1924

# RESORTS
## *in the*
# CANADIAN PACIFIC ROCKIES

CANADIAN · PACIFIC · RAILWAY

# CANADIAN PACIFIC HOTELS

## IN THE ROCKIES

### Banff Springs Hotel, Banff, Alberta

A magnificent hotel in the heart of the Rocky Mountains National Park, backed by three splendid mountain ranges. Alpine climbing, motoring and drives on good roads, bathing, hot sulphur springs, golf, tennis, fishing, boating and riding. Open May 15th to September 30th. European plan. 1½ miles from station. Altitude 4,625 feet.

### Chateau Lake Louise, Lake Louise, Alberta

A wonderful hotel facing an exquisite Alpine Lake in Rocky Mountains National Park. Alpine climbing with Swiss guides, pony trips or walks to Lakes in the Clouds, Saddleback, etc., drives or motoring to Moraine Lake, boating, fishing. Open June 1st to September 30th. European plan. 3½ miles from station by motor railway. Altitude 5,670 feet.

### Emerald Lake Chalet, near Field, B.C.

A charming Chalet hotel 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. Seven miles from station. Altitude 4,262 feet.

### Glacier House, Glacier, B.C.

In the heart of the Selkirks. Splendid Alpine climbing and glacier exploring, driving, riding and hiking. Open June 15th to September 15th. American plan. 1½ miles from station. Altitude 4,086 feet.

### Hotel Sicamous, Sicamous, B.C.

Junction for the orchard districts of the Okanagan Valley, and stop-over point for those who wish to see the Thompson and Fraser Canyons by daylight. Lake Shuswap district offers good boating, and excellent trout fishing and hunting in season. Open all year. American plan. At station. Altitude 1,146 feet.

## ON THE PACIFIC COAST

### Hotel Vancouver, Vancouver, B.C.

The largest hotel on the North Pacific Coast, overlooking the Straits of Georgia, and serving equally the business man and the tourist. Situated in the heart of the shopping district of Vancouver. Golf, motoring, fishing, hunting, bathing, steamer excursions. Open all year. European plan. One-half mile from station.

### Empress Hotel, Victoria, B.C.

A luxurious hotel in this Garden City of the Pacific Coast. An equable climate has made Victoria a favorite summer and winter resort. Motoring, yachting, sea and stream fishing, shooting and all-year golf. Open all year. European plan. Facing wharf.

## 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 and the tourist en route to or from the Canadian Pacific Rockies. Good golfing and motoring. Open all year. European plan. At station.

### Royal Alexandra Hotel, Winnipeg, Manitoba

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. Good golfing and motoring. Open all year. European plan. At station.

## EASTERN CANADA

| | |
|---|---|
| *Place Viger Hotel, Montreal, Quebec* | A charming hotel in Canada's largest city. Open all year. |
| *Chateau Frontenac, Quebec, Quebec* | A metropolitan hotel in the most historic city of North America. Open all year. |
| *McAdam Hotel, McAdam, N.B.* | A commercial and sportsman's hotel. Open all year. |
| *The Algonquin, St. Andrews, N.B.* | The social centre of Canada's most fashionable seashore summer resort. Open June 28th to September 6th. |

## HOTELS AND BUNGALOW CAMPS REACHED BY CANADIAN PACIFIC

| | |
|---|---|
| Moraine Lake, Alta. | *Moraine Lake Camp* |
| Banff-Windermere Automobile Highway | *Storm Mountain Bungalow Camp* |
| | *Vermilion River Camp* |
| | *Sinclair Hot Springs Camp* |
| Hector, B.C. | *Wapta Camp* |
| Hector, B.C. | *Lake O'Hara Camp* |
| Field, B.C. | *Yoho Valley Camp* |
| Lake Windermere, B.C. | *Lake Windermere Camp* |
| Penticton, B.C. | *Hotel Incola* |
| Cameron Lake, B.C. | *Cameron Lake Chalet* |
| Strathcona Lodge, B.C. | *Strathcona Lodge* |
| 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.* |

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# CANADIAN PACIFIC ROCKIES

The most magnificent mountain region of the world. Nearly seven hundred peaks over 6000 feet in height—lovely mountain lakes, swift rivers, still primeval forests, glistening glaciers, extensive national parks, hundreds of miles of roads and good trails. Climbing, fishing, hiking, motoring, hunting in season—and perfect accommodation at five Canadian Pacific hotels and nine Bungalow Camps.

