse Thief Creek to the great ice fields of the Selkirks, notably the Lake of the Hanging Glaciers. Bathing, riding, boating, fishing and motoring can be enjoyed on the shores of Lake Windermere, and good trout fishing can be found in nearby creeks and some of the smaller lakes.

The Lariat Trail

THE COLUMBIA RIVER HIGHWAY runs from Golden to Lake Windermere, thus forming, in connection with the Banff-Windermere Road, the Banff-Louise Road, and the Kicking Horse Trail, a complete circuit of three National Parks—Rocky Mountains, Yoho and Kootenay.

A very fine excursion, called "The Lariat Trail," occupying three days, is organized to leave Banff

Emerald Lake Chalet

twice a week in the summer months to embrace all these. Leaving Banff, it proceeds to Castle Mountain, turns south along the Banff-Windermere Road as far as Radium Hot Springs (where the first night is spent), thence turns north to Golden and east along the Kicking Horse Canyon to Emerald Lake (second night). The third day it runs to Yoho Valley, Wapta Lake, the Great Divide, Lake Louise and Banff.

Other Trail Trips at Lake Louise

THE SKOKI VALLEY, 24 miles from Lake Louise—camping ground at Skoki Lake, in an Alpine meadow amid high glacial surroundings of spectacular grandeur and beauty. Good fishing. Take camping outfit. Trip made by arrangement only.

Trips to the Ptarmigan Valley, Hector Lake, Bow Lake, the Molar Pass, the Pipestone Valley and Baker Creek—by arrangement only.

Ptarmigan and Phacelia Lakes are 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. 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.

The Mountain Pony

THE MOUNTAIN PONY, mountain-bred, fool-proof, untiring, can be ridden by practically anyone, whether he or she has ever before been on a horse or not. From the Chateau Lake Louise and other hotels and bungalow camps in the Canadian Rockies, there are good roads and trails radiating in all directions, which are kept up by the National Parks Department. Some trail trips are of one day's duration only; others stretch over several days, necessitating carrying camping outfit. It is customary on all long trips, and even on some short ones, to engage guides who supply horses, tents, food, etc., and do the necessary cooking. The Circle Trail Ride starting from Lake Louise, however, simplifies the problem of packhorses, as every night but one will be spent in a bungalow camp.

The Trail Riders of the Rockies

THOSE WHO HAVE ridden fifty miles or upwards in the Canadian Rockies are qualified for membership in the Trail Riders of the Canadian Rockies, which affords an unusual opportunity for those interested in trail-riding to get together. The aims of the Trail Riders' Association are, principally, to encourage travel on horseback through the Canadian Rockies, to foster the maintenance and improvement of old trails and the building of new trails, and to encourage the love of outdoor life.

Membership is of several grades, according to the distance ridden—50, 100, 500, 1,000 and 2,500 miles. There are now 1,100 members.

Official Ride

EACH YEAR an annual "Pow-Wow" and Official Ride is held, lasting several days and bringing together a large number of men and women interested in this fine recreation of trail-riding. The 1929 Official Ride will be from Banff up Healy Creek over the Simpson Pass, with a side trip to Egypt Lakes and then via Shadow Lake and Twin Lakes over a new trail to Castle Mountain Bungalow Camp, where the Pow-Wow will be held—the date of ride and Pow-Wow being August 1st–4th.

A few days later, there will be a twenty-day ride to the Columbia Ice Fields, over Bow Pass from Lake Louise, limited to twenty riders exclusive of guides.

"But it was in the ascent of the Rockies that there fell upon us that overwhelming sense of power in the rivers, of immensity in the distances, and especially in the evening glow, of eternal strength among the mountains —these were the feelings which will never fade out of memory. The nearest approach which I think can be made to perfect beauty upon earth is probably at Lake Louise, that jewel in Canada's rocky crown."

—Lord Shaw of Dunfermline

Those participating in this long ride must have qualified by holding the silver button (100 miles) or higher grades of button.

Rates for the Simpson Pass-Egypt Lake Ride, including horse, food and share of tent, will be $50.00. Riders must bring their own sleeping bags and blankets. Rates for the longer ride, on application to the Secretary-Treasurer. Reservations must be made at least fourteen days in advance to the Secretary-Treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Que.

Bungalow Camps Circle Trip

IN ADDITION to the official ride, and under the auspices of the Trail Riders' Association, Circle Trail Rides will be operated during July and August from Lake Louise around those of the Bungalow Camps which are situated in Yoho National Park. These circle rides will leave on any day, accompanied by guide, provided there is a minimum of three persons.

The trip will last six days, with the following itinerary

First Day—Motor or ride to Wapta Camp. After lunch, ride to Lake O'Hara Camp.

