1929

THE Canadian Pacific Rockies

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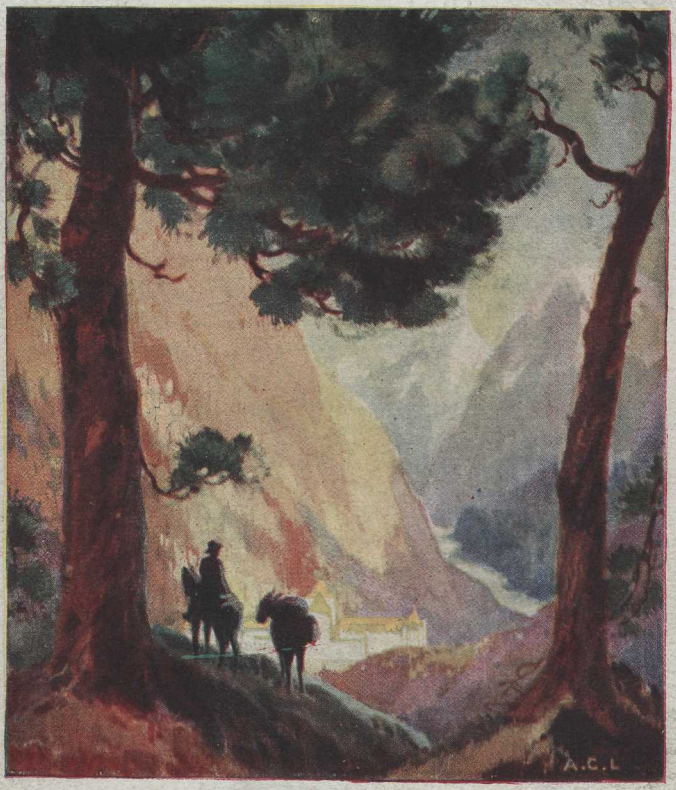


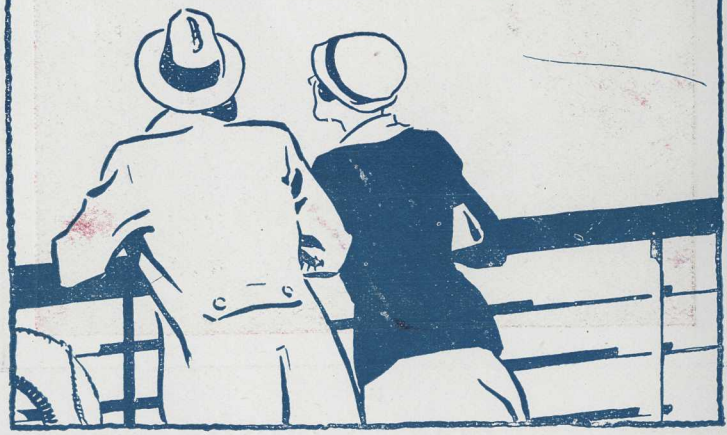
BY

KEITH MORRIS.

SUMMER
OR
WINTER
TRAVEL

CANADIAN PACIFIC !!

SUMMER TOURS
TO AND THROUGH
CANADA AND U.S.A.
WINTER CRUISES,
WORLD, MEDITERRANEAN.
SOUTH AMERICAN,
AFRICAN, ETC.



MONTEREY,
72, LEESIDE CRESCENT,
LONDON, N.W.11.

THE CANADIAN PACIFIC ROCKIES.

Joan Monterey Linn.

By KEITH MORRIS.

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March 1929

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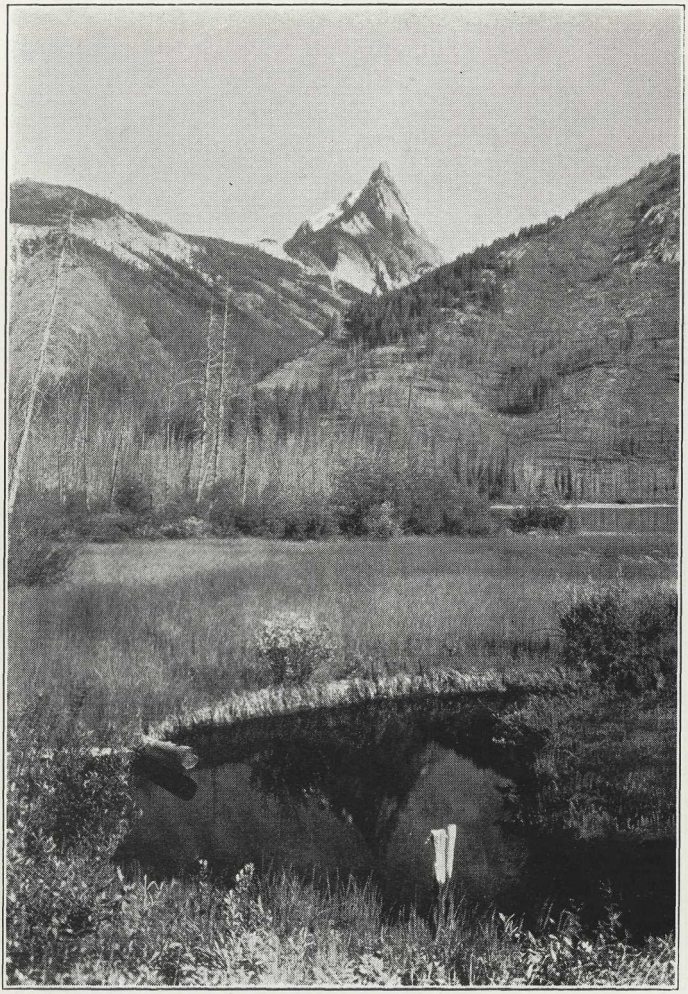
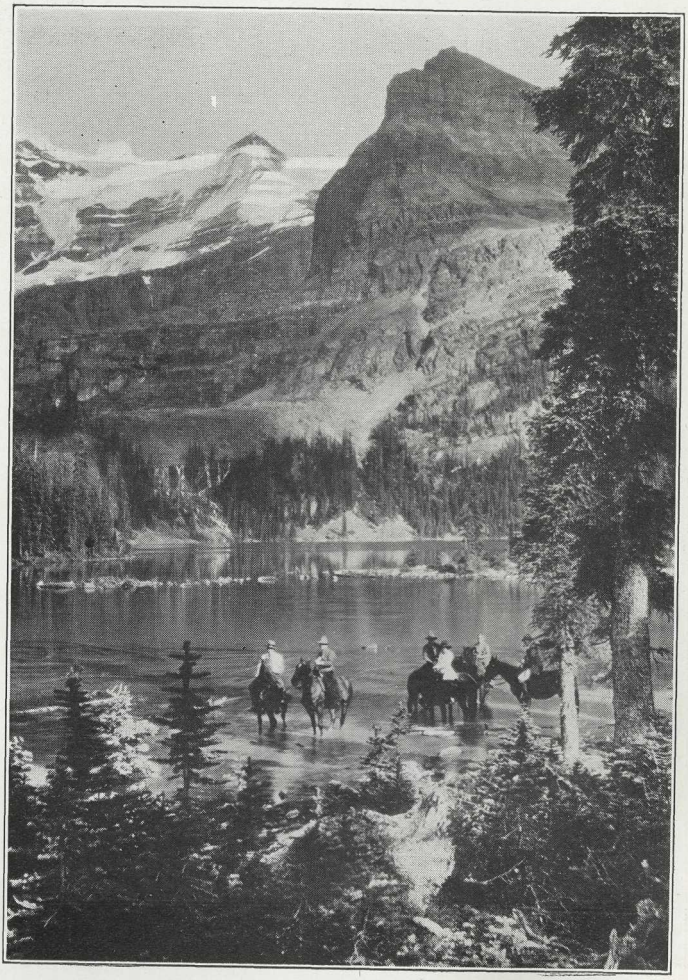


MOUNT EDITH, NEAR BANFF, ALBERTA.