# RESORTS IN THE CANADIAN PACIFIC ROCKIES

*Some Comparisons* Nature has thrown up the Canadian Pacific Rockies on so vast a scale that the human mind can with difficulty grasp their greatness—except by some comparison. The "Trans-Canada Limited," fastest Canadian Pacific train, takes twenty-three hours to pass from Cochrane, at the entrance to the Rockies, to Mission, where it enters the coastal plain. The simplest parallel is that of the Swiss Alps, which throw their giant barrier between Italy and France. Two of the best known railway routes across the Swiss Alps are the St. Gothard and the Simplon. It takes an express train five hours to travel from Lucerne to Como, or from Lausanne to Arona.

When, therefore, Edward Whymper, the hero of the Matterhorn, described the Canadian Pacific Rockies as fifty Switzerlands thrown into one, this certainly was no exaggeration. The Canadian Pacific Rockies stretch from the Gap practically to Vancouver—nearly six hundred miles of Alpine scenery. Snowy peaks, glaciers, rugged precipices, waterfalls, foaming torrents, canyons, lakes like vast sapphires and amethysts set in the pine-clad mountains—these have been flung together in unparalleled profusion on a scale which Europe has never known.

It may also be pointed out that the Canadian Pacific Rockies far surpass many other mountain systems in their relative height above valleys, and, being rich in glaciers and névé fields, are generally snow-covered the year round.

*First Glimpses of the Rockies* From the roof garden of the Hotel Palliser, in Calgary, you can see the foothills of the Rockies—dull blue, with shining peaks against the horizon. As the train glides westward up the long transverse valleys—old grooves down which came the spent glaciers from the higher mountains—the prospect grows more awe-inspiring with every mile, until the train leaves the foothills for the real Rockies. The coloring is intense in the foregrounds—filled with soft suggestion, with unguessed witchery of semi-tonal shade, as the prospect dips and fades away from you. The skies are raw-blue, the snow on the summits is whiter than sea-foam, whiter than summer cloud, white with a glistening untouched whiteness that cannot be named.

The still valleys are full of jade pine trees that fade into amethyst and pearl distances. The spray of a 300-foot cataract is like spun glass. The huge bulk of a tireless and age-old glacier is milky green. The rocks are of every shade and subtle blending that the palette of the First Artist could produce. And the perspective effects are like nothing that can be caught with the camera, or splashed on canvas.

*The Happy Life* The Canadian Pacific route through these mighty mountain ranges is in itself a visualization of human triumph over nature. From Calgary, to which it has been steadily climbing since it left Lake Superior, it climbs another three-eighths of a mile to the Great Divide. Thence, following the narrow Kicking Horse Pass, it dips down to meet the majestic Columbia River; then it re-ascends another quarter of a mile to the summit of the Selkirk Range before beginning its three-quarter mile drop to the Pacific. The Spiral Tunnels through the Kicking Horse Pass, the Connaught Tunnel through the Selkirks, are engineering feats of a magnitude matching the obstacles opposed to the passage of the railway. The trip through the Thompson and Fraser canyons is of scarcely lesser interest than the journey through the mountains themselves.

So much for what the traveller sees en route. This great mountain region offers a remarkable welcome to those who leave the railway and tarry for a while. Fishing, hunting, climbing, riding, driving, exploring, Alpine flower gathering, wonder-photo taking, golfing at Banff on the most scenic course in the world—these are some of the "frill" doings in the Rockies. The biggest and most solid pleasure is just *living*—living where the air has never been contaminated with soot, where you can go from summer to snow at any time you want, where you need no alarm clock to get you up, no cordial to put you to sleep, no dinner bell to tell you when it's time to eat.

Banff, with its glorious panorama of Bow and Spray Rivers, is the headquarters of Rocky Mountains Park. Lake Louise, an enchanting lake with a no less enchanting hotel, is the gateway to a region of magnificent scenery, as Field is that to winsome Emerald Lake, or Wapta Camp to the Yoho Valley. Glacier, in the Selkirks, is the finest mountain-climbing centre of this continent. Sicamous is a charming half-way house for those who want to make the whole journey by daylight.

