1930

RESORTS *in the* CANADIAN ROCKIES

CANADIAN PACIFIC

note paintings by Belmore Brown
A.C. Leighton

WHERE TO STAY

CANADIAN PACIFIC HOTELS IN THE ROCKIES

Banff Springs Hotel
Banff, Alberta
Altitude 4,625 feet

In the heart of Banff National Park, backed by three splendid mountain ranges. Alpine climbing, motoring and drives on good roads, golf, bathing, hot sulphur springs, tennis, fishing, boating and riding. *Open May 14th to October 1st.* **Special rates for two weeks or over.** *European plan.*

Chateau Lake Louise
Lake Louise, Alberta
Altitude 5,670 feet

Facing an exquisite Alpine Lake in Banff National Park. Alpine climbing with Swiss guides, pony trips, swimming, drives or motoring, boating, fishing. *Open June 1st to October 1st. European plan.*

Emerald Lake Chalet
Near Field, B.C.
Altitude 4,272 feet

Situated at the foot of Mount Burgess, amidst the picturesque Alpine scenery of the Yoho National Park. Roads and trails to the Burgess Pass, Yoho Valley, etc. Boating and fishing. *Open June 15th to September 15th, American plan.*

Hotel Sicamous
Sicamous, B.C.
Altitude 1,146 feet

Junction for the orchard districts of the Okanagan Valley, and stopover point for those who wish to see the Canyons by daylight. Good boating and excellent trout fishing in Shuswap Lake. *Open all year. American plan.*

BUNGALOW CAMPS REACHED BY CANADIAN PACIFIC

Castle Mountain
Altitude 5,600 feet

By motor from either Banff or Lake Louise. Hiking, fishing, motoring, mountain climbing. *Open June 15th to September 15th.*

Radium Hot Springs
Altitude 3,456 feet

By motor (91 miles) from Banff or Lake Louise. Hiking, motoring, fishing, climbing, swimming in hot radium pools. *Open June 1st to September 15th.*

Mount Assiniboine
Altitude 7,200 feet

By trail from Banff. Overnight stop in half-way cabin. Camp is at the foot of Mount Assiniboine (11,860 ft.). *Open July 1st to August 31st.*

Moraine Lake
Altitude 6,190 feet

By motor from Lake Louise. Head of Valley of the Ten Peaks. Trout fishing, pony trails, climbs, etc. *Open June 1st to September 30th.*

Lake O'Hara
Altitude 6,664 feet

By trail from Hector, B.C. Riding, walking, mountain climbing, trips to Lake McArthur and Lake Oesa, also to Abbot Pass. *Open June 15th to September 15th.*

Wapta
Altitude 5,190 feet

Near Hector Station. Centre for explorations. Excursions to Lake O'Hara, Yoho Valley, Sherbrooke Lake, Kicking Horse Canyon, drives. *Open June 15th to September 15th.*

Yoho Valley
Altitude 5,000 feet

By motor from Field or Lake Louise, in one of the loveliest valleys in the Rockies. Takakkaw Falls, Summit Lake, Yoho Glacier, hikes, climbs, pony trips. *Open June 15th to September 15th.*

Canadian Pacific Hotels on the Pacific Coast

Hotel Vancouver
Vancouver, B.C.

Largest hotel on the North Pacific Coast, overlooking the Strait of Georgia, and serving equally the business man and the tourist. Golf, motoring, fishing, hunting, bathing, steamer excursions. *Open all year. European plan.*

Empress Hotel
Victoria, B.C.

A luxurious hotel in this Garden City of the Pacific Coast, which by its equable climate has become a favorite summer and winter resort. Motoring, yachting, sea and stream fishing, shooting and all-year golf. Crystal Garden for swimming and music. *Open all year. European plan.*

Canadian Pacific Hotels on the Prairies

Hotel Palliser
Calgary, Alberta

A handsome hotel of metropolitan standard in this prosperous city of Southern Alberta. Suited equally to the business man or the tourist to or from the Canadian Rockies. *Open all year. European plan.*

Hotel Saskatchewan
Regina, Sask.

In the capital of this rich and prosperous province. Golf and motoring. *Open all year. European plan.*

The Royal Alexandra
Winnipeg, Man.

A popular hotel in the largest city of Western Canada, appealing to those who wish to break their transcontinental journey. The centre of Winnipeg's social life. *Open all year. European plan.*

Canadian Pacific Hotels in Eastern Canada

Toronto, Ont. — The Royal York—The largest hotel in the British Empire, *Open all year.*

Montreal, Que. — Place Viger Hotel—A charming hotel in Canada's largest city. *Open all year.*

Quebec, Que. — Chateau Frontenac—A metropolitan hotel in the most historic city of North America. *Open all year.*

McAdam, N.B. — McAdam Hotel—A commercial and sportsman's hotel. *Open all year.*

St. Andrews, N.B. — The Algonquin—The social centre of Canada's most fashionable seashore summer resort. *Open June 21st to September 5th.*

Other Hotels and Bungalow Camps Reached by Canadian Pacific

Agassiz, B.C. ..... Harrison Hot Springs Hotel
Penticton, B.C. ..... Hotel Incola
Cameron Lake, B.C. ..... Cameron Lake Chalet
Kenora, Ont. ..... Devil's Gap Camp
Nipigon, Ont. ..... Nipigon River Camp
French River, Ont. ..... French River Camp
Digby, N.S. ..... The Pines
Kentville, N.S. ..... Cornwallis Inn

This cover printed in Canada 1930

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Resorts in the Canadian Rockies

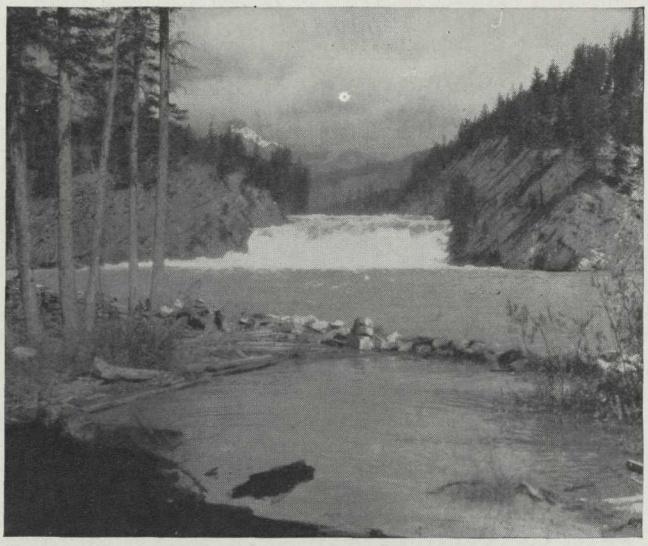
Lake O' Hara Bungalow Camp

BANFF is the vestibule of glory. Lake Louise is the birthplace of the spectrum, the paradise which the rainbow calls home—mirror of grandeur set in a frame of silver and green.—FREDERICK L. COLLINS.

THESE two resorts are on the well-trodden path through the playground of the continent and it is the purpose of this book to describe them more fully and to set forth a few of those other beauty spots which are bound by trail and road and which the Canadian Pacific has dared to develop to the visitors' enjoyment.

Printed in U.S.A., 1930.

Resorts in the Canadian Rockies



THE BOW RIVER FALLS, BANFF ©A.S.N.

IN THE VARIOUS mountain ranges that make up the Canadian Rockies — the Rockies proper, the Selkirks, and the Monashee, Coast, Cascade, and Purcell Ranges—there are, according to Government measurements including only those peaks which bear names, and not the innumerable mountains that have not yet been named or measured, or that are very difficult of access from railways, 630 peaks above 6,000 feet above sea-level; 308 between 7,000 feet and 10,000 feet; 161 between 10,000 feet and 12,000 feet; and 4 over 12,000 feet.

This wonderful mountain region offers a remarkable welcome to those who leave the railway and tarry awhile. Snow-clad peaks, gleaming white glaciers, rugged precipices, waterfalls, foaming torrents, canyons, beautiful lakes set in the heart of pine-forests—these have been flung together by the Great Creator in unparalleled profusion.

All these you see around and within easy reach of the principal vacation resorts of the Canadian Rockies—resorts which have now become known to the ends of the world. Banff, Lake Louise, Emerald Lake, and the Yoho Valley—these are some of the centres of summer life, where you can golf, climb mountains, take wonderful motor trips, ride into the fastnesses on sure-footed mountain ponies, fish, swim, boat, hike or explore: where you meet Indians, and cow-punchers, and scarlet-coated Royal Canadian Mounted Policemen, or mountain sheep wandering unmolested by the road. And at these and other places there are magnificent hotels or charming bungalow camps, where days and nights pass in surroundings of beauty, comfort and gaiety.

These resorts of the Canadian Rockies are now so closely linked by motor roads as well as by railway that when you go to visit one you can easily visit them all.

National Parks

SIX OF CANADA'S magnificent system of National Parks situated in the Canadian Rockies are traversed by or lie adjacent to the Canadian Pacific Railway; while others can be conveniently reached from it.

BANFF PARK (3,834.5 square miles), with Banff and Lake Louise as principal centres.

YOHO PARK (476 square miles), containing Emerald Lake, the Yoho Valley, Lake O'Hara, and Wapta Lake.

KOOTENAY PARK (587 square miles), with Banff-Windermere Road running through it.

GLACIER PARK (468 square miles). In the Selkirk Range.

MOUNT REVELSTOKE PARK (100 square miles).

WATERTON LAKES PARK (220 square miles). In Southern Alberta.

MOUNT ASSINIBOINE PARK (20 square miles) is a British Columbia Provincial Park.