LAKE O'HARA, BRITISH COLUMBIA.

The Canadian Pacific Rockies.

Regions of Romance.

By KEITH MORRIS

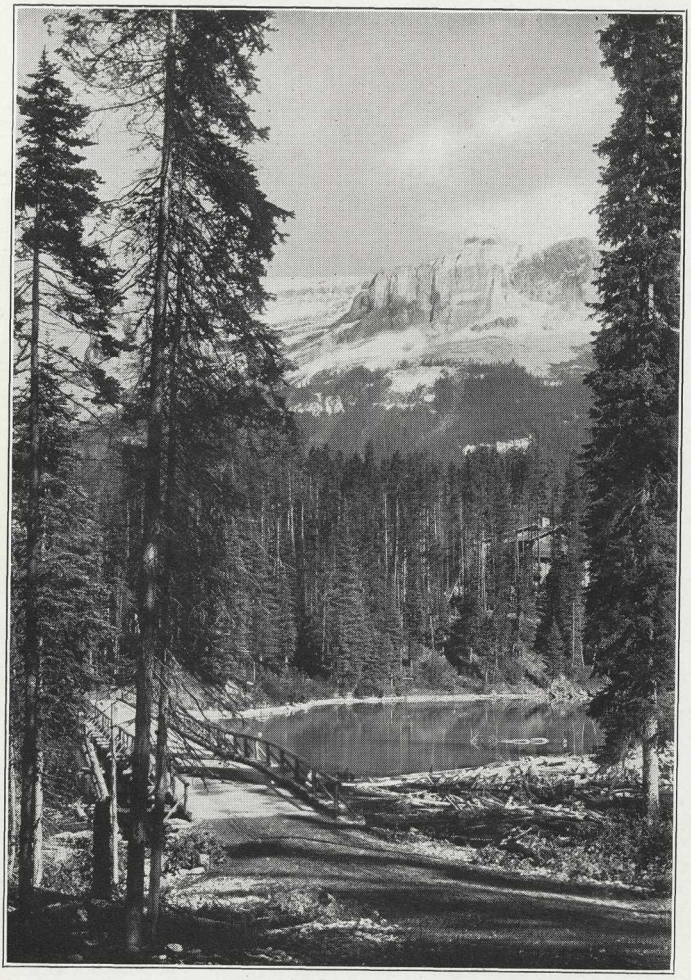
The Canadian Rockies ! There is magic in the name, a magic which brings to the inner vision an enchanting picture of a region of romance, adventure and dazzling scenic splendour.

Poets have risen to heights of inspiration in describing the beauties of the mountain ranges of Alberta and British Columbia, painters have mixed genius with their colours when placing the varied scenes on canvas, yet neither words nor brush can fully portray the allurements of this section of the great Dominion, comprising an area of a quarter of a million square miles. To this vast territory of towering crags, deep valleys, rushing waters and placid lakes, the name " Rocky Mountains " has been loosely applied, but there are three separate and distinct parallel belts, each of which include several mountain systems.

The Rockies are the greatest in area, but the Selkirks are equally impressive in their wild beauty. Together, these two ranges form one of the great playgrounds of the world, visited each year by thousands of enthralled tourists, who return to their homes and avocations filled with undying memories of a land of sheer delight.

Before the construction of the Canadian Pacific Railway the Rockies were almost unknown. A few explorers had penetrated several of the passes, but it remained for the Canadian Pacific to first reveal and open for travel this majestic country, and the Canadian Government quickly realised the priceless treasure which the railway had brought to the nation. An Act was passed " after a memorable debate in the Dominion House of Commons," setting apart for the use and enjoyment of the people, a national park, to be named the Rocky Mountains Park, with the Canadian Pacific station at Banff as the radial centre. This was the nucleus of the system of Dominion National Parks, which now number seven, embracing an area of eleven thousand square miles, in the mountains of the West—an area nearly as great as the whole of Switzerland. In these national reservations big game roam, protected and unmolested—grizzlies, black bear, moose, elk, mountain goat, mountain sheep, and many other species with which the hunter and zoologist are familiar. Here trail riders and motorists traverse wild mountain valleys, and the Alpine climber, looking for new worlds to conquer, has a field for endeavour which in its scope and variety is probably unrivalled. I have gazed on many peaks as yet unnamed.

To preserve intact for the benefit not only of Canadians, but for visitors from all parts of the globe, the resplendent beauties of the mountain zone of Alberta and British Columbia, and to provide facilities for the general enjoyment of mankind in these realms of enchantment is a worthy task. The Department of National Parks in the Canadian Government has built motor roads and highways through these vast reservations, and the Canadian Pacific are equally active in



EMERALD LAKE NEAR FIELD, BRITISH COLUMBIA.

the work of development. At the great scenic centres, Banff and Lake Louise, the Canadian Pacific have established superb mountain hotels, unsurpassed in beauty of site and interior equipment, and have provided bungalow camps at Yoho, Emerald Lake, Castle Mountain, Vermilion, Lake O'Hara and other points of interest and attraction. Specially constructed observation cars are attached to their trains to enable railway travellers to see "the route magnificent" and in general they have encouraged and assisted every scheme for the creation and improvement of facilities for a full appreciation of the wonders of the Rockies and Selkirks.

Someone has described the site of the Banff Springs Hotel as "sheer genius." Overlooking the beautiful Bow Valley, and surrounded by mountain peaks, its situation offers an enthralling panorama to the onlooker. Northward lies the huge mass, Cascade Mountain, eastward is Mount Inglismaldie, and the heights of the Fairholme sub-range, culminating in the sharp cone of Peechee. To the left of Cascade Mountain rises the wooded ridge of Stoney Squaw Mountain; westward tower the distant, snowy, central heights of the Main range about Simpson's Pass. A little nearer, at the left, is seen the northern end of the Bourgeau, and still nearer, the razor-like back of Sulphur Mountain, on the slope of which is perched the club house of the Alpine Club of Canada. The isolated bluff southward is Tunnel Mountain, with Rundle Peak to the right.

In the valley, its waters supplemented by those of the Spray, runs the Bow River, after its mad dash

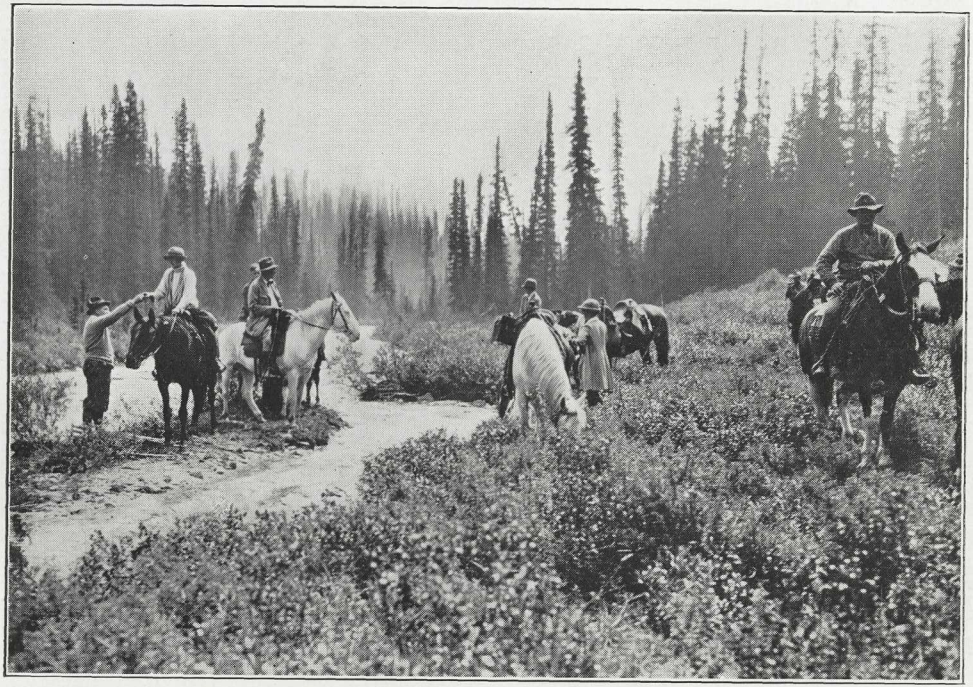
over the Bow Falls, which roar and tumble within a few hundred yards of the hotel.