*Where to Stay* There are beautiful Canadian Pacific hotels at Banff, Lake Louise, Emerald Lake, Glacier and Sicamous—hotels whose windows open on fairyland, where music or other entertainment helps to pass the evenings of glorious days. At other points are bungalow camps to suit less conventional tastes. These include Moraine Lake Camp, near Lake Louise; Wapta Camp, Lake O'Hara Camp, and Yoho Valley Camp, clustering around Hector and the Yoho Valley; Lake Windermere Camp in the Columbia Valley; and several rest houses. Along the Banff-Lake Windermere road (see below) are three new camps at Storm Mountain, Vermilion River and Sinclair Hot Springs.

*The Southern Route* The Crow's Nest Pass line of the Canadian Pacific, and its continuation the Kettle Valley line, is a postscript, crossing the Rockies farther south than the main line. But many line people think that it lives up to postscript traditions by carrying some of the most important information. The visitor who would fully and faithfully see Canadian Pacific Rocky-land should go by way of Banff and Lake Louise and then dip southward via Golden, to Lake Windermere Camp, on one of the loveliest warm water lakes in British Columbia. This camp can now also be reached over the new Banff-Windermere road—one of the most magnificent and spectacular automobile rides of the continent. (See page 18.)

There are another two fascinating alternatives. One is to go by the main line as far as Revelstoke, and thence branch southward through the Arrow Lakes to Nelson and the Kootenays. The other is to go to Sicamous, and southward through the charming, fertile Okanagan Valley to Penticton. The southern route via Crow's Nest Pass line ties together these beautiful lakes of British Columbia, and forms an alternative through route from the prairies to Vancouver.

*Canadian National Parks* Canada has a magnificent system of nineteen National Parks, of which fourteen are in Western Canada. Of the latter, four of the most important are traversed by or lie adjacent to the Canadian Pacific Railway, while two others can be reached conveniently from it.

Rocky Mountains Park, the easternmost and largest of these six, is bounded on the west by the interprovincial boundary between Alberta and British Columbia, and on the east by, approximately, the first big ranges of the Rockies. It has an area of 2,751 square miles, its greatest length being about one hundred miles. No part of the Rockies exhibits a greater variety of sublime and romantic scenery, and nowhere are good points of view and features of special interest so accessible, with so many good roads and bridle paths.

Its principal mountain ranges are the Vermilion, Kananaskis, Bourgeau, Bow, and Sawback ranges; its principal river is the Bow, which has for chief tributaries the Kananaskis, Spray, Cascade and Pipestone rivers. The Panther and Red Deer rivers flow through the north-eastern portion of the Park, which includes part of the Bow River Forest Reserves. Of the many beautiful lakes within the Park, the principal are Louise, Minnewanka, Hector, Spray, Kananaskis and Bow Lakes. Banff and Lake Louise are the chief centres, the former the administrative headquarters. The Canadian Pacific runs through the middle of the Park, entering at the Gap and following the Bow River.

Yoho Park (area 476 square miles) immediately adjoins Rocky Mountains Park on the west, and lies, broadly speaking, on the descending slopes of the Rockies, with the President and Van Horne ranges as its western boundary. It is a region of charm and winsome beauty, of giant mountains and deep forests, of rushing rivers and sapphire-like lakes. Its principal river is the Kicking Horse, with the Ottertail and Yoho as main tributaries; its chief lakes are Emerald, Wapta, McArthur, O'Hara and Sherbrooke. The Yoho Valley, Emerald Lake, Burgess Pass and other points are amongst the chief scenic features. The Canadian Pacific runs through the centre of Yoho Park, following the Kicking Horse River.

From Yoho, while we are descending the Rockies and ascending into the Selkirk Range, there is an interval of about fifty miles before we enter Glacier Park. This Park (area 468 square miles) includes part of the Hermit Range of the Selkirks, and embraces some of the finest mountaineering country in North America. With its massive peaks and giant glaciers it has an air of grandeur and of mystery. Its chief rivers are the Beaver and the Illecillewaet; its centre is Glacier House, a short distance from Illecillewaet Glacier. The Canadian Pacific, coming from the north, runs through part of the western half of this park, tunnelling under Mount Macdonald and then following the Illecillewaet River.