Second Day—Side trip to Lake McArthur, spending the night in a new cabin and tent-camp on McArthur Creek.

Third Day—Ride from McArthur Creek down the Ottertail Trail to Emerald Lake.

Fourth Day—From Emerald Lake ride over Yoho Pass to Yoho Valley Camp.

Fifth Day—Side trip to Twin Falls, spending the night at Yoho Valley Camp.

Sixth Day—Ride over Burgess Pass to Field, and motor or ride back to Emerald Lake.

The rates for these Circle Trips are $10.00 per day, inclusive of pony, food and sleeping accommodation in either tents or bungalow camps (except for the Emerald Lake day, which is $12.00).

Mountain Climbing

THE CANADIAN ROCKIES present to the mountain climber one of the most extensive and interesting fields of any easily accessible ranges of the world. Noted climbers make their way thither from all parts of the world. But let not the novice be daunted; there are easy climbs aplenty for him to graduate from—on some, indeed, he (or she, in fact) can ride or walk good trails almost to the summit, while on others a short scramble will bring him to his goal.

Lake O'Hara

It is difficult to imagine anything more fascinating than to start out in the early morning, stepping in half an hour from the perfect civilization of a luxurious hotel into the primitive glory of cliff and crag, winding waterway and frozen grandeur, to spend the day among the mountains. With a blue sky overhead, the air soft with the sweet resinous spice of the forest, and all cares left far behind, one sees only beautiful sights, hears only wonderland sounds, and for a whole long day lives close to the very heart of Nature in her most splendid mood.

The Alpine Club

THE ALPINE CLUB of Canada, with over 600 members, and headquarters at Banff, holds a camp each year in the Canadian Rockies, and welcomes those who have the ambition to climb, or are interested in mountains. The Annual Camp this year will be held in the last two weeks of July, at Rogers Pass, near Glacier, B.C.

Lake Louise is one of the recognized mountain climbing centres of the Rockies, and has many good climbs both for the novice and the experienced alpinist. Some short and easy climbs will be found in the Beehive, Mount St. Piran, Saddle Mountain and Mount Fairview. For the expert alpinist there are plenty of climbs around

Lake Louise that will provide him with sufficient opportunity to use his skill. Some of these are the ascent to Mounts Whyte, Popes, Collier, the north peak of Victoria, Lefroy, the Mitre and Aberdeen.

Swiss Guides

SWISS GUIDES are attached to the Chateau Lake Louise for those who wish to visit the glaciers or climb mountains. As they are greatly in demand, it is advisable to make arrangements well in advance. Rates $7.00 per day. Climbers should be equipped with Swiss Alpine climbing boots.

What to Wear

IT IS MOST important for anyone undertaking climbs to be properly dressed and equipped. Most men find that they are comfortable 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 breeches, a woollen shirt, high stout boots with nails, and a sweater or coat.

Wild Life

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 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

At Ptarmigan Lake

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.

Photographers

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.

Fishing at Lake Louise

FIVE VARIETIES of game fish have their habitat in the waters of the Rocky Mountains National Park, the cut-throat, lake, Dolly Varden, bull and brook trout. Around Lake Louise, reasonably good fishing can be obtained in the Pipestone River, Consolation Lake, and the Upper Bow Lakes. The open season for fishing in the national parks is from July 1st to September 30th, inclusive. There is a Fishing Inspector at the office of

the Superintendent of Rocky Mountains Park, at Banff. There is also good fishing near Banff.

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 before the Canadian Pacific broke its way through the mountains. It is 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 Lake Huron. 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 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, receded, and advanced again. After countless ages the warmth came again and the Ice 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 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

Mountain Climbing near Lake Louise

man. The Indians 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, such as those of de la Verandrye, who crossed the prairies in 1743, and of 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, marking the completion of the Canadian Pacific Railway from coast to coast, was driven by Sir Donald Smith (later Lord Strathcona), at Craigellachie, B.C., the West and East were at last linked together.

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Abbot Pass Alpine Hut

Other Canadian Pacific Hotels in the Rockies

Banff Springs Hotel, Banff
Emerald Lake Chalet, near Field
Hotel Sicamous, Sicamous, B.C.
Hotel Palliser, Calgary

Bungalow Camps

Yoho Valley Bungalow Camp
Wapta Bungalow Camp
Lake O'Hara Bungalow Camp
Moraine Lake Bungalow Camp
Castle Mountain Bungalow Camp
Radium Hot Springs Bungalow Camp

WHAT TO DO AT

LAKE LOUISE

IN THE CANADIAN ROCKIES

CHATEAU LAKE LOUISE
A CANADIAN PACIFIC HOTEL