Chateau Lake Louise gives the great human touch to the glories of Lake Louise and its setting, which connoisseurs in beauty have placed among the seven most perfect landscapes in the world.

"I have travelled in almost every country under heaven yet I have never seen so perfect a picture in the vast gallery of Nature's masterpieces," wrote the famous mountaineer, Sir James Outram. "As a gem of composition and colouring it is perhaps unrivalled anywhere. To those who have not seen it words fail to conjure up the glories of that 'haunted lake among the pine-clad mountains, forever smiling upward to the sky.' A lake whose waters are distilled from peacocks' tails and paved with mother-of-pearl and unto them rush those wild blues that are only mixed in the heart of glaciers."

The beauty of the picture is enhanced by its frame—the steep wall of Fairview, the lofty snow-crowned head of Lefroy at the left and the darkly wooded slopes of St. Piran to the right, with the great bulk of Victoria, benched by snow, and catching for the greater part of the day, the full glory of the sun, lying between.

The view from the quaintly-shaped peak, appropriately called "The Beehive," within an afternoon's excursion of the Chateau, is unforgettable, an ensemble of forests, lakes and snowfields, which a celebrated climber declared to be unsurpassed in an experience on the summits of more than forty peaks and the middle slopes of as many more in the Canadian Rockies. I shall never forget my own vivid impressions when I first reached the top of "The Beehive."



TRAIL RIDERS OF THE CANADIAN ROCKIES.

The establishment of bungalow camps by the Canadian Pacific at a number of tourist centres has solved for many the probelm of expense, and at the same time diminished the convention associated with life at the large and fashionable hotels. The accommodation at these camps consists of sleeping cabins of varying sizes, built artistically of logs, and clustering around a clubhouse or recreation hall, which serves as the centre of social entertainments in the evenings. They provide a different, and in many ways, more picturesque accommodation from the ordinary hotel. There are less "frills" to them and more adventure. They are especially suitable for the outdoors man or the outdoors woman, those who like climbing, trail-riding, and other attractions of the Great Open and who like to indulge in these exhilarating and ever-fascinating recreations at a moderate cost, free from the shackles of ultra-conventional attire and ultra-conventional customs.

The bungalow camps have their own charms in situation. Lake O'Hara, although only about three-quarters of a mile long and half a mile wide, roused the admiration of John Sargent, this artist expressing his opinion that it outrivals even Lake Louise both in colour and setting. Yoho Valley is a region of great beauty, with the spectacular Takakkaw Falls, twelve hundred feet high, forming one high ribbon of water descending from precipitous cliffs in clouds of foam, as one of its attractions. From Vermilion Pass, where Castle Mountain Camp is placed, a sweeping view may be had of much mountain magnificence, and the many coloured Emerald Lake, lying in a jade green forest, has the delights of an exquisite sylvan retreat. Lake Windermere, in the Columbia Valley, between

the main range of the Rockies and the Selkirk Range, is a warm-water lake over ten miles in length and from one to three miles in width, and is ideal for bathing and boating.

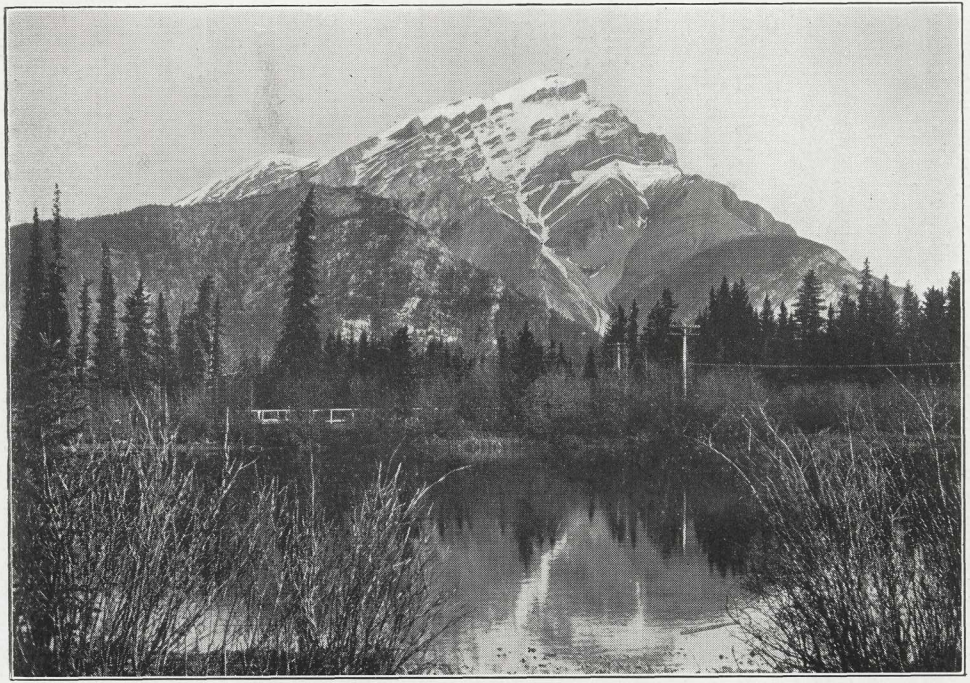
Beauty and accessibility have been the dominant factors in the choice of location for the Canadian Pacific hotels, bungalow camps, and rest houses in the western mountains, and their establishment and operation have done much in making the region one of the world's playgrounds.

HIGHWAYS OF SPLENDOUR.

Another effective element in the development of the Rockies and Selkirks as a great tourist resort has been the building of a vast system of motor highways through the National Parks.

Highways of Splendour is an appropriate description of these scenic roads in the mountains. One of the best known, and the first motor route opened across the Central Rockies, is the Banff-Windermere Highway, a detailed description of which is given in " Through the Heart of the Rockies and Selkirks," published under the direction of the Minister of the Interior in the Canadian Government.

Leaving Banff the road first skirts the Vermilion lakes, with Mount Rundle's familiar saddleback mirrored in their calm waters. Within sight, also, is the massive bulk of Cascade Mountain, with Stony Squaw at its feet and Mount Norquay a little to the left. The road follows the Bow Valley, affording glimpses of the river, here a quiet, tree-bordered stream. On the right the mountains rise bare and



CASCADE MOUNTAIN AND BOW RIVER, BANFF, ALBERTA.

lofty, forming a serrated crest so sharp that it seems to have been cut out of steel plate. Beyond, the graceful head of Mount Edith appears looking over a shoulder of the Sawback Range. Across the valley may be seen the rear slopes of Sulphur and the impressive bulk of Mount Bourgess, one of the three great peaks of the Massive Range. Soon the striking outline of Castle Mountain looms up ahead, dominating the vista to the west in the centre of the valley.