Mount Revelstoke Park (area 100 square miles), on the western slopes of the Selkirks, lies about fifteen miles west of Glacier Park, its southern border paralleling the Illecillewaet River. It is very easily reached from the city of Revelstoke.

Kootenay Park (area 587 square miles) tucks in between the southern portions of Rocky Mountains and Yoho Parks, and comprises the Vermilion, Mitchell and Briscoe Ranges. The Kootenay River flows through its southern part, with a large tributary in the Vermilion. At the south-west end it almost touches the eastern bank of the Columbia River a little above Lake Windermere. The nearest railway connection is at Lake Windermere, but the Banff-Windermere motor-road that has been constructed from Banff through Vermilion Pass traverses the centre of this Park.

Waterton Lakes Park (220 square miles) lies about thirty miles south of the Crow's Nest Pass line of the Canadian Pacific, adjoining the international boundary. Here the mountains, set close around the lakes, are warm and very friendly, and, lifting to not too difficult heights, seem always to be in an inviting mood.

Adjoining Rocky Mountains Park is a new British Columbia Provincial Park, Mount Assiniboine Park, covering an area of twenty square miles and dominated by Mount Assiniboine, 11,860 feet high.

# WHAT TO DO AT BANFF

Banff is the administrative headquarters of Rocky Mountains Park (area 2,751 square miles). No part of the Rockies exhibits a greater variety of sublime and romantic scenery, and nowhere else are good points of view and features of special interest so accessible. The town lies embowered in pine forests and lawns, in a pocket of a wide circle of pearly-grey limestone peaks. Warmed by clear sunshine and kissed by clear air, exhilarated by theglacial-green Bow River that frisks through its middle, Banff bids all welcome.

The traveller seeking a holiday can find all his wants supplied at the finest mountain hotel in the world, the Canadian Pacific Banff Springs Hotel, which is open from May 15th to September 30th.

*The Panorama of Banff* From either the station, the bridge or the Banff Springs Hotel a magnificent panorama is to be witnessed. 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 Mount 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 Mount Rundle.

From the Bow bridge the view is even more 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, between Tunnel and Rundle Mountains, to the distant snow-clad barrier of the Fairholme Range.

*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 five chief springs have been found to have a total flow of about a million gallons a day, and issue from the ground the year round at a temperature of over 90 degrees Fahrenheit. The chief constituents are calcium sulphate or gypsum, calcium bicarbonate, and magnesium sulphate, and their therapeutic value is very high. Winter makes no difference to the temperature of the water. The springs, which are 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 the Upper Hot Springs, the Cave and Basin Bath House, and at the Banff Springs Hotel. The first named, situated on the wooded slopes of Sulphur Mountain, at an altitude of 5,132 feet, is accessible by an excellent road from the Bow River bridge (2½ miles) or by trail from the Banff Springs Hotel. The Cave and Basin is one mile from the bridge, and here the Government has erected a handsome $150,000 swimming bath. The Banff Springs Hotel has its own beautiful sulphur pool, with fresh water pool adjoining and with expert masseurs in attendance at the Turkish baths attached. The temperature of this sulphur water averages 90 degrees Fahrenheit.

*Golf and Tennis* An eighteen-hole golf course, situated on the banks of the Bow River at the base of Mount Rundle, is open to all visitors to Banff for a small fee. A professional player is in attendance. A tennis court is free to guests at the Banff Springs Hotel.

*Boating* Boating facilities—rowing, canoeing, and motor-boating—are available one hundred yards from the bridge. A paddle up the Bow brings one to mirror-like Lake Vermilion—one of the many beautiful lakes in the Park. A ten-mile motorboat trip into the heart of the mountains is also offered. Another trip is up the Echo River, with two miles of excellent paddling and sylvan shade. Lake Minnewanka, eight miles from Banff, affords splendid boating amidst unexcelled scenery, steam launches being also available.

*Recreation Grounds* On the shore of the Bow River, 500 yards west of the bridge, are the Government Recreation Grounds and Building, with special picnic, baseball, tennis, football, and cricket grounds.