Canadian Pacific Hotels

BANFF SPRINGS HOTEL
CHATEAU LAKE LOUISE
EMERALD LAKE CHALET
HOTEL SICAMOUS

Tourist accommodation is secured at hotels or at Bungalow Camps, and the four Canadian Pacific hotels in the mountains are now, without exaggeration, world famous. They are of different size, but each is characterized by the same beautiful location, the same luxury, comfort and charm of interior appointment, and excellence of personal service. Each occupies the best scenic viewpoint, and is the centre of all outdoor excursions and facilities necessary thereto.

Bungalow Camps not only supplement the hotels, but also provide accommodation of a somewhat different kind. They are, on the whole, much less formal, and are of log or other wooden construction, with a large central building that serves as a dining room and social centre, and separate sleeping bungalows. Besides the Bungalow Camps, there are many Tea-Houses, Lodges and Rest-Houses at outlying points.

IN YOHO PARK—Yoho Valley, Wapta and Lake O'Hara Bungalow Camps, and six Tea-Houses, Lodges and Rest-Houses are linked up.

NEAR LAKE LOUISE—Moraine Lake Bungalow Camp and four Tea-Houses and Rest Houses.

BANFF-WINDERMERE ROAD—Castle Mountain and Radium Hot Springs Bungalow Camps.

Ask our Agencies for a separate booklet, "Bungalow Camps in the Canadian Rockies."

The Calgary Stampede

ALBERTA, ALWAYS a country of considerable stock-raising interests, is still one of the principal ranching sections of the West; and in the "Stampede" held at Calgary, the glories of the Old West are revived annually in a week's carnival of frontier sports and contests. The Calgary Stampede has now become a famous frontier-day celebration, and contestants come from all parts of the continent. Cowboys, Indians, Mounted Policemen, old-timers are all to be seen in this western epic. It will be held in 1930 from July 7th to 12th and visitors to the Canadian Rockies should stop off at Calgary and participate.

Dude Ranches

AT FOUR PLACES in the Canadian Rockies, the visitor can enjoy both ranch life and excursions into the neighbouring mountains. They are:—

KANANASKIS RANCH—in Banff Park, near the Indian Reservation at Morley. Address C. B. Brewster, Kananaskis, Alta.

MOUNT ASSINIBOINE CAMP—at the base of the "Matterhorn of the Rockies." Address Mrs. W. A. Brewster, Kananaskis, Alta.

THE T S RANCH—in the foothills west of High River, joining the E P Ranch belonging to the Prince of Wales. Conducted by Guy Weadick, Manager of the Calgary Stampede. Address, Longview P.O., Alta.

BUFFALO HEAD RANCH—near the E P Ranch, and with miles of frontage on the beautiful Highwood River. Riding, fishing, hunting. Address George W. Pocaterra, High River R.R. 2, Alta.

Banff and Assiniboine

Cascade Mountain and the Little Town of Banff ©A.S.N.

Buffalo at Banff

Mount Stephen Hall—Banff Springs Hotel

Encamped near Mount Assiniboine

Banff Springs Hotel

Banff

FROM EITHER THE STATION, the bridge or Banff Springs Hotel, a magnificent panorama is presented. From the station first: to the north is the grey bulk of Cascade Mountain, towering above the town like a grim old idol. To the east are Mount Inglismaldie and the heights of the Fairholme sub-range. Still farther to the east, the sharp cone of Mt. Peechee closes the view in that direction. To the left of Cascade rises the wooded ridge of Stoney Squaw. To the west and up the valley are the distant snowy peaks of the main range above Simpson's Pass. To the left is Sulphur Mountain, to the south-east the isolated, wooded bluff of Tunnel Mountain and the long serrated spine of Mt. Rundle.

PILOT MOUNTAIN, ON THE BANFF-LAKE LOUISE ROAD

From the Bow Bridge the view is most magnificent, for the river runs through the centre of the picture, and one who has caught his first glimpse of this picture close to sunset will never forget its breath-taking beauty. A little beyond the bridge the river frolics over a series of rapids in a narrow gorge and then, leaping in clouds of spray, falls almost opposite the Banff Springs Hotel. From the high elevation of the hotel a somewhat different view is obtained, looking across the junction of the Bow with the smaller and darker Spray River, to the distant snow-clad barrier of the Fairholme Range.

Banff Springs Hotel

BANFF IS one of the most popular mountain resorts on the continent—due not only to its environment, but also to the beautifully situated and splendidly appointed Banff Springs Hotel—a Canadian Pacific hotel. The entire first floor is given over to public rooms, artistically decorated and furnished, in which the architect has provided a Scotch baronial atmosphere. Among the features are the period suites—the Vice-Regal, Georgian, Jacobean, Tudor, Swiss and Italian; the period influence also dominates the lounges, including the magnificent Mount Stephen Hall. (Hotel open May 15th to October 1st.)

At the hotel there is entertainment all the time. One could be perfectly happy just looking out towards the enclosing mountains, watching the swimmers in the warm sulphur water pool, swimming oneself, playing tennis, or studying the cosmopolitan types which one meets at this great caravanserai. There is an excellent Turkish bath at the hotel, very popular with those who come in after a game of golf or an hour in the saddle. The spacious luxurious lounges invite one to succumb to a contented laziness. There is nearly always an orchestra playing somewhere, and in the evening, when Banff, the mountains and the winding Bow are bathed in moonlight, the strains of dance music float out from the ballroom.

Should you care, however, to learn something of the formation of the mountains or of the wild life in which they abound or of the flowers which grow in such profusion, there are lecturers who give informal talks on certain evenings. Such talks are usually illustrated with selections of slides and open up new realms of interest which the visitor might pass unnoticed. Questions and discussion are invited and the fact that it is often difficult to obtain a seat in the Mount Stephen Hall is the best proof of the interest which such discussions and talks arouse.

The Hot Springs

HAD BANFF not become famous for its beauty, it must have become famous for its hot springs, which are amongst the most important of this continent. The chief springs have a total flow of about a million gallons a day, and issue from the ground the year round at a temperature ranging from 78 to 112 degrees Fahrenheit. Winter makes no difference to the temperature of the water. The chief constituents are calcium sulphate or gypsum, calcium bicarbonate, and magnesium sulphate, and their therapeutic value is very high. The springs, which are also radio-active, have been developed by the erection at two of them of bath houses and swimming pools.

Swimming

EXCELLENT SWIMMING in warm sulphur water is afforded at Banff Springs Hotel, which has its own large and beautiful open-air pool. Here, where the temperatures of the summer air and the water are delightfully blended and spring diving-boards offer opportunity for sport to expert swimmers, the sloping depth of the bath gives confidence to beginners at the shallow end; while the cold fresh water pool adjacent to the warm bath provides an invigorating plunge.

There is also excellent swimming at the Cave and Basin, where a fine $150,000 swimming pool and series of private baths have been built by the Government. At the Upper Hot Sulphur Springs, on the slopes of Sulphur Mountain 800 feet higher than the hotel, at an altitude of 5,132 feet, is another swimming pool, which may be reached by trail from the hotel, or by road from Bow River Bridge.

Golf and Tennis

AN EIGHTEEN-HOLE golf course, superbly located on the banks of the Bow River, and guarded by huge bastions of rock, turreted and pinnacled like the fortified castle of old, is open to all visitors to Banff on payment of green fees. The course has been entirely reconstructed by the Canadian Pacific, under the supervision of Stanley Thompson, and now offers one of the finest, most perfectly balanced and most scenically beautiful courses in the world. Starting from within 300 feet of the Banff Springs Hotel it has a length of 6,640 yards and a par of 71. One feature, to suit all types of golfers, is the use of three tees for each hole, providing three courses—long, medium and short. The fairways are doubly wide, with two routes to each hole. The nineteenth hole is a superb new $100,000 club house admirably situated on the banks of the river. The caddies who minister to the game which grew up under the aegis of St. Andrew are Stoney Indians!

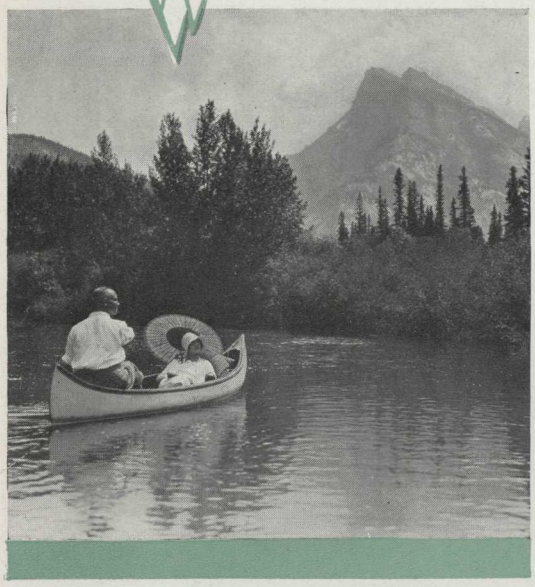
For tennis players there are several admirable courts, and because the exquisite summer climate of Banff is very conducive to both golf and tennis, a large number of people may always be seen enjoying the games.

from a watercolor by
A. C. LEIGHTON, A.R.B.A.

Mount Assiniboine

rises in impressive grandeur to a height of 11,860 feet in the centre of one of the most magnificent mountain regions in the world. At its foot is a log cabin camp, two days' ride from Banff.