Two miles before reaching Johnstone Creek the road passes through a charming park-like area with low, grassy hills, a favourite haunt of deer. Far away to the left on the Vermilion summit a thrilling glimpse may be had of Mount Ball over on the Continental Divide, with its gleaming helmet of snow. Directly in front is Pilot Mountain, so called because its curious thumb-like peak is a landmark for miles in all directions. It was the guide of many an early traveller for miles in all directions.

Castle Mountain is now the dominating feature of the landscape—a natural fortress with walls a mile high on a foundation eight miles long, complete with turrets, bastions, and battlements. "High on its rocky wall a natural drawbridge, portcullis and gateway, can be clearly seen, and it needs little stretch of the imagination to believe that the mighty doorway might be rolled back at any moment and a troop of mediæval knights and ladies come riding forth."

Crossing the river the main road turns to the south, the Castle-Lake Louise extension going off to the right.

The road to Windermere now climbs by easy and sweeping curves to the pass, near the summit of which

is the Castle Mountain bungalow camp. From this point a wide and impressive view of the surrounding mountains is obtained. Crossing the pass at an altitude of 5,416 feet, the road gradually descends, passing beautiful ice-hung peaks to the left.

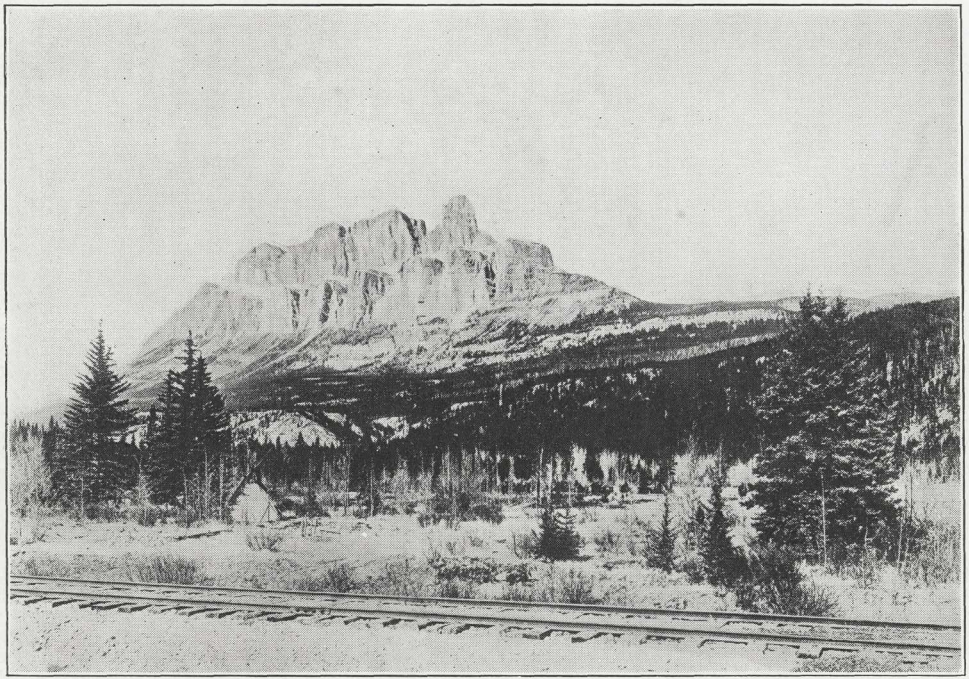
From Marble Canyon, where there is a delightful little bungalow rest camp, the road winds westward to Sinclair through a changing panorama of mountain grandeur, sometimes passing for miles through the green shade of pine forests, then emerging to climb again along the ledges of the valley, with extensive views of great peaks on either side. Eighty-four miles from Banff the summit of Kootenay range is crossed. Dropping down again by wide hairpin curves, it enters the narrow valley of the Sinclair, the mountains folding together until the road has scarcely room for its feet. Just beyond the Sinclair Hot Springs is the western gateway to Kootenay Park, where another Canadian Pacific rest camp is maintained. A few hundred yards beyond, Sinclair Creek carves its way through a magnificent canyon which forms Nature's impressive western portal to this magnificent highway. Here the road leads out to the wide and beautiful valley of the Columbia, joining the old Columbia River road, which may be followed to Golden, or south to Cranbrook, whence direct connection is made with the Western States.

The twenty-one miles branch road from Castle to Chateau Lake Louise is equally impressive in its grandeur. Here is seen the mighty entourage of peaks along the Divide known as the Laggan group, a royal company of peers, the majority over 11,000 feet in height. The Bow Valley widens out and through its green floor the river rushes down from the Divide.

Towering up to the left is the sublime Mount Temple, out-topping every other peak in the Rocky Mountains Park, with the exception of Assiniboine. To the left are seen the Ten Peaks; just before reaching Lake Louise a glimpse of the lofty summits of Victoria and Lefroy is had. An extension of nine miles from the wondrous lake leads to the valley of Ten Peaks.

From Lake Louise a motor highway, known as "The Kicking Horse Trail," stretches through Field to Golden. Following the south side of the Bow Valley, after crossing the Great Divide, the road picks up the old right of way abandoned by the Canadian Pacific Railway when the tunnels were built and utilized for the steep descent to Field. On this section superb views are given of the two great valleys of the Yoho and the Kicking Horse, and of the great Cathedral, Stephen, Burgess, and Wapta peaks. Two extensions are open—one of eleven miles up the glorious Yoho Valley, and another of seven miles to Emerald Lake.

From Field the highway follows the Kicking Horse River along its tempestuous course through Yoho National Park, and on its last fierce rush through the Kicking Horse canyon until it flings itself upon the broad bosom of the Columbia. As the road dips and rises fine views open in all directions. There are glimpses of Mount Vaux and snow-crowned Mount Goodsir, the highest peak in the park, and as Leanchoil is approached, of Chancellor peak, the dominating summit of the scene. Two miles beyond Leanchoil the highway leaves the Yoho National Park and enters upon the section built by the government of the



CASTLE MOUNTAIN, ALBERTA, NEAR LAKE LOUISE.

province of British Columbia, which extends eastward from Golden for sixteen miles.

The Kicking Horse Trail and the Banff-Windermere Highway, with the Columbia River Highway uniting the two, form a scenic route that traverses one of the richest regions in the Rockies. "Everywhere, what enchanting light and colour, a many-coloured kalaedoscope changing from mile to mile! The green plumes of the pine trees feathering the lower slopes, the silvery grey limestones splashed and banded with old reds, delicate pinks, yellows and purple maroons, the crystal veil of a waterfall swaying from far heights, the dazzling gleam of a snow peak or the glitter of green ice where a glacier clutches at some steep face of rock; the intense blue of the sky, stretched like a sheet of thin silk behind the peaks, the snow-white clouds, moving in little puffs up the slopes or winding and unwinding their airy scarves about the serene foreheads of the peaks, the changing patterns woven by their purple shadows and the deep shadows of peak on peak—the whole marvellous dissolving diorama that unrolls for two hundred miles from the eastern gate-way of the main Rockies to their western portal, seem almost to belong to another world."

The Mount Revelstoke Highway, climbing in a great spiral of twenty miles up the slopes of Mount Revelstoke, in Mount Revelstoke Park, the highest national park in the world, is a road of mountain beauty. As the elevation increases the panorama becomes more impressive in its scenic splendour. Below lies the valley, flat as a floor, with the green Illecillewaet coming in from the left, the broad Columbia from the right, and the little town set between. To the west can be seen the narrow cleft in the mountains, Eagle

Pass, where the last spike of the Canadian Pacific Railway was driven, and through which the line runs to the Gold Range. Mount Begbie stands out prominently in front, and in the south-east are seen the snow-covered summits of the Selkirks.

RECREATION A JOY.