*Walking and Riding Trips* There are a large number of beautiful trails and roads leading from Banff, offering delightful rides, drives and walks. Bow Falls, three minutes from the Banff Springs Hotel, is one of the most beautiful spots in Banff. A lovely pine-canopied avenue also runs from the Bow Bridge to the foot of the falls below the hotel, passing en route the fish hatchery of the Department of Fisheries. On the east side of the Bow Falls is the road which switchbacks up Tunnel Mountain, the highest point being reached by a series of short switches called the Corkscrew. It affords splendid views of the Bow Valley and the surrounding mountains. Another beautiful walk is past the Cave and Basin to Sundance Canyon.

Sulphur Mountain, a long wooded ridge rising to an elevation of 8,030 feet, at the summit of which is an observatory, and on the slopes of which is the clubhouse of the Alpine Club of Canada; Cascade Mountain, a massive giant facing the station; Mount Rundle, the sharp, pointed edge of which forms one of the most striking features of the landscape; Mount Norquay and Stoney Squaw, are all within easy walking distance, and afford climbs not exceeding one day.

The Animal Paddock, 1½ miles from the town towards Lake Minnewanka, and containing buffalo, elk, moose, mountain goat, and mountain sheep, the Zoo and Museum, and Sundance Canyon should not be omitted.

*Drives or Automobile Trips* Some of the walking trips mentioned may be taken by saddle-pony or automobile. In addition, there are others that are too far for the ordinary walker. Lake Minnewanka, a lake of somewhat stern beauty with a plentiful supply of fish; Johnston Canyon, with a fine waterfall, westward sixteen miles from Banff, and situated in the midst of a panorama of snowy peaks; the "Loop Drive"—are some of these splendid driving trips. A fine automobile trip which has become very popular runs along the new Banff-Windermere automobile highway to the Columbia Valley. Leaving Banff in the morning, one can lunch at Storm Mountain, Marble Canyon or Vermilion River. (See page 18.)

Another fine drive is along the Calgary road to the Kananaskis Dude Ranch in the foothills.

*To Lake Louise* One of the finest automobile trips is that to Lake Louise, a distance of 41 miles. The route is past the Vermilion Lakes, the Sawback Range, Johnston Creek, Castle Mountain and Temple Mountain. A herd of Rocky Mountain sheep, in their wild native state, is usually seen by the roadside, about five miles west of Banff, and not unfrequently mountain goats are seen high up on the cliffs. A short detour at Castle enables one to take in Storm Mountain on the crest of Vermilion Pass, with a magnificent panorama of the Bow Valley, the Sawback Range, and the Vermilion Valley and Range in British Columbia.

Large sightseeing cars leave Banff Springs Hotel and the Chateau Lake Louise twice daily during the summer season.

*Saddle-Pony Trips* There are over 700 miles of trail in Rocky Mountains Park, a large part of which radiate from Banff, and many worth-while trips, from a day's to a fortnight's duration, can be made from Banff or Lake Louise. In addition to those which come under the head of walking or driving, the visitor may find his way, by pony, to Mystic Lake, in the heart of the Sawback Range, to Ghost River and through the Indian Reservation to the town of Morley, the Spray Lakes, the Kananaskis Lakes, etc.

A particularly fine pony trip from Banff and one on which several days can profitably be spent, is that to Mount Assiniboine—the "Matterhorn of the Rockies." This can be reached via the Spray Lakes, and the return made by traversing the beautiful summit country in the vicinity of the mountain through the heather and flowers of Simpson Pass and along Healy Creek. Excellent trout fishing may be had at the Spray Lakes.

*Indian Pow-Pow* There are a number of Stoney Indians in the Morley reservation near Banff. An annual "pow-pow" of sports, races, etc., is held during the month of July.

*Winter Sports* Banff is rapidly becoming an important centre for winter sports, the Annual Carnival attracting ski-jumpers of international reputation.

### AUTOMOBILE TARIFF AT BANFF
(Rates are per person)

To Cave and Basin—25c each way (minimum 50c).
To Golf Links—25c each way (minimum $1.00).
To Middle Springs—75c each; round trip, with 15 minutes' wait, $1.00. (Minimum $2.00 each way, $2.50 round trip.)
To Upper Hot Springs—$1.00 each way; round trip, with 15 minutes' wait—$1.50. (Minimum $3.00 each way; $3.50 round trip.)
From station to any part of Banff north of Bridge and west of Grizzly Street—25c; to any other part of Banff—50c. (Minimum $1.00.)
Bus from Station to Banff Springs Hotel, each way—50c. Ordinary hand baggage free; trunks and heavy baggage, each way—25c per piece.