Resorts in the Canadian Rockies

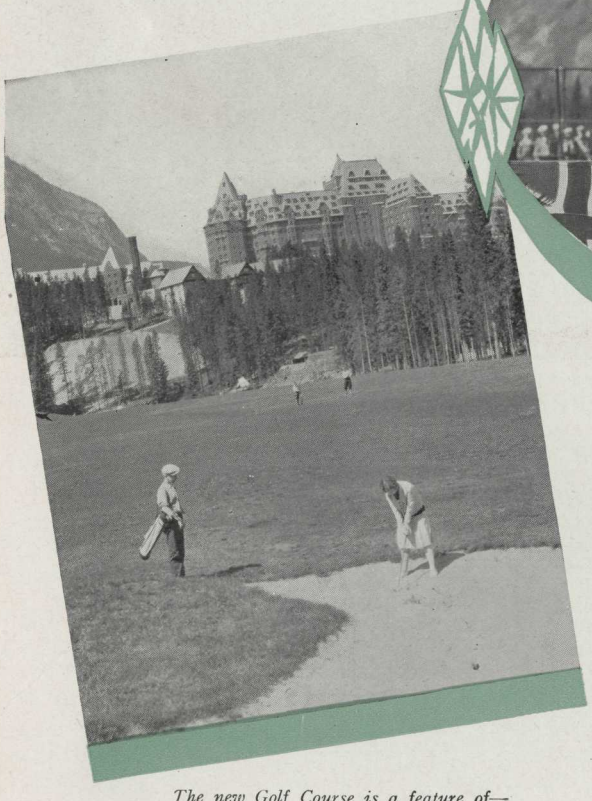


Echo River, a tributary of the Bow, winds through a verdant valley

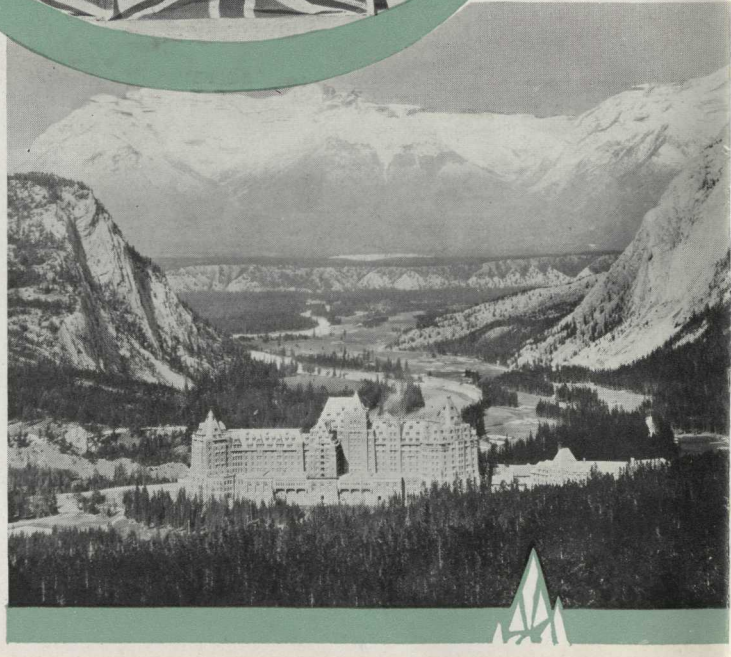
The Outer Pool at Banff Springs Hotel

The Highland Gathering at Banff (this year August 29th—September 1st)

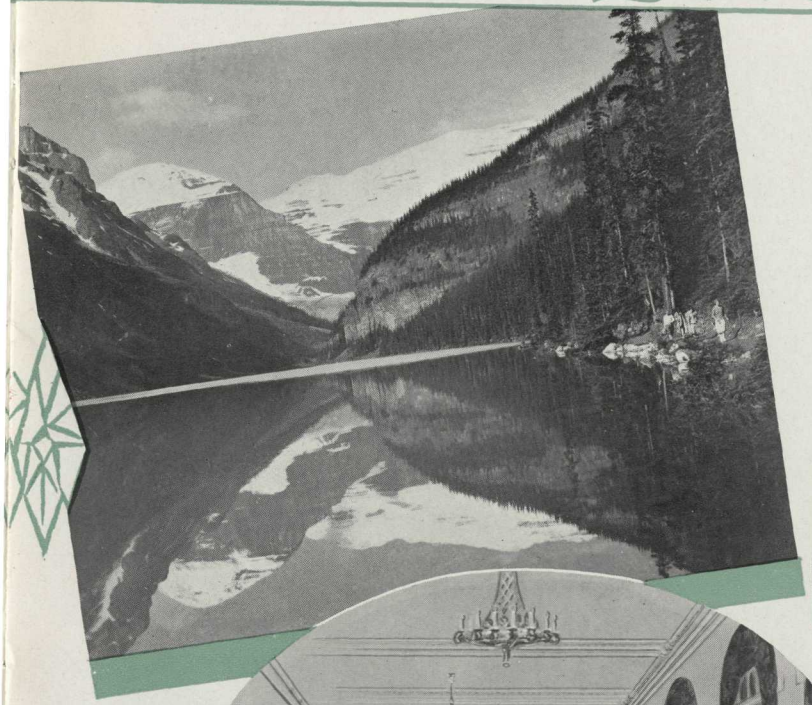
©A.S.N.



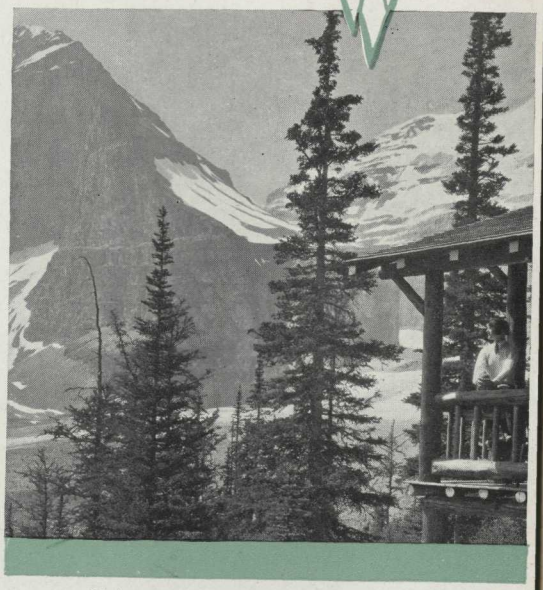
The new Golf Course is a feature of— The Banff Springs Hotel



Banff and Lake Louise



Lovely Lake Louise



Plain of Six Glaciers Cabin looking out to Mount Lefroy and Victoria Glacier

Ball Room—Chateau Lake Louise

Abbott Pass Hut and Glacier Peak

©A.S.N.

The Pool at Chateau Lake Louise

from a painting by
DONALD MAXWELL

Lakes in the Clouds

Into Mirror Lake a noisy cataract drops down a boulder-strewn cliff from Lake Agnes, 1,200 feet above Lake Louise. From the Chateau a trail winds over a rocky pass above the pines.

What to do at Banff

Walking and Riding

THERE ARE MANY delightful walks and rides in the immediate vicinity. The roads are good and the trails especially lovely. The Bow Falls are only a few minutes' walk from the Banff Springs Hotel; the trail which goes up the hill near them affords a lovely view of the falls and the rapids farther up stream. The fish hatchery nearby is well worth seeing.

The Tunnel Mountain motor road, on the east side of the river, gives beautiful views of the town, Bow Valley and the surrounding peaks. A trail branches off this road almost opposite the hotel, practically above the falls; following the river at times leading into tiny meadows, it eventually comes out at the far side of Tunnel Mountain. The motor trip up this mountain should also be taken.

The Cave and Basin and Sundance Canyon are two objectives for a walk or ride. This Canyon is a cleft in the rocks through which a turbulent stream tumbles. In the rock crannies and adjoining woods are many beautiful flowers—the dryas, saxifrage, stonecrop and columbine among them. There are also short delightful trails through the woods between Spray Avenue and the motor road leading to the Upper Hot Springs.

There are pony trails and short cuts up Tunnel Mountain which one can take if walking. It makes an easy climb; its elevation is only 5,540 feet. Stoney Squaw, north of Tunnel Mountain and 620 feet higher, is really a walk. It is fascinatingly green in a world of grey peaks and snowfields; and those who are attracted up its slopes are well repaid.

Sulphur Mountain is another delightful walk. The novice will no doubt insert the word "climb," and argue the word walk is incorrect. Sulphur is 8,040 feet, with the Observatory at the summit. To shorten the climb, a motor can be taken to the foot of the trail, thus lessening the distance. One of the most pleasant ways of ascent is on the back of a pony. On the long wooded slope of this mountain is the clubhouse of the Alpine Club of Canada.

INDIAN BRAVES AT INDIAN WEEK, BANFF ©A.S.N.

Boating and Launch Trips

A FEW MINUTES from the bridge is the Bow River Boathouse. From here motor launches set out several times a day on a 12-mile trip in which the surrounding mountains are seen from a unique and advantageous point of view. Here, also, canoes and row boats are obtainable. Echo River and Willow Creek, overhung with arching trees, are especially attractive to those who wish to row or paddle on tranquil mountain streams; by following Willow Creek the lovely Vermilion Lakes are reached.

Recreation Grounds

THIS SECTION of the park, by the Bow River, is not far from the bridge and can be reached by a delightful road by the river, or from the Cave and Basin motor road. There is a building for recreation purposes, also spaces for baseball, tennis, football and cricket. The club house of the Banff Gun Club is not far distant, and here trap shooting competitions are held.

The Town of Banff

THE TOURIST will find plenty of interest in the little town of Banff itself, with its churches, cinemas and shops, interspersed with groups of cowboys in woolly chaps and gay colored kerchiefs, sloe-eyed Indians in buckskin coats and moccasins, packers, trappers, guides and other truly mountain men. Near the fine bridge over the Bow River are the Administration Offices of the Park, the Museum, Zoo and Royal Canadian Mounted Police Headquarters.