In the Rocky Mountains recreation is a continuous joy. For the motorist the great motor highways offer a combination of smooth running and resplendent scenery. The mountain-climber has a wealth of opportunity unrivalled in any other part of the world for its magnitude and variety. From every centre radiates a network of trails of irresistible appeal to the rider and the walker. Golfers are accommodated with links where mighty crags fringe the course. The mountain lakes teem with fish, and, while the shooting of game is prohibited in the parks, the angler has full liberty for his sport. Stalking wild animals for pictures gives thrills to the photographer. In the hot springs swimming can be enjoyed to the heart's content, and the numerous waters give welcome to those who love boating or canoeing.

In comparing the mountain regions of the North American continent with those of Switzerland, Sir James Outram, whose achievements as a pioneer climber have splendidly enriched the annals of mountaineering in the Rockies, said :

"The United States, with all its enormous area and limitless array of Nature's mightiest works and treasures, might well expect to possess some counterpart to Europe's pleasure-ground. But, hunt as we

MOUNTAIN SHEEP NEAR BANFF, ALBERTA.

may amid the upland solitudes of Colorado's sea of lofty mountains, the noble peaks and canyons of the Californian Sierras, or the icy fastnesses of Mount Shasta and the Cascade Range, the more closely they are studied, the more intrinsically are they found to differ from Switzerland. Each contains some of the splendid features that are all combined within the scanty limits of the little European Republic, but the wondrous glacial fields, the massing of majestic ranges, the striking individuality of each great peak, the forest areas, green pasture lands, clear lakes, and peaceful valleys, are nowhere found harmoniously blended on the western continent until the traveller visits that section of the Rocky Mountains which lies within the wide domain of Canada."

The Alpine Club of Canada is doing much to popularise mountain climbing in the Rockies and Selkirks. Each year a camp is held at a chosen place, and it is the proud boast of the Club that during its existence only one fatality has happened, and that was when the victim had disobeyed the order of his guide. This Association of climbers is also doing much to arouse interest in walking tours, and, in 1920, inaugurated a Walking Tour Camp, the first of its kind in the Rockies, near Mount Assiniboine, which attracted nearly three hundred persons, and this has become a permanent institution. Other camps will be established as the demand arises.

Chateau Lake Louise is a favoured centre for mountain-climbers, and Swiss guides are stationed there during the summer. For the experienced climbers there are at least a score of peaks in the immediate neighbourhood of first-class importance and interest. Victoria, Lefroy, Hungabee, Temple, Pinnacle, Delta-

form, are all fine climbs, representing practically every form of rock, ice and snow work, and there are many others of equal interest. Two good half-day climbs that may be made by the inexperienced, without a guide, are the tops of Fairview and Saddle, on the left side of the Lake. A good trail leads to the summit of each and both afford superb views, the former of the Bow Valley and the Bow Range, the latter of Paradise Valley, Mount Temple, and the massive group of peaks converging at the head of Paradise Valley and the Valley of the Ten Peaks. Mounts Abbot, Afton, and Avalanche can be climbed without much difficulty; for the more experienced mountaineers there are Mounts Hermit, Castor, Pollux, Tupper, Rogers, Eagle and Sir Donald.

The golf course at Banff, within a few minutes' walk of the Banff Springs Hotel, is among the best in Canada. This is a favourite resort of the Prince of Wales while visiting his Western home, and many other notables have tasted its sporting fare. Swimming in the hot springs is another popular recreation among visitors to this far-famed beauty spot.

Nearly two hundred miles of roads radiate from Banff, and with the exception of the Spray Valley road, all of these are open to motors. The Spray Road is reserved for the use of horses and riding-ponies. It is one of the most delightful spots for a gallop in the park. The road skirts the Spray among beautiful pines, affording fine views of Mount Rundle and Goat Mountain. Good trails lead to the summits of several of the mountains adjoining Banff, and these can be followed on foot or pony.

Banff has now become famous as " The Braemar of

North America." A Highland gathering and Scottish Music Festival is held annually, in September, the scene being thoroughly characteristic in all its aspects. The grounds are ablaze with tartan. Pipes skirl in competition, or to the accompaniment of Highland dancing. Brawny Caledonians toss the caber, throw the hammer, and perform other athletic feats native to Scotland. Scottish songs are sung by artists known to two continents. Hebridean lasses lilt the folksongs of their native isle, and weeks before the event the news is heralded that—

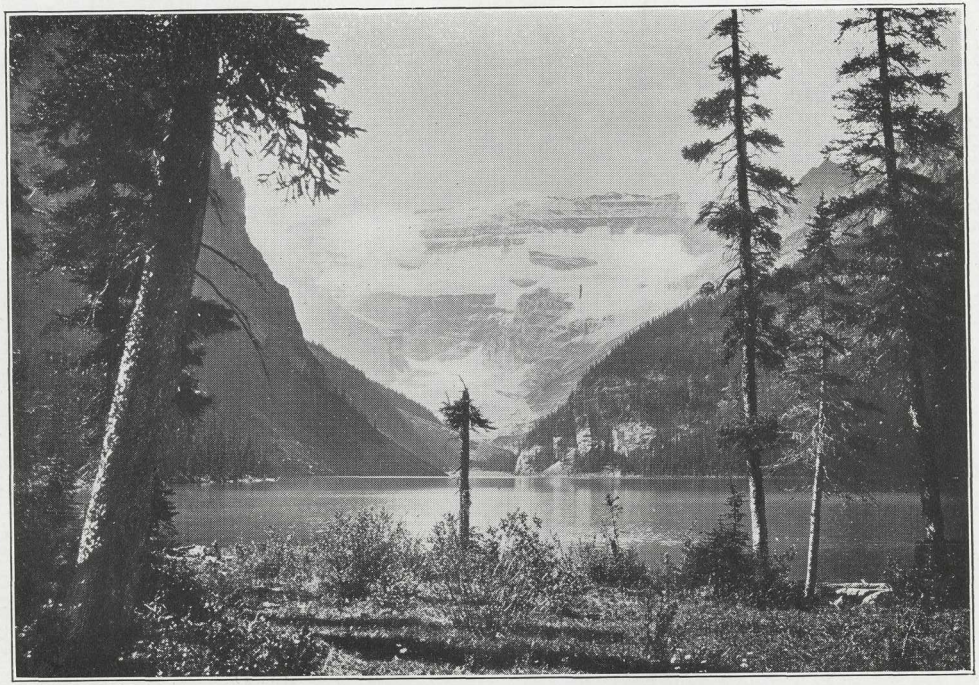
> " Duncan's comin'
> Donald's comin'
> Lachlan's comin'
> Ronald's comin'
> A' the Highland clans are comin',"

to participate in this great Scottish Gathering in the heart of the Rocky Mountains.

All the best fishing lakes are being constantly restocked from the Government hatchery at Banff, so that fishing in the Rockies is growing better every year. The Cutthroat, the gamiest trout of the mountains, and the Dolly Varden, or Bull trout, which runs to twelve pounds, offer the best of sport. Lake Minnewanka, within a few miles of Banff, contains the Lake trout, which runs as high as forty pounds. Several varieties not native to the park have also been introduced, including the Salmon trout.

TRAIL RIDERS OF THE CANADIAN ROCKIES.

Trail riding in the mountains is a fascinating experience, and to those who are prepared to face five or six days in the saddle, a glorious adventure. The



LAKE LOUISE, AS SEEN FROM THE CANADIAN PACIFIC CHATEAU, LAKE LOUISE.

inauguration of the Trail Riders of the Canadian Rockies, of which it is my pride and privilege to be a member, established a new era in this picturesque phase of mountaineering, and opened a new gateway to the beauties and delights of primeval Nature.

"The sun is shining in the sky—
We ride the rocky trails ;
The Rockies are to us just
What the sea is to the whales.
We wander up the mountain pass.
The icy streams we cross ;
We read the blazes on the trees,
Each one upon a hoss."