### SPECIAL AUTOMOBILE LOOP TRIPS FROM BANFF

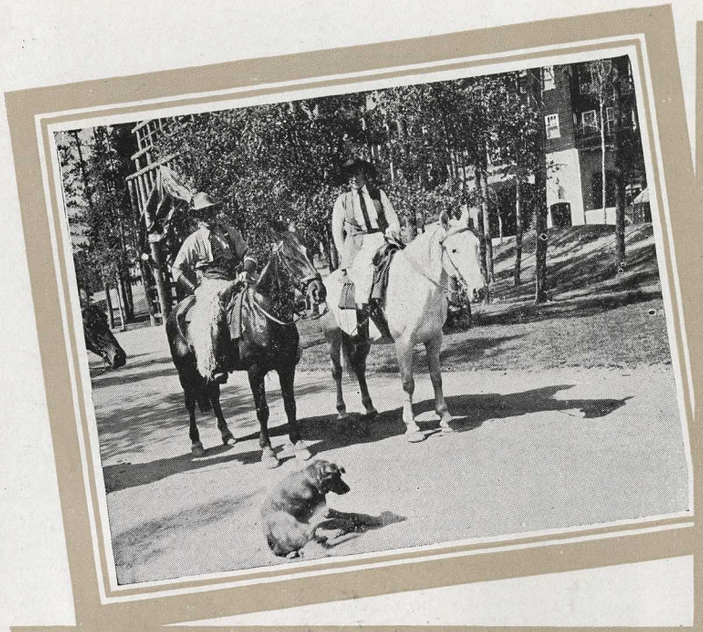
General Drive—Around Tunnel Mountain to Hoodoos, down and around Buffalo Paddock, Zoo, Cave and Basin, Golf Links, Banff Springs Hotel, and return to village—22 miles.
Loop Drive—8 miles round distance.
Tunnel Mountain Drive—4½ miles round distance.
For the above trips use one-way rates (see general automobile tariff, page 18).

### DISTANCES—ROCKY MOUNTAINS PARK
(ONE WAY)

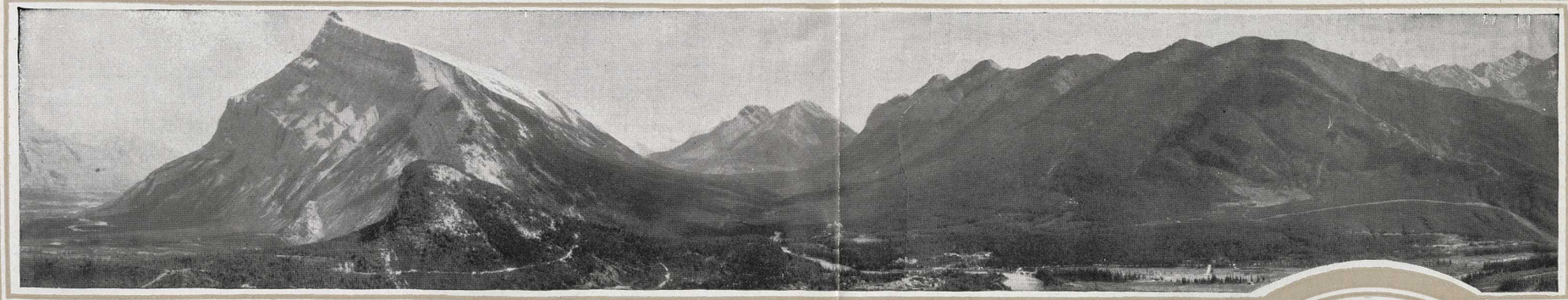
Banff to Buffalo Paddock—2½ miles. To Sundance Canyon—3½ miles. To Mount Edith—4 miles. To Hoodoos, via Tunnel Mountain drive—4½ miles; or via Buffalo Paddock and Anthracite—7 miles. To Bankhead—5 miles. To Canmore—16 miles. To Johnston Canyon—16 miles (rate for Johnston Canyon includes waiting time up to 45 minutes). To Lake Louise—41 miles; and to Lake Louise and Moraine Lake—50 miles.
To Lake Minnewanka—8½ miles. (Additional charge of 50c per person may be made on motor coach trips to cover waiting time for launch trip.)