The animal corral is 1½ miles from the town, an immense fenced-in area where a herd of buffaloes, mountain sheep, goat, moose, antelope and other kindred of the wild are maintained.

Lake Minnewanka

A SHORT MOTOR RUN is to Lake Minnewanka, 8 miles north of Banff, and about 14 miles long. From the hotel the route lies through the town, east of Stoney Squaw and Cascade Mountains, past the buffalo park and through Bankhead to the lake at the head of Cascade Creek. A weird, elusive beauty made the Indians rightly name it "Spirit Water." A motor launch runs to the end of the lake, and about half-way passes the beautiful little Aylmer Canyon, over which towers Mount Aylmer (10,365 feet high), while facing it on the opposite shore rises the head of Mount Inglismaldie (9,715 feet). Row boats are obtainable, and large trout may be fished for. Lake Minnewanka Chalet, on the lake shore, is a popular place for afternoon teas and meals.

Mount Assiniboine

MOUNT ASSINIBOINE — aptly termed the "Matterhorn of the Canadian Rockies"—rises in impressive grandeur to a height of 11,860 feet in the centre of one of the most magnificent mountain regions in the world. At the foot of this peak, and near the shore of Lake Magog, is situated a comfortable and well-equipped log cabin camp.

This camp is reached from Banff by a two days' horseback ride over the spectacular new trail by way of Brewster Creek, or by a longer trip via the Spray Lakes. Return journey can be made by travelling the beautiful summit country in the vicinity of Mount Assiniboine, through the heather and flowers of Simpson Pass and then down Healey Creek. A halfway cabin has been established as an overnight stop for the convenience of those making the trip via Brewster Creek.

Mystic Lake

NORTH FROM BANFF, there is a very fine trail ride to Mystic Lake, along the side of Mount Norquay and down to Forty-Mile Creek. It cannot be made in one day, but near Mystic Lake there is a specially-constructed log house with sleeping quarters and cookstove, where the night can be spent. An extension can be made to Sawback Lake. Organized rides to Stoney, Sawback and Mystic Lakes will leave Banff by special arrangement.

Resorts in the Canadian Rockies

The Highland Gathering

AT BANFF THIS YEAR, from August 29th to 1st September, will be held the "Highland Gathering."

This is a great Scotch festival of music and sports, to which singers from all parts of America come, and bagpipers from Highland regiments to play in competitions, and in which the sturdy old Scotch sports, and the fine Scotch costume dancing, are to be seen at their best.

A special little booklet will be issued about the Highland Gathering, and will be procurable from Canadian Pacific agencies.

CLIMBING IN THE ROCKIES

Indian Week

INDIAN WEEK AT BANFF is one of the most colorful spectacles on the North American continent. Between three and four hundred Stoney Indians come from the Morley reserve, 40 miles east of Banff, for their tribal sports. In the summer of 1930, they will be joined by other tribes in a pageant on a scale greater than ever before (July 22, 23 and 24). Each morning they have a parade in which the majority of the Indians take part; the tribe is all mounted, while many splendid horses are used, resplendent in gorgeous trappings and headpieces. The costumes of both men and women are creations of white buckskin, beadwork and ermine, their color schemes being exceedingly wonderful, and they ride with dignity and poise.

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. Not without good cause has the whole region been described as "fifty Switzerlands in one" and not without good reason do noted climbers make their way thither from all parts of the world. In the splendid variety of climbs which the Rockies offer lies half their attraction for the climber. The most accomplished alpinist will find a plethora of peaks which will tax his skill to the utmost and provide a maximum of thrills. But let not the novice be daunted. There are easy climbs aplenty from which he may graduate—on some, indeed, he (or she, in fact) can ride or walk along good trails almost to the summit, while on others a short scramble will bring him to his goal.

THE ALPINE CLUB of Canada, with considerably over 600 members and headquarters established in a singularly handsome Club House at Banff, holds a Camp each year in the Canadian Rockies, and welcomes all who have the ambition to climb or are interested in any way in the mountains.

It should go without saying that no climbing, hiking or riding trip in the mountains should be undertaken without suitable clothing and equipment. Neither form of recreation can be enjoyed in comfort without making proper provision. Above everything else, good stout boots are the most important item. Women will find their ordinary clothes absolutely useless and even dangerous; and for that matter men, too, need to be suitably dressed. A small booklet, "Climbs at Banff and in the Vicinity," by Arthur O. Wheeler, A.C., details a number of good climbs from Banff and also lists a suitable outfit for mountain climbing. This booklet is obtainable through Canadian Pacific agents or from Canadian Pacific Hotels.

Motor Trips Around Banff

GENERAL DRIVE.—To the Buffalo Park, Tunnel Mountain, Bow Falls, Spray Valley, Zoo, Cave and Basin, Golf Links, etc., twice daily.

LAKE MINNEWANKA—once daily.

BANFF-CALGARY.—Once daily.

LAKE LOUISE.—Three times daily.

24-HOUR MOTOR DETOUR.—To Golden. Once daily.

THE LARIAT TRAIL.—3 days. Monday and Thursday.

Outdoor Trips at Banff

TRAIL TRIPS.—Banff National Park has 700 miles of good trails, a large part of which radiate from Banff. With guides and ponies, the visitor may find his way to Mystic Lake, in the heart of the Sawback Range, to Ghost River, the Spray Lakes, the Kananaskis Lakes and dozens of other magic places.

MOUNT ASSINIBOINE AND MYSTIC LAKE TRIPS.—See page 9.

FISHING.—See page 16.

CLIMBING.—Easy—Tunnel and Sulphur. Harder—Rundle, Norquay, Cascade, Stoney-Squaw, Aylmer, Edith and Louis.

Winter Sports

BANFF IS RAPIDLY becoming an important centre for winter sports, the Annual Winter Sports Carnival in early February attracting large crowds. Ski-ing, tobogganing, skating, and bob-sledding are amongst the popular attractions. There are masquerades and dances, and entertainments staged by the Indians. There are displays of fireworks around the resplendent Ice Palace—so proclaimed by royal decree of the Carnival Queen. And there is swimming! Spectators swathed in furs or blanket coats stand on the edges of the warm sulphur pools and watch bathing-suited figures enjoy their sport in comfort. The pre-eminence of Banff as a summer resort has long been recognized. Its fame as a winter sport centre is rapidly growing.

To Lake Louise

FROM BANFF to Lake Louise is a fine 42-mile motor trip. The route is along the Bow River, crossing a spot that is the favorite haunt of a large herd of mountain sheep, which in this national park have sanctuary.

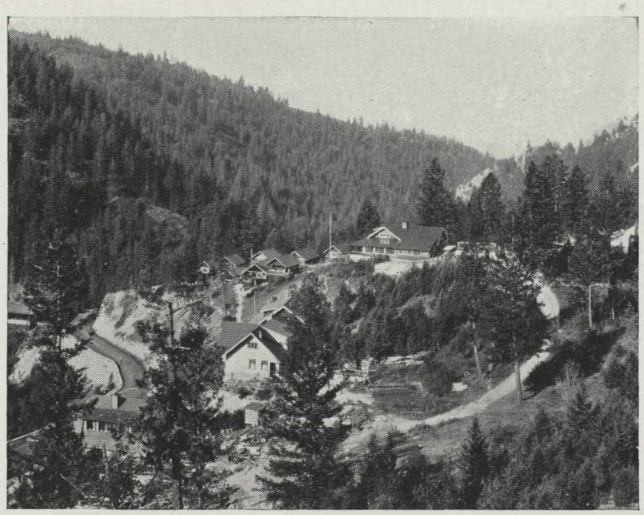
About 16 miles from Banff a stop is made at Johnston Canyon—16 miles of inspiring mountain scenery, with the gaunt grey turrets of Castle Mountain towering ahead. One can leave the car here and walk up the Canyon—a distance of about three-quarters of a mile. The Johnston Creek dashes between high rock 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 Johnston Canyon the road continues to Lake Louise. Castle Mountain, with its imposing battlements, is on the north, and Mount Temple—one of the most stately piles in the Rockies—on the south. A short detour at Castle enables one to reach Castle Mountain Bungalow Camp, from which a beautiful view of the Bow Valley is to be obtained.

Lovely Lake Louise

Lake Louise

LAKE LOUISE — PROBABLY the most perfect gem of scenery in the known world — bears the liquid music, the soft color 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 color. Deepest and most exquisitely colored is the lake itself, sweeping from rosy 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 pineclad peaks that dip perpendicularly into the lake; and magnificent are the stark immensities of the snow-covered peaks that enclose the picture except for the fleecy blue sky overhead.



RADIUM HOT SPRINGS BUNGALOW CAMP—BANFF-WINDERMERE HIGHWAY

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, a fireproof, modern and luxurious hotel with accommodation for seven hundred guests.

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 Chateau has many attractions. Two fine hard tennis courts are attached to the hotel, and a boat-house supplies bright brown, secure rowing boats and canoes 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. There are also putting greens and clock golf. (Hotel open June 1st to October 1st.)

Moraine Lake

ANOTHER PEARL of the Rockies is Moraine Lake, 9 miles from Lake Louise at the end of one of the finest short motor rides in the mountains. This lovely mountain lake, exquisitely blue-green in color, 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. An extension trip should be made to Consolation Lake, the waters of which contain a plentiful supply of rainbow, DollyVarden and cut-throat trout. 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 trail-riders and walkers who wish to explore the valley's surroundings and for mountaineers who aspire to the peaks.

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 andalpineflowers,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 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 over a rocky path above the pines to Lake Agnes, 1,200 feet above Lake Louise. This lake seldom thaws until mid-July and is as quiet, though not so brilliantly colored, 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 to Mirror Lake. 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 farther 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 Glaciers, where a spacious Tea-House with broad verandahs has been placed at the head as an excellent resting place.