At the end of each of the annual rides a Grand Pow Wow is held. A big, gaily-painted tent, on which Indians have displayed their artistic devices, and capable of accommodating two or three hundred people, is used for this romantic assembly in the mountain wilderness.

The Pow Wow is held in the evening. Speeches and Trail Riders' songs—the order has its own poet laureate in the person of its founder, John Murray Gibbon—follow the meeting of the council. That night an especially huge camp-fire, worthy of the importance of the occasion, is built and lit.

The constitution of the Trail Riders of the Canadian Rockies, is no dull compendium of soulless regulations. The spirit of the Order is a reverence for the majesty and beauty of nature, its avowed aims to encourage travel on horseback through the Canadian Rockies, to foster the maintenance of old trails and the making of new trails, and to foster good-fellowship among those who visit and live in these mighty mountain ranges.

The breeding of saddle-horses suitable for high altitudes is promoted ; the study and conservation of

wild life are encouraged; maps, descriptions, and illustrations of existing and proposed trails and the country to which they give access in the Canadian Rockies, are prepared and circulated; an interest in Indian customs, costumes, and traditions, is being created; and the preservation of historic sites as related to the early explorers is among the many and diversified activities of this adventurous association of riders "on the roof of the world," which now has a thousand members.

The button incorporates the official badge of the Order, engraved or stamped on metal. A Western rider is depicted on horse-back, encircled by the words "Trail Riders Canadian Rockies." Bronze, silver, gold, gold with enamel border, and full colour enamel buttons are granted, according to the mileage ridden—50, 100, 500, 1,000 and 2,500 miles and upwards being the respective qualifications.

This is the official recognition of membership of the Trail Riders of the Canadian Rockies. But there is something even greater to be gained—fadeless memories of happy comradeship in the vast spaces of God's out-of-doors, of winding trails through canyons and over mountain crags, of camp fires and camp songs, and of the pure air of an unsullied land of beauty and romance.

The Honorary Secretary of the Trail Riders of the Canadian Rockies is Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Canada.

The Dominion National Parks constitute a vast game sanctuary. Within their borders no trap may be set, no gun fired, and the animals have lost their fear of man. I have had a friendly visit from an elk in the

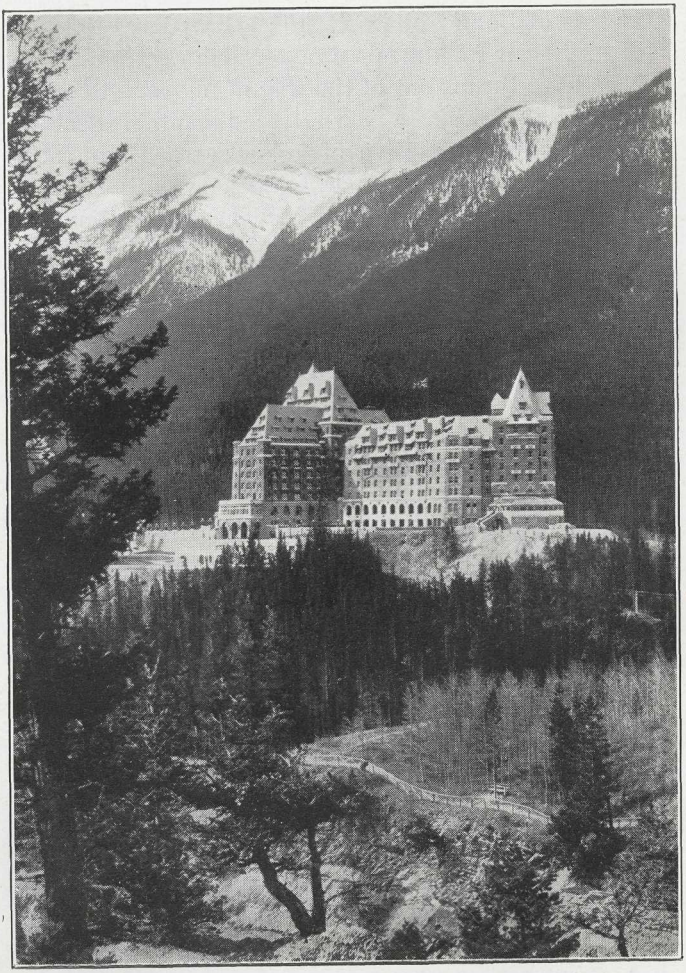
grounds of Banff Springs Hotel; a bear has cajoled a piece of sugar from me on a motor highway; mountain sheep have turned out of the way of my car—to graze contentedly within a few feet; mountain goats—shyest and most elusive of animals—can frequently be seen feeding within camera distance.

While no game hunting can be done in the mountain parks the areas adjacent to their boundaries are among the best on the continent. They can be reached usually by a two or three days' trail trip. Banff is one of the principal outfitting centres for expeditions of this kind and there are several firms that supply guides, ponies and all the necessary camp equipment. The Bighorn, or Rocky Mountain sheep, the Rocky Mountain goat and the Grizzly are the most prized trophies.

The policy of conservation also applies to the forests, and these, where the fiend Fire has not shown his devastating hand, form a beautiful feature of the landscape.

> "We grow on mountains where the glaciers cry;
> Infinite sombre armies of us stand
> Below the snow peaks which defy the sky;
> We know no man, our life is to stand staunch,
> Singing our song to the avalanche."

The trees for the most part are coniferous, and their myriad tall, straight trunks, and pointing spires harmonise perfectly with the towering peaks. The prevailing tree in the Rockies is the lodgepole pine, which persists to an altitude of from six thousand to seven thousand feet. Spruce is abundant in the flats and on the floors of the deep valleys. Balsam firs and the Alpine larch grow only in the higher altitudes at the last outpost of tree growth. Alpine, or Lyalls' larch is one of the most beautiful of trees. "Like



CANADIAN PACIFIC BANFF SPRINGS HOTEL, BANFF.

the Eastern tamarac which it resembles, its foliage is deciduous, turning in late September to a bright lemon yellow which, contrasted with the green of the pines and the red of the smaller shrubs, makes the forest in autumn from the valleys look like a brilliant Afghan thrown over the peaks."

The flora of the Rockies is equally attractive. I am not a botanist, nor have I any outstanding love of flowers, but I still remember my first sight of the Indian paint-brush. Flowers are abundant and remarkable for the brilliance and variety of their colouring, and Outram records that he collected over seventy kinds during a single summer in his wanderings, "though never once hunting for them."

Over five hundred varieties have been identified in the Rockies. "On the lower levels," says Mrs. Henshaw in her *Wild Flowers of the North American Mountains*, "white-flowered, scarlet-fruited shrubs mingle with the winter greens, larkspurs, violets and columbines; flaming Indian paintbrushes, gentians, queencups, and purple vetches cover many a slope; here a valley is covered with yellow lilies, gaillardias, arnicas, and golden-rods—a glorious field-of-the-cloth-of-gold—and there some mossy plateau is gay with arctic-alpine androsaces, stonecups, everlastings and the trailing vines of the sweet-scented northern twin flowers. On the high passes above the forest line grow the white heath and the red mountain heather, the latter the first cousin of its famous Scotch namesake, covering the slopes with 'its rose-red robe.' Higher up still grow the saxifrages, the white dryas, the frail everlastings, pearly pink-tipped and pale."

Recreation in the Rockies is not all strenuous activity. The life around the big hotels and the

bungalow camp has its own peculiar charm, the charm of a cosmopolitan and friendly assembly of guests combined with a panoramic array of resplendent mountain beauty. To sit on the terrace of Banff Springs Hotel or Chateau Lake Louise and drink in the glories of spectacular Nature is in itself an inspiration and a joy.