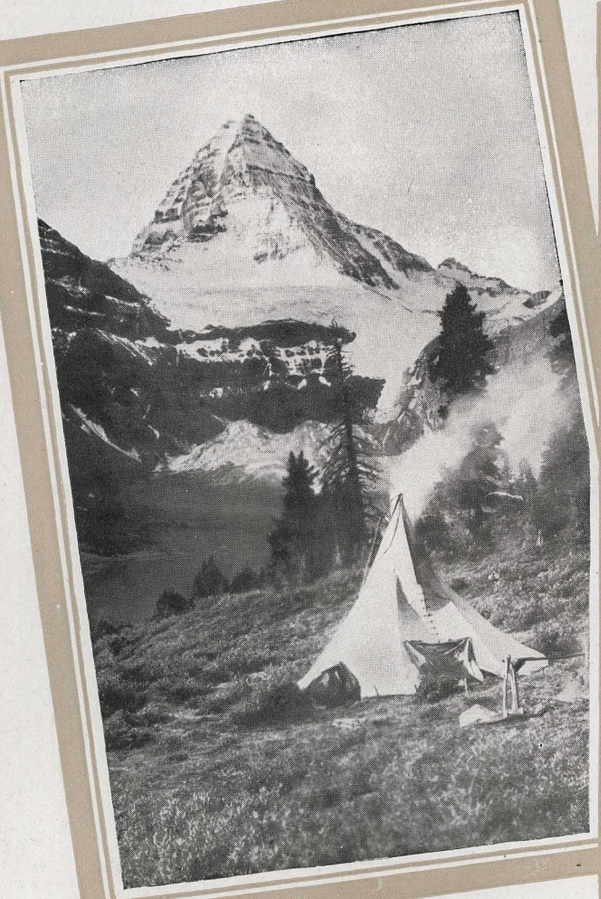
*The above rates (subject to alteration) are established by the Dominion Parks Branch, Department of the Interior. Attempted overcharges should be reported to the Superintendent, Rocky Mountains Park, Banff, Alta.*

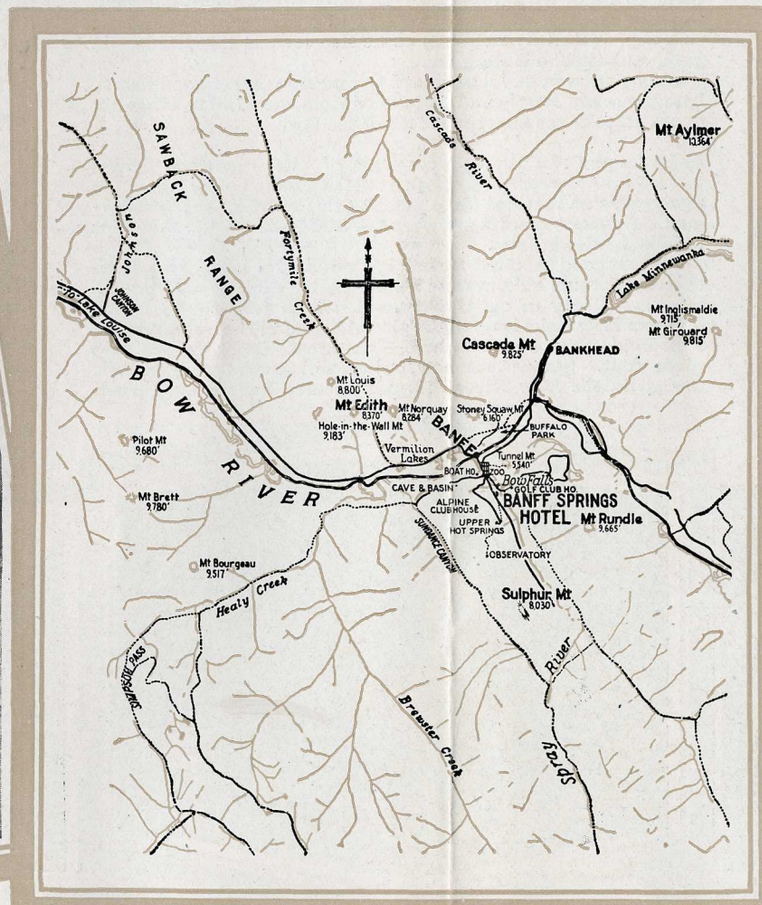
### LIVERY AND PONY TARIFF
See general tariff, page 18