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 zigzagging 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 the Lake 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 views of the cirque, and Victoria Glacier hanging between the cliffs of Mounts Lefroy and Victoria, are unparalleled.

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

The New Golf Course at Banff

from a painting by
ADAM SHERIFF SCOTT

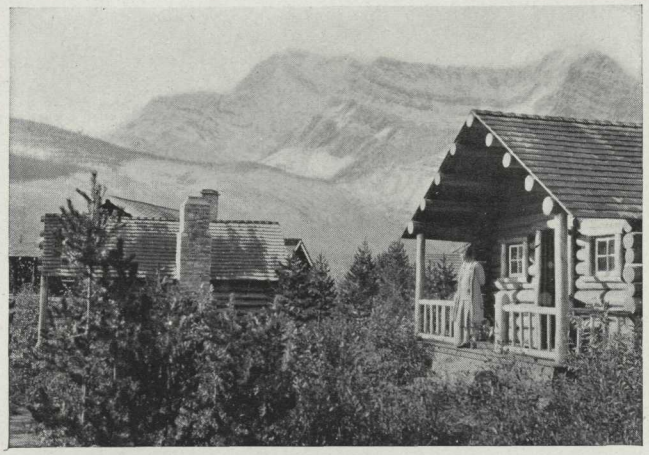
Surrounded on all sides by massive peaks, the Banff Golf Course, constructed by the Canadian Pacific, is truly a kingly setting for the Royal and Ancient game. Stanley Thompson has employed all the artifices of modern golf architecture with an ingenuity seldom surpassed. The route of the play, the location of the tees and the selection of greens have been so arranged as to afford picturesque vistas of the Bow and the Spray Rivers, alternating with new and unique views of the surrounding mountains. The Course measures 6,640 yards and the caddies are Stoney Indians.

What to do at Lake Louise

Abbot Pass

From Victoria Glacier there is a fine climb over Abbot Pass between Mount Victoria and Mount Lefroy, descending to Lake O'Hara. (See page 21.) It is well to start in the morning, taking the trail around the west shores 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 a half mile wide, and there is much of interest, such as glacier tables, moulins and seracs.

An Alpine hut (with sleeping accommodation for twenty, but not serving meals) is situated near the summit of the Pass, at an altitude of over 9,500 feet, for the convenience of climbers, and most people prefer to stop the night here and see a glorious sunrise in the morning. This expedition may be undertaken by the novice, who, however, *must be accompanied by a Swiss guide.*



CASTLE MOUNTAIN BUNGALOW CAMP—BANFF-WINDERMERE HIGHWAY

Lake O'Hara

In the morning you 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.

To the left of the Chateau, another beautiful ride or walk follows the broad trail up the farther 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 convenient 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, 7,783 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.

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 anemone and asters. 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 towers 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.

To Emerald Lake

From Lake Louise there are a number of very attractive motor excursions. Besides the ones to Moraine Lake and Banff, already mentioned, there is a fine road to Field and Emerald Lake. This leads west on a high line to the Great Divide and crossing the track near Wapta Bungalow Camp at Hector follows the brawling Kicking Horse River. It is a spectacular ride and links up with established roads in Yoho National Park.

During the season, regular daily sightseeing motor services leave Lake Louise and return in the evening. On this drive one crosses the Great Divide, stopping at Wapta Camp, Yoho Valley Camp and Emerald Lake. From Emerald Lake the new "Kicking Horse Trail" continues to Golden.

Outdoor Trips at Lake Louise

Trail trips—Lakes in the Clouds, Saddleback, Paradise Valley, and Plain of Six Glaciers—regular daily trips, once or twice a day.

An attractive 6-day Circle Trail Ride round the Bungalow Camps is organized from Lake Louise at regular intervals during the months of July and August. The points visited are Wapta Camp, Lake O'Hara Camp, Lake McArthur, Ottertail trail, Emerald Lake, Yoho Pass, Yoho Valley Camp, Burgess Pass, Field, and back to Lake Louise. For rates, see page 18.

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

Fishing—See page 16.

Climbing—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 of Mounts Whyte, Popes, Collier, the north peak of Victoria, Lefroy, The Mitre and Aberdeen.

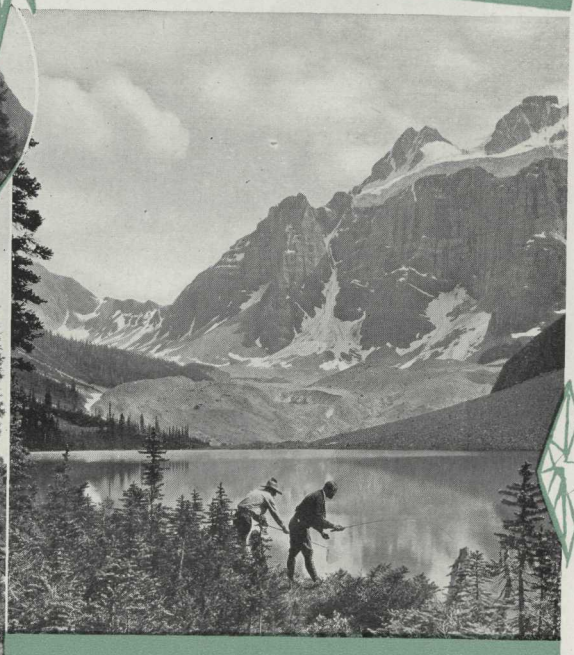
Swiss Guides are attached to the Chateau Lake Louise for those who wish to visit the glaciers or climb mountains. As they are greatly in demand, it is advisable to make arrangements well in advance. Rates $7.00 per day. Climbers must be equipped with Swiss Alpine climbing boots.

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 touring cars and organized sightseeing busses) greatly enhance the pleasure of the visitor.

Resorts in the Canadian Rockies

Moraine Lake

Lake Agnes Tea House



Consolation Lake and a view of Chateau Lake Louise

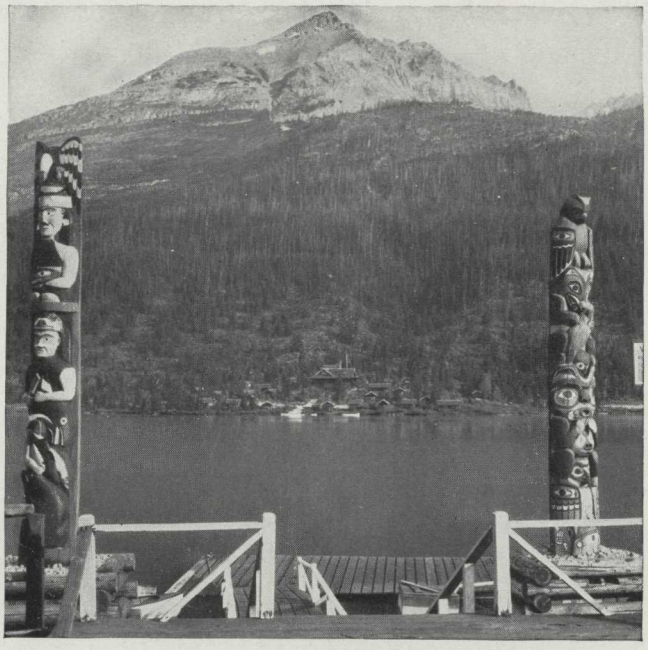
Fishing and Fine Roads

24-Hour Motor Detour

ONE OF THE FINEST of these organized automobile excursions is the famous "24-Hour Motor Detour." This is from Banff to Golden, and gives a rapid survey of the "highlights" of the nearer mountain regioı. 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.

A detailed circular about this very attractive excursion can be procured from all Canadian Pacific agencies.



WAPTA BUNGALOW CAMP

Banff-Windermere Road

THE FAMOUS BANFF-WINDERMERE Road, pioneer and still perhaps the leader of the mountain roads, takes you into a magnificent section. In length 104 miles, it runs from Banff 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 from either Banff or Lake Louise), 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.

The Columbia River Highway runs from Golden to Lake Windermere, thus forming, in connection with the Banff-Windermere Road and the Banff-Golden Road, a complete circuit of three National Parks—Banff, Yoho and Kootenay. A very fine excursion, called "the Lariat Trail," occupying three days, is organized to leave Banff 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.

Wild Life

ALL THESE EXPEDITIONS hold a wonderful charm, especially for those interested in the wild animal life and the exquisite Alpine flowers of the mountains. 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.

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 some are becoming very tame.

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 stand and inspect one from every angle. Other birds likely to be seen are the mountain bluebird, eagle, ptarmigan, the cheerful chickadee, water ousel and humming bird.

Fishing in the Rockies

FIVE VARIETIES of trout have their habitat in the waters of the Banff Park—cut-throat, lake, Dolly Varden, bull and brook trout. Good fishing can be obtained in the Bow River upstream and downstream, Lake Minnewanka, Mystic Lake, Sawback Lakes, Spray River, the Spray Lakes, and the Kananaskis Lakes.

Among the Bungalow Camps, Castle Mountain and Wapta offer good sport. Within easy reach of Castle Mountain Camp are Vista Lake (1½ miles), Boom Lake (4 miles), Boom Creek, Twin Lakes, Altrude River and the Altrude Lakes. Wapta, too, is a splendid centre and it is but two and a half miles to Sherbrooke Lake.

Around Lake Louise reasonably good fishing is afforded in the Pipestone River, Consolation Lake, the Upper Bow Lakes and other places. The open season for fishing in the national parks is from July 1st to September 30th, inclusive. There is a Dominion Government Fishing Inspector at Banff, from whom full and reliable information can be obtained.