" Do you never leave the hotel grounds ? " I asked an American lady, a visitor at Banff. " Why should I ? " she replied. " Everything I want in a holiday I find here."

WINTER SPORTS.

Nor are the attractions of the mountain regions of Western Canada confined to life in the summer Do you remember Robert Louis Stevenson's words ? " In the rare air, clear cold and blinding light of Alpine winters, a man takes a certain troubled delight in his own existence which can nowhere be equalled. He is perhaps no happier, but he is singularly alive. He feels an enthusiasm of the blood unknown in more temperate climates. You wake in the morning, see the gold upon the snowpeaks, become filled with courage and bless God for your prolonged existence. The valleys are but a stride to you. You cast your shoe over the hilltops. Your ears and your heart sing. In the words of an unverified quotation from the Scotch psalms, you feel yourself ' on the wings of all the winds to come flying abroad.' "

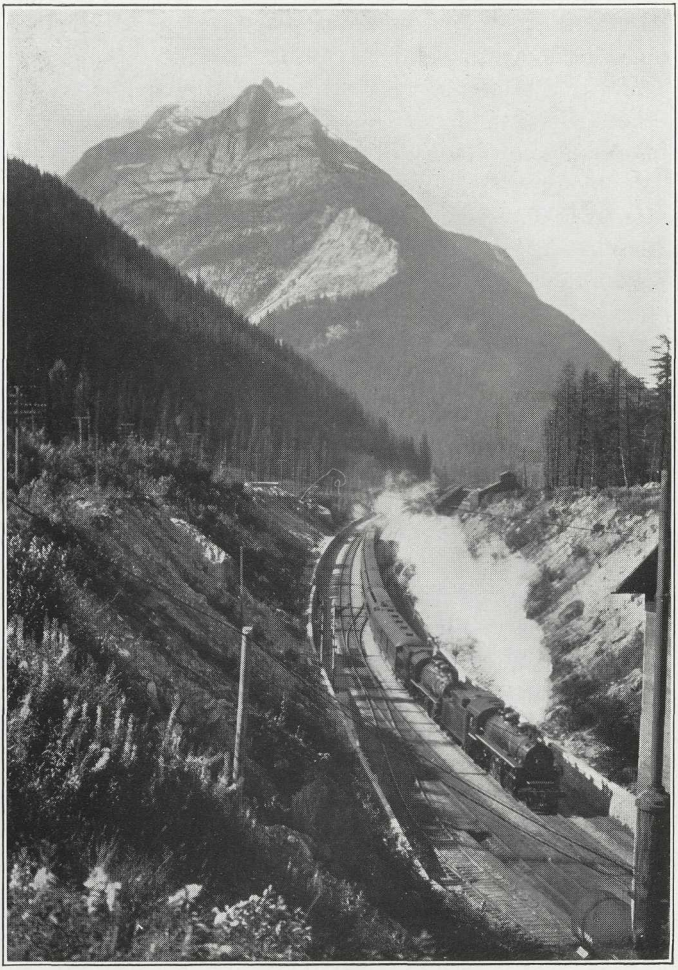
For winter sports Canada is unsurpassed. Skiing, tobogganing, snowshoeing, ski-joring, ice-boating, skating—facilities for these and other sports of a

seasonable nature, are available in abundance and under the best of conditions. At Banff a carnival is held each winter, and this resort is rapidly becoming the St. Moritz of the Western Hemisphere. One of the finest ski-jumps on the North American continent, rivalling the famous Blumendal hill in Norway, is in Mount Revelstoke Park, and this park is also noted for its celebrated ski-run. Other centres are growing in importance as winter resorts, and the Rockies and Selkirks, a world's summer playground, is likely to become, in the not distant future, an equally great winter playground.

SEEING THE ROCKIES FROM THE TRAIN.

The Canadian Pacific route through the Rockies, offers a spectacular feast to the traveller, and its magnificence is making an ever increasing appeal to tourists and globe trotters, and to those journeying to or from the Far East. Entering the mountains on the eastern portal, the Gap, the train whirls one into the very heart of a world of crags and canyons, glaciers and foaming torrents, tree-skirted valleys and waterfalls, extending westward for nearly six hundred miles—a riot of scenic glory. An express train crosses the Swiss Alps in five hours. The "Trans-Canada," fastest Canadian Pacific train, takes twenty-three hours to cross the ranges in Alberta and British Columbia. Edward Whymper's description of the Canadian Rockies as fifty Switzerlands thrown into one expresses a truth.

The specially constructed observation cars attached to the trains form a fine vantage point for sight seeing. The journey is a continuous panorama



THE CANADIAN PACIFIC TRANS-CANADA LTD., IN KICKING HORSE CANYON.

of sublimity. On the north side of the line as it emerges from the Gap is the Fairholme Range, with its fantastically broken peaks, among which Grotto is most prominent; on the south side lies the Goat Range, massive snow-laden promontories, rising thousands of feet and penetrated by enormous alcoves imprisoning all the hues of the prism. In the neighbourhood of the easily distinguished companion peaks, the Three Sisters, the curious group of pillars known as "hoodoos" appear. Beyond rises the great bulk of Cascade, north of Banff station, "towering above the town like a grim old idol," with an amphitheatre of adjoining crags.

Between Banff and Lake Louise splendid views of the surrounding mountains are given, the railway following the course of the Bow River through a beautifully forested valley. Westward and to the north of Castle Mountain, a sheer precipice of over four thousand feet, named for its resemblance to a giant keep, is the bare, rugged, and sharply serrated Sawback Range. Far to the south are the snowy peaks that enclose Simpson's Pass. Near Eldon a wonderful array of peaks is presented, including lofty Mount Temple, whose crests exhibit precipitous walls of ice, flashing blue in the sunlight.

Six miles west of Lake Louise is the Great Divide, highest elevation of the Canadian Pacific Railway, the boundary between Alberta and British Columbia, and the very backbone of the continent. It is marked by a rustic arch spanning a stream under which the water divides. The water that flows to the east eventually reaches Hudson's Bay and the Atlantic Ocean; the rivulet that runs to the west adds its mite to the Pacific. On the left is the granite shaft erected to the

memory of Sir James Hector, the discoverer of the Kicking Horse Pass.

Formerly the section between the Great Divide and Field was a difficult one, the gradient being 4.5 per cent.; but by two wonderful tunnels—forming one of the most notable railway engineering feats ever accomplished—the difficulty has now been eliminated, and the grade reduced to 2.2 per cent. These tunnels are the famous "Spiral Tunnels." From the east, the track enters the first tunnel under Cathedral Mountain, and after turning a complete circle and passing under itself emerges into daylight. The track then turns easterly, and crossing the river enters the second tunnel, under Mount Ogden. Again turning a complete circle and passing under itself it comes out again into daylight and continues westward to Field. The whole thing is a perfect maze, the railway doubling back upon itself twice and forming a rough figure "S" in shape.

Towering six thousand feet above Field gateway to Yoho National Park and particularly to Yoho Valley, one of the most beautiful in the entire Rockies, stands Mount Stephen, at the base of which roars the turbulent Kicking Horse River on its way to join the Columbia.

The twenty-mile journey between Lake Louise and Field, with its vivid and startling realisation of the elevations reached, of the grades necessitated, and of the engineering difficulties encountered and overcome, leaves one breathless and amazed, full of admiration for the master minds which conceived and carried through the achievements of a transcontinental railway.

Westward from Field, the route for about thirty-five miles is parallel to the turbulent Kicking Horse River.