Between Lake Louise and the Pacific Coast there are numerous points well worth the attention of the angler. Sicamous is a good centre, at the head of the celebrated Shuswap Lakes, and comfortable headquarters can be established at the Canadian Pacific hotel adjoining the station. Shuswap Lake has the reputation of containing more varieties of trout and other fish (including steelhead trout and land-locked salmon) than any water in British Columbia. Kamloops, at the junction of the north and south branches of the Thompson River, is an excellent centre for the fly fisherman and within easy reach are several fine waters. The lower stretches of both the Thompson and Fraser Rivers offer good fishing at many points.

from a painting by
RICHARD M. KIMBEL

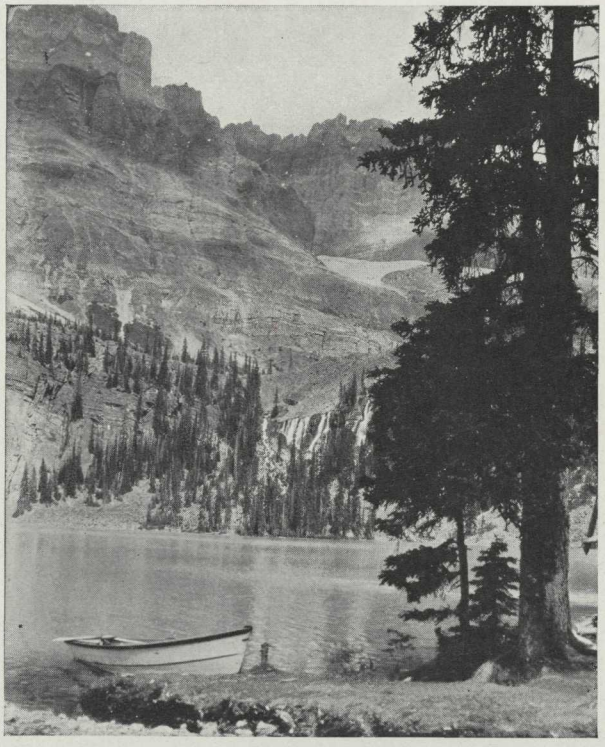
Lake McArthur

whose blue waters lie at an altitude of 7,359 feet. There is a glacier here and huge blocks of ice may be seen on the surface of the lake, even in the summer time. It is reached by trail from Lake O'Hara.

Resorts in the Canadian Rockies

Hunting

WHILE HUNTING is forbidden within the national parks in the Canadian Rockies, there is magnificent sport to be obtained outside the Park limits, and the Canadian Pacific hotels and bungalow camps are good starting points for some of the best hunting grounds. The bear, the mountain goat, the Rocky Mountain sheep (the "Bighorn"), the moose and the caribou are the chief animals hunted. The principal hunting districts are the Lilloet, Cariboo and East Kootenay regions, while the British Columbia coast and the country inland from it afford almost virgin territory. The Cassiar country, in northern B.C., is one of the finest and most celebrated sporting regions of this continent. Full information as to fishing and hunting possibilities in the different localities of the mountains and the British Columbia coast, with lists of outfitters, guides, etc., is contained in a series of bulletins which will be gladly furnished upon request by the General Tourist Agent, Canadian Pacific Railway, Montreal, Quebec.



LAKE O'HARA

Trail Riding

REFERENCE IS MADE at various points in this publication to saddle pony trips. A trail trip into the depths of the mountains forms, indeed, the most enjoyable way of visiting beautiful spots that would not otherwise be easily accessible.

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 all 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 new Circle Trail Ride starting from Lake Louise, however, simplifies the problem of packhorses, as every night but one is spent in a bungalow camp.

Trail Riders

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 out-door life.

Membership is of several grades, according to the distance ridden—50, 100, 250, 500, 1,000 and 2,500 miles Each grade has a distinctive button which members of the grade are entitled to wear. There are now 1,100 members.

Illustrated bulletins are published by the Association designed to keep the members in touch with trail development, forthcoming rides and other activities of interest.

Official Ride

EACH YEAR an Official Ride and Pow-Wow is held. The ride takes place towards the end of July and lasts four days. It is then that the hundred per cent, dyed in the wool or thirty-three degree trail rider comes into his own. Gathering together his impedimenta he hits the trail for Banff, for it is in the vicinity of Banff that the ride begins. It is an inspiring sight as the cavalcade prepares to move off. Pack ponies are loaded with tepees and duffle bags, guides move stolidly among the ponies adjusting saddles and stirrups, the riders—anything from a hundred up in number and ranging from old timers to the tenderest of tenderfeet — go through the process of getting acquainted and the ride begins.

Four days away from civilization! Four days in the mountains with a tepee as a shelter at night! Four days — not of roughing it, but of enjoying it! In the evenings the camp fire is built. Around it the riders squat and the rollicking or plaintive melodies from the Trail Riders' Song Book are sung. The cocoa and "sinkers" are served, and so to bed on fragrant pine-boughs—the stillness of the night broken only by the clang of a pony's hobble or the voice of the nightrider. It is an adventure which few will ever forget, this four days of the Official Ride.

A few days later a ten-day ride will be held, starting from Banff, exploring northward and returning to Banff or Lake Louise.

Rates for the four-day ride, including horse, food and share of tent, will be $50.00. Riders are required to furnish their own sleeping bags or blankets.

Rates for the ten-day ride will be $100.00.

Reservations must be made at least fourteen days in advance as follows: until July 1 to the secretary-treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Que.; thereafter to the western secretary, Mr. L. S. Crosby, at Banff. Full information is obtainable at the hotels and bungalow camps in the Rockies.

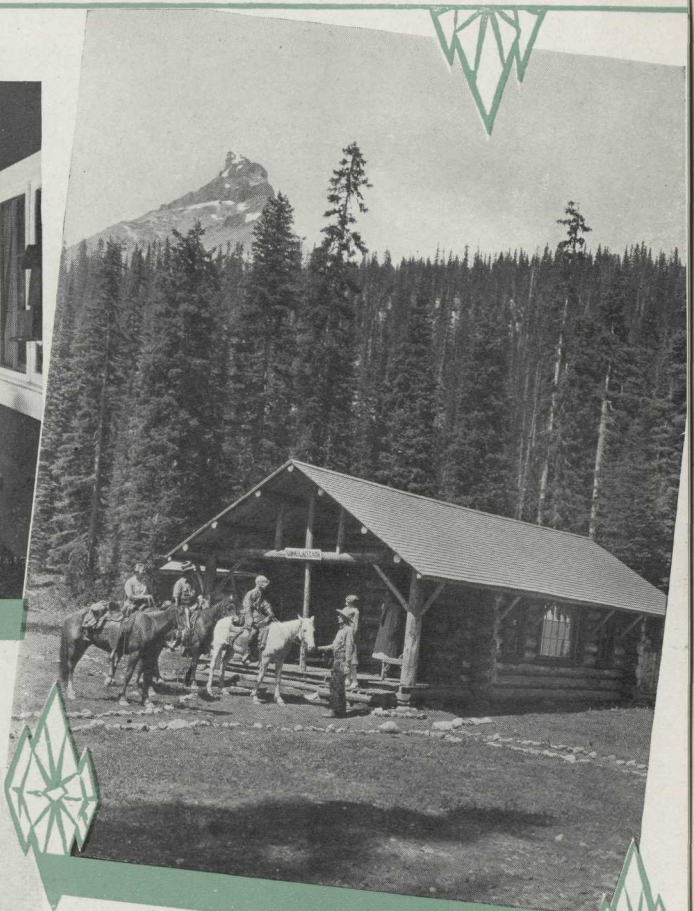
Circle Rides

IN ADDITION to this official ride, circle trail rides will be operated during July and August around the Bungalow Camps from Lake Louise on a trip lasting six days. Another circle trail ride will be operated from Banff to Stoney Creek, Sawback Lake and Mystic Lake. On this trip there is some magnificent scenery and also, usually, good fishing.

These circle trips will leave on any day during these two months, accompanied by guide, provided there is a minimum of three persons. They are operated under the auspices of the Trail Riders of the Canadian Rockies. Reservations can be made at the Livery Agencies office in all hotels and bungalow camps. Rates for both these rides 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 will be $13.00.

Trails and Trail Riding

The Main Lodge at Wapta Bungalow Camp



Summit Lake Cabin

Twin Falls in the Yoho Valley © A.S.N.

Lake McArthur

from a painting by
BELMORE BROWNE

Emerald Lake

has a fair supply of trout, and its vicinity affords many charming excursions by foot or by trail. Emerald Lake Chalet, on the southern shore, is built of great squared timbers and is surrounded by bungalows of rustic design.

Yoho National Park

Yoho National Park

YOHO NATIONAL PARK (area 476 square miles) immediately adjoins Banff Park along the crest of the Great Divide. In this realm of winsome beauty there are deep cool primeval forests, giant mountains, ancient white expanses of glacier, foaming waterfalls, rushing rivers and lakes of jade and sapphire. The Canadian Pacific Railway has opened up this magnificent country to the tourist. Scattered here and there at convenient points throughout the Park are Bungalow Camps, Rest-Houses and Tea-Houses. All these are linked up by excellent motor roads or trails.

SNOW PEAK AVENUE — THE WAY OUT TO EMERALD LAKE

Wapta Bungalow Camp

WAPTA LAKE, a beautiful sheet of water that is the principal source of the Kicking Horse River, lies high up near the Great Divide. The Canadian Pacific circles one side, with a station at Hector, while the motor road from Field to Lake Louise is on the camp side. Since the opening of this highway it is possible to drive over from Yoho to Wapta, passing the charming Kicking Horse Tea-House.

Like most of the Rocky Mountain lakes, the color of Wapta is an indescribable green varying in shade with every whim of the atmosphere — jade, emerald, apple, grass — and looking frequently as though gallons of rich yellow cream had been poured into it. On its shores is Wapta Bungalow Camp, with its community house and detached log cabins, which can accommodate altogether 55 guests. From the camp you can see stern Mt. Stephen (named after the first President of the Canadian Pacific), Victoria with her gleaming opalescent scarf of snow and ice, Narao and Cathedral crags. Fishing, boating, riding and hiking are some of the attractions.

Two and a half miles of beautifully wooded trail will take you to Sherbrooke Lake, which lies in a depression between Mount Ogden and Paget Peak. In another direction is Ross Lake, hidden between Niblock and Narao.

Lake O'Hara

LAKE O'HARA lies eight miles south of Wapta, and can be reached by a splendid trail. Gaining the top of a barren plateau on the other side of Lake Wapta, you can look back on the Bungalow Camp, which lies like a toy village strewn on the slope of Paget Peak. The trail winds on, now ascending, now descending, first through a jade temple of a forest, thence into an Alpine flower garden, where the botanist could count seventy-five varieties of wild flowers in half as many minutes. Delicate as a muted harmony, many of them; others flame with regal insolence, and the whole meadow is so thickly carpeted that picking your way through it without damaging some of the blossoms is utterly impossible.

Lake O'Hara Bungalow Camp

THE SIREN SONG of a cascade calls; you push on, passing through a grove of spruces, and the richly colored waters of Lake O'Hara invite your admiration. One's eyes are drawn up and up to the glorious peaks that stand guard about this lovely lake, the joy and despair of artists—Wiwaxy's jagged top sharply defined against the skyline, the towering mass of Huber, the white splendour of Victoria and Lefroy, and the encircling majesty of Yukness, Hungabee, Biddle, Schaffer and Odaray, with the vast towers of Cathedral in the distance.

Lake O'Hara Bungalow Camp is situated on a slight elevation overlooking the lake, at its very edge, and the log cabins cluster on the shore, encircled with pine and spruce. Rooms can also be obtained in the Chalet. The Camp consists of a central building and a group of log cabins, which together accommodate 34, the former on the Swiss Chalet style, decorated in a rustic fashion. O'Hara does not advertise modern luxuries, but its grate fires, comfortable chairs, hot and cold water baths, simple but well-cooked meals and beds that are a benediction to tired bodies take away the rough edges of camping life. There is boating, riding and hiking.

There is another route to Lake O'Hara—going from Field to the end of the motor road and the junction of the Ottertail trail and thence via this trail along McArthur Creek and Pass.

Lake McArthur

EVERYBODY WHO VISITS O'Hara takes the trip to Lake McArthur. The trail is good and leads through meadowlands and up the rugged, stony shoulder of Mount Schaffer, from whence there is a superb view of rugged Ottertail Valley. McArthur is one of the largest lakes at such a high altitude (7,359 feet) in the mountains. It is cupped in the Biddle amphitheatre, absolutely barren of trees, and overhung on one side by Schaffer and on the other side by Park Mountain. McArthur is every conceivable shade of blue—aquamarine, sapphire, cerulean; a glorious gem, its surface covered with dancing points of silver—a vast shield of damascened steel.

Lake Oesa

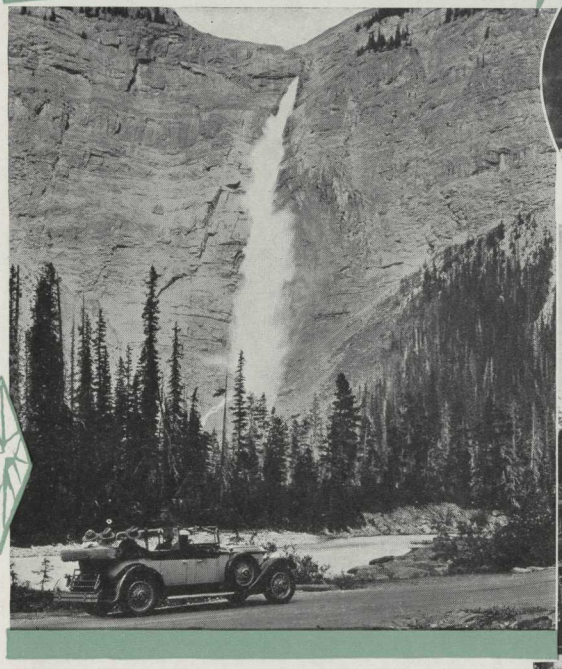
LAKE OESA is less easily reached than McArthur. One follows the trail around the lake from the Chalet to the foot of the Seven Sisters Waterfall and clambers up a steep bit to a plateau, and more steep bits to higher plateaus. In the bosom of the highest one of all is Lake Oesa, which is smaller than either O'Hara or McArthur, and neither so green as the one nor so blue as the other. The very spirit of silence broods over Oesa. In its serenity it seems to be as remote from the living world as if it were in the moon.

Abbot Pass

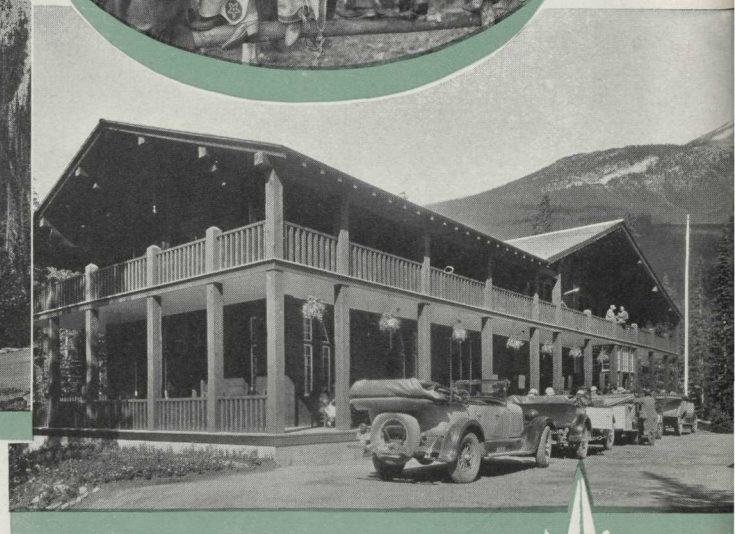
FROM OESA you can cross Abbot Pass and descend to Lake Louise. This is not a trip for the unseasoned, the inexperienced, or the foolhardy, for it is on foot over the glaciers; but provided you have a sturdy constitution, a Swiss guide, proper climbing clothes, and about eight hours of fair weather, you can make this magnificent excursion easily enough.

Resorts in the Canadian Rockies

At Gibbon Pass with the Trail Riders



Takakkaw Falls in the Yoho Valley



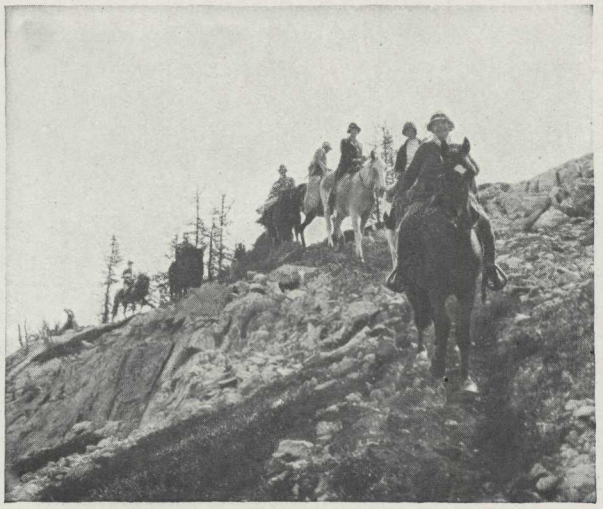
Emerald Lake Chalet

Yoho Valley - Emerald Lake

The Yoho Valley

THE YOHO VALLEY can be reached in several ways. Running roughly at right angles to the Kicking Horse Pass, a motor road runs in from the main Lake Louise - Emerald Lake road as far as the Bungalow Camp; so that it can be reached by motor from either Lake Louise, Wapta, Field or Emerald Lake. There are two ways in by trail, of which we will speak later.

The ride by motor is one of the finest drives in the Rockies (round trip distance from Field, 22 miles; from Lake Louise, 42 miles). The road, crossing the Kicking Horse River, follows the milky glacier-fed stream to where it joins the Yoho River, near the entrance of the valley at Mount Field, round which it swings, and up the valley until some precipitous cliffs are reached.



THE CHANGE FROM CLEVELAND HEIGHTS

The pine forest gives a welcome shade and fragrance, and, as the way winds up the cliff to a higher level, the Yoho torrent foaming below shrinks with distance. Up these it zigzags to a higher level, ending a short distance past the Takakkaw Falls. Takakkaw, the stream that comes down from the Daly Glacier, is 1,200 feet high. It is not a river of water but a river of foam, which drops with an oddly leisurely appearance.

Yoho Valley Bungalow Camp

YOHO VALLEY BUNGALOW CAMP, which has accommodation for 44 people, is situated in a meadow within sight and sound of Takakkaw Falls. It is an ideal place for hikers and riders; and, like the other Bungalow Camps of the region, consists of a central club house with separate wooden sleeping bungalows.

There are many fine trail rides from the Camp (the motor road ending here) particularly into the upper valley and over Summit Pass. You will find them described on page 24.

Motor Services

MANY SERVICES between Lake Louise, Yoho Valley and Emerald Lake, including the 24-Hour Motor Detour and the Lariat Trail, all passing Wapta Lake.

Outdoor Trips in Yoho National Park

TRAIL TRIPS.—Wapta, Yoho and Lake O'Hara Camps are on the 6-day Circle Trail Trip.