The narrow valley of the Kicking Horse divides the Ottertail Range on the south from the Van Horne Range on the north. A vivid contrast in mountain formation is evident between the two ranges. Mounts Goodsir, Vaux and Chancellor are prominent, with the President Range visible on the north. At the base of Mount Hunter the river turns abruptly and plunges into the lower Kicking Horse Canyon, which rapidly deepens until, beyond Palliser, the mountain sides become vertical. " The roar of the river as it reaches from side to side of the narrow gorge, the thunder of the train as it follows the river—pandemonium increased a thousandfold by the reverberations of the canyon walls—gives an indescribable sensation until at Golden we suddenly reach daylight again and the noisy, turbulent Kicking Horse is received into the calm bosom of the mighty Columbia."

Between Golden and Glacier the scenery reaches a climax of mountain grandeur. There is first the magnificent eastern thrust of the Selkirks, with its glorious array of mountain peaks culminating in the lofty pinnacle of Sir Donald ; then there are mountain torrents that tumble in splendid cascades, through the narrow gorges cut deeply into the steep hillsides, the Columbia River trench, flanked by the two highest mountain systems of the Rockies ; and the Columbia River itself, which for more than twenty-five miles parallels the railway line, and at the base of the Selkirks is a raging, roaring flood, forcing its way through precipitous canyons to the high slopes along which the railway creeps.

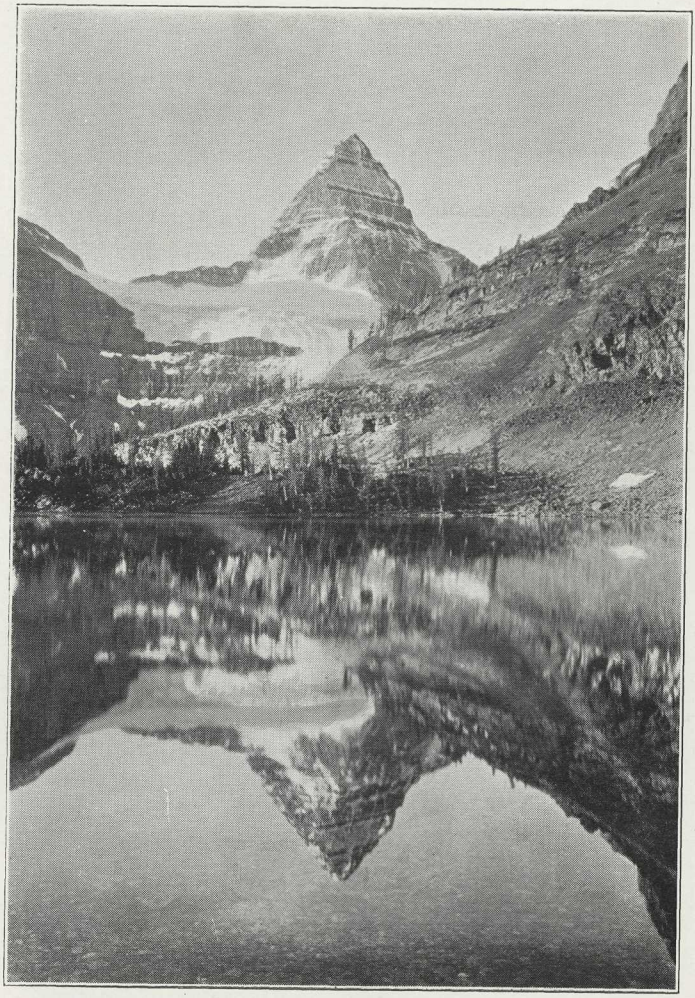
Just west of Golden, north of the track, is the model Swiss village of " Edelweiss," erected by the Canadian Pacific for the Swiss guides whom the

CANADIAN PACIFIC CHATEAU LAKE LOUISE, ALBERTA

company employ for the benefit of mountain climbers. Previous to the erection of this village the guides returned to Switzerland at the end of each season, but now they live in Canada the entire year.

Until the end of 1916, the railway crossed the Selkirks through Rogers Pass. This was a most spectacular route, affording some magnificent views of Mount Macdonald, Mount Tupper, and other giant peaks; but it had many disadvantages, amongst which were the enormous track curvature and the necessity of maintaining long stretches of snowsheds. These difficulties were finally overcome by the construction of the Connaught Tunnel, under Mount Macdonald. This tunnel is the longest tunnel on the American continent, measuring slightly over five miles from portal to portal. The method by which it was pierced involved the tunnelling of a pioneer bore paralleling the centre line of the main tunnel—a feature that was new and aroused the interest of engineers the world over. The railway emerges from the tunnel at Glacier station.

Surmounting Glacier is the great Illecillewaet Glacier, an immense plateau of gleaming ice, framed in a dark forest of giant cedar, hemlock and spruce trees, scarred by immense crevasses of great depth, and covering an area of about ten square miles. Westward, between Glacier and Revelstoke, lies the steep western slopes of the Selkirk Range, another mountain region of impressive beauty. For a considerable part of the journey the railway follows the Illecillewaet River which, tumbling along precipitous gorges, rushing and foaming in splendid cascades, pours its milk-green coloured flood from its glacier



MOUNT ASSINIBOINE, THE MATTERHORN OF THE CANADIAN ROCKIES.

source to the waters of the Columbia, over two-thousand feet below.

Beyond Revelstoke the track crosses the Gold Range through Eagle Pass, in which, at Craigellachie, an obelisk commemorates the completion of the Canadian Pacific Railway. It was here, on November 7th, 1885, that the rails from the east met the rails from the west, and the long cherished vision of a Canadian transcontinental railway became a reality. Sicamous, on Shuswap Lake, is a favourite stop-over for travellers who, having traversed the mountains, wish also to see by daylight the wonderful canyon scenery that lies between here and Vancouver. Incidentally, Lake Shuswap is a very fine fishing water, and has the reputation of containing more varieties of trout and other fish, including steel-head and land-locked salmon, than any water in British Columbia.

At Savona the series of Thompson River canyons is entered; these lead westward to the far-famed Fraser Canyon, where the river is forced between vertical walls of black rock, and repeatedly thrown back upon itself by opposing cliffs, rousing the water to a roaring foam. At Lytton the canyon widens to admit the Fraser, the chief river of British Columbia, which comes down from the north between two great lines of mountain peaks, and whose turbid flood soon absorbs the bright green waters of the Thompson. This section of the railway again exemplifies the dauntless spirit of the builders of the road. For most of the way the line follows the canyon at a considerable height above the river bank; the track, hewn from the solid rock, also tunnels through great rock spurs. At appropriately named Hell's Gate, a fierce and spectacular cataract is formed through the sudden

compression of the river between two jutting promontories, whence it escapes as through a bottle-necked outlet. Beyond Yale, which occupies a bench above the river, in a deep *cul-de-sac* in the mountains that rise to a great height on all sides, the canyon widens out and is soon succeeded by broad, level valleys through which the train journeys to its western terminus at Vancouver, on the coast of the Pacific Ocean.

The story—a true story—is told of an American woman who, after gazing at one of the world's scenic wonders, the Illecillewaet Glacier, a mighty mass of crystal ice towering thousands of feet from the level of the railway track, asked in all earnestness, "Is it a real glacier, or only one that the Canadian Pacific put there for an advertisement?"

This was a task beyond the power of even the builders of the Canadian Pacific, but the work accomplished by them of opening to the nations of the earth the portals of a mountain region which, for immensity and scenic grandeur is unparalleled elsewhere in the world, is forever enshrined in the annals of Canada and the British Empire.

Only the traveller who has journeyed through this mountain zone, with its cloud-splitting peaks, wild and gloomy canyons and roaring mountain torrents, can realise—and but vaguely realise—the nature of this unequalled feat of construction. The mountain portion of the Canadian Pacific Railway stands for all time as a monument to the dauntless hearts and daring genius of its builders, giants among men.

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