Wapta to Lake O'Hara, Yoho to Emerald Lake, Upper Yoho Valley and Burgess Pass.

CLIMBING.—See under Emerald Lake and Abbot Pass.

FISHING.—In Wapta and Sherbrooke Lakes.

Map of the Rockies

WE DRAW YOUR attention to the large map of the Canadian Rockies inset into this booklet. This map illustrates in a very graphic manner the territory in Banff Park and Yoho National Park.

Natural Bridge

ALL the points in Yoho National Park at which accommodation is provided for visitors are linked up, either by motor road or good trail.

Field, a little railway town and divisional point that nestles at the foot of Mount Stephen — a giant that towers 6,500 feet above to a height of 10,485 feet above sea-level — is the point at which you descend from the train; or if you have come from Banff or Lake Louise, the motor road brings you past Field. From the town it is seven miles out to Emerald Lake Chalet, by a fine road through the hush of a scented pine-forest.

Soon you reach Natural Bridge — an ineffectual effort on the part of nature to curb the foaming passage of the Kicking Horse by choking the river bed with huge boulders. A platform has been built across the cataract for the convenience of visitors, and on the other side there is a charming little Tea-House. There is resident accommodation for four guests.

The road becomes Snowpeak Avenue—because at either end of its straight cathedral-stiff avenue can be seen a towering snowcapped mountain.

Emerald Lake

THE SUPERB GREEN of Emerald Lake is beyond Nature's achievement in any other lake in the Rockies. Tall pines crowd to the water's edge to see their perfect reflection, and to see inverted in the emerald mirror the snowy giants that surround it. Burgess looms at one end of the lake, while more distant are Wapta, Michael, President, Carnarvon and Emerald.

Emerald Lake has a fair supply of trout, and its vicinity affords many charming excursions on foot or by trail. There is a good trail all around the lake, which is the shortest four and a half miles you've ever walked, and perhaps the loveliest, and another to Hamilton Falls. A boat-house provides skiffs for water excursions.

The Chalet

EMERALD LAKE CHALET, on the southern shore, is built of great squared timbers, fortress-like in their solidity, surrounded by rustic design chalets under whispering trees. The settlement now consists of three units—the Chalet, the Club House, and the bungalows.

The Chalet, originally built several years ago, and recently enlarged, is along Swiss Chalet lines, with deep overhanging balconies. It contains the office, the dining room, and many bedrooms. The Club House is what its name implies; it is an especial favorite at nights, either the verandah, with its magnificent sunset and moonlight views, or indoors, where a good floor for dancing, comfortable chairs for lounging, card-tables, a library and a great log fire provide entertainment for all.

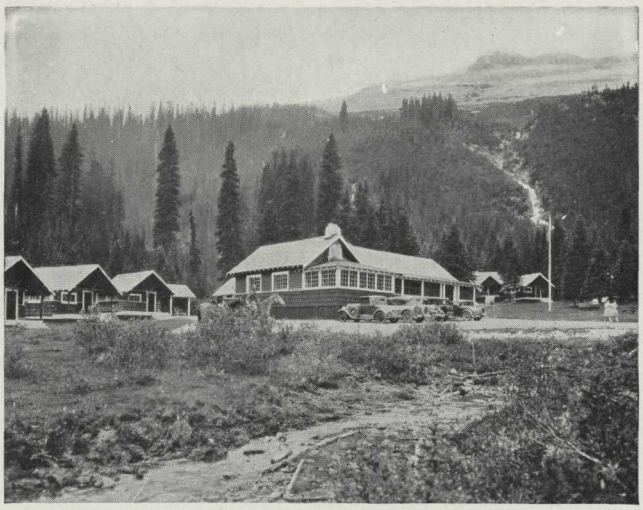
The bungalows are of various sizes, most daintily and comfortably furnished with hot and cold running water, bathrooms, stoves, good sized cupboards, etc. All of them have their individual verandahs, and the larger ones are "en suite" with connecting doors. (Chalet open June 15th to September 15th.)

Yoho Pass

ONE OF THE FINEST trail trips from Emerald Lake, on the back of a sturdy, sure-footed mountain pony, is to the Summit of Yoho Pass, that is to say, leading into the Yoho Valley. The return journey can be made in four hours afoot or by pony, but many people prefer to make it an all-day affair. Following the road to the end of the Lake, you begin to climb up an eighteen hundred foot treeless cliff, while more and more of the world spreads out beneath you, and Emerald Lake far below grows smaller and greener.

A last stiff pull and you are over the top, cantering gaily through a cool moist forest, and then Yoho Lake, green like Emerald, but not so large, flashes in the clearing.

Here is situated a cosy little log-cabin Rest-House.



YOHO VALLEY BUNGALOW CAMP

Yoho Valley

FROM YOHO PASS there is a good trail leading down to the Yoho Valley, coming out near the Bungalow Camp. The view from the top is a magnificent one of wide vistas, with Takakkaw Falls on the far side of the Valley.

Pausing near the Bungalow Camp, you can turn into the Upper Yoho Valley. A beautiful trail winds up the valley to Twin Falls and Yoho Glacier, passing Point Lace Falls, Angel's Stairs and Laughing Falls. Yoho Glacier lies at the Valley's end, a breath-taking sight. The curved top is of a whiteness beyond anything but that of what it is—névé snow. The lower seracs are each individualized in the clear air with subtle blue shadows. It does not give a sense of horror as do some icefields; the beauty of it triumphs over that.

For the majority the ride up the valley to the culminating glacier is enough for one day, and fortunately there is no need to return, for opposite Twin Falls (two fast columns that drop almost perpendicularly) is Twin Falls Lodge, with accommodation for eight guests.

The High Trail

YOU CAN RETURN by the "High Trail," mounting through Alpine meadows, carpeted with purple and white bryanthus, till you come out of the scent of wild flowers and balsam high over Yoho Valley. The sense of quiet disappears, and there comes to you as you ride along the edge of a sort of natural bastion the roar of waters and the sigh of wind. Across the valley, the great Waputik snowfield and Takakkaw Falls glimmer in the westerning sun and you can pick out in that clear air the faint black of the Canadian Pacific track going into the Spiral Tunnel beyond the Kicking Horse River. Soon you reach the Yoho Lake again and the trail home.

Burgess Pass

OR FROM YOHO LAKE you can turn in another direction, round on to Burgess Pass, altitude 7,150 feet. It is a wonderful journey. The great crags of Wapta flaunt up to the left, and to the right, at every step, there appear higher up new visions of the President Range. The guide can point out to you the way to the now well-known Burgess Pass Fossil Quarry, which was discovered by Dr. Walcott in 1910, and has yielded to science the finest and largest series of Middle Cambrian fossils yet unearthed and the finest invertebrate fossils discovered in any formation. Descent can be made from the Pass to Field.

Motor Trips from Emerald Lake

FIELD. — Transfer at train time and on all other trips.

LAKE LOUISE. — (See page 14.) Twice daily.

KICKING HORSE TEA-HOUSE AND WAPTA CAMP.—On all trips to Lake Louise.

YOHO VALLEY. — On various trips.

YOHO CIRCLE TOUR.—Field, Yoho Valley, Emerald Lake and Field. Once daily.

GOLDEN.—Once daily (see 24-Hour Motor Detour, page 16).

THE LARIAT TRAIL.—(See page 16.) Spends the second night at Emerald Lake.

OTTERTAIL ROAD, via Field, following south side of Kicking Horse River—by arrangement.

Outdoor Trips at Emerald Lake

TRAIL TRIPS.—Over Yoho Pass to Yoho Valley Camp, or by branch into either the upper Yoho Valley or over Burgess Pass to Field (see above). Emerald Lake is on the 6-day Circle Trail Trip (see page 18).

CLIMBING.—Mounts President, Vice-President, Burgess and Wapta: at Field, Mount Stephen. These are all fairly hard climbs. There is another fine climb from Field over Dennis Pass between Mounts Stephen and Dennis, thence over Duchesnay Pass and down to the Lake O'Hara trail.

FISHING.—Occasionally, in Emerald Lake.

On to the Pacific

FROM GOLDEN, the Canadian Pacific ascends the second of the great backbone ranges, the Selkirks, and enters Glacier National Park. The Selkirk Range, smaller in size than the Rockies, is geologically much older; with its massive peaks and giant glaciers, it has somewhat of an air of isolation and mystery. At the present time, there is no hotel or camp accommodation.

Mount Revelstoke Park, close to Glacier, and altogether a mountain-top one, provides a wonderful automobile trip. A road has been constructed by the Government to the very summit.

Sicamous, or Shuswap Lake, is a favorite stop-over point for those who wish to view the mountain panorama entirely by daylight. A charming hotel is operated here by the Canadian Pacific. At Kamloops, the impressive canyon scenery of the Thompson River begins, followed later by the Fraser River canyon.

A full description of this part of the Rockies, from Golden to Vancouver, is contained in our booklet "Your Journey through the Canadian Rockies" (obtainable from agencies or on transcontinental trains).

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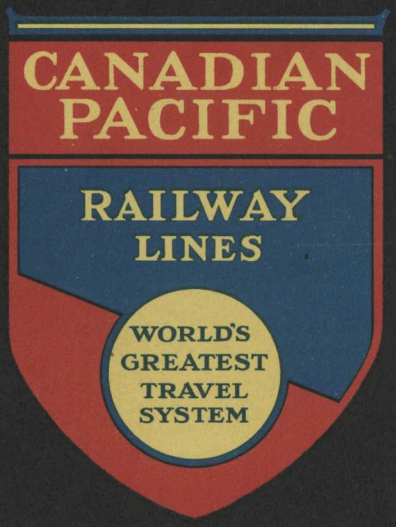
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