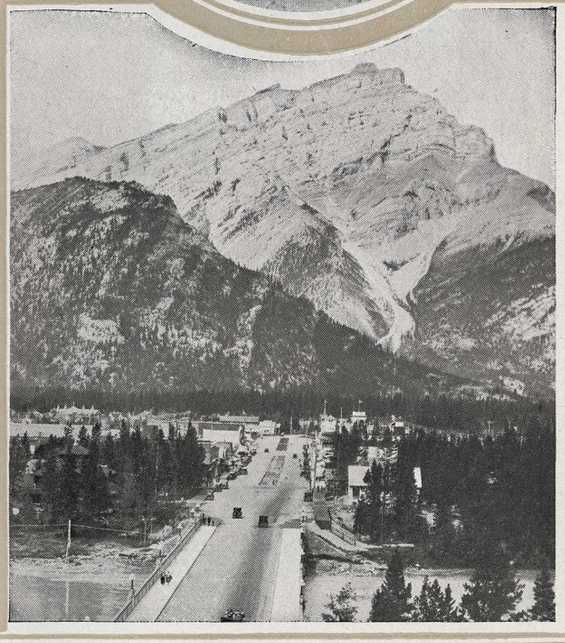


Top Row, left to right—Off for a Mountain Canter—Indian Braves in the Annual "Pow Wow"—Marble Canyon, on the Banff-Lake Windermere Road
Bottom Row—Banff Springs Hotel—Sulphur Swimming Pool, Banff Springs Hotel. Inset—Bow Falls









At Top—Looking south across the Bow River. To the left, Mount Rundle; to the right, Sulphur Mountain
Below, left to right—Mount Assiniboine—Banff and its Vicinity—Cascade Mountain and Banff—In the Buffalo Paddock

# FISHING IN THE CANADIAN PACIFIC ROCKIES

*Fishing in the Canadian Pacific Rockies* There are a great many spots in the Canadian Pacific Rockies offering splendid inducements for the angler, but as space does not permit of a survey of the whole territory only some of the principal fishing waters in the vicinity of Banff and Lake Louise are dealt with in the following text.

*Banff* Five varieties of game fish have their habitat in the waters of the Rocky Mountains National Park, in which Banff is situated, viz.: the cut-throat, lake, Dolly Varden, bull and brook trout.

Any point on the Bow River upstream for several miles from the bridge at Banff affords Dolly Varden and bull trout. The Vermilion Lakes, half a mile from the boat-house, and Forty-Mile Creek, a beautiful stream that joins the Bow River at Banff, can be profitably fished. A little farther afield, the Bow River offers capital fishing.

In the opposite direction, along the Bow River from Banff to its junction with the Kananaskis River at Seebe, are deep pools and eddies, where good fishing is obtainable, but only experienced canoe men should attempt this trip.

Lake Minnewanka, or Devil's Lake, eight miles from Banff and easily reached by auto over a good road, affords fine fishing for lake trout, which reach an uncommon size. The usual method of taking these fish is by trolling. A comfortable chalet is located on the shore of the lake at the end of the road.

Mystic Lake, seventeen miles from Banff, drains into Forty-Mile Creek. It is reached by pony trail via Mount Edith Pass. The best fishing is usually found near the mouth of the glacial spring which enters the lake. Another good spot is where the stream leaves the lake. While the varieties of fish offered do not run to a large size, they will bite greedily.

Seven miles beyond Mystic Lake are the Sawback Lakes, where there is very good fishing to be had for cut-throat trout.

The Spray River joins the Bow at Banff. At the Falls, about eight miles upstream, the fishing begins and continues right to the Spray Lakes, twenty miles farther. August is the best time to fish this water. Fly and spinner will prove successful lures for cut-throat, Dolly Varden or silver trout.

The Spray Lakes are twenty-eight miles from Banff, over a good pony trail, which for a great part of the distance follows closely the windings of the enchanting Spray River. Cut-throat and Dolly Varden trout run to a large size both in the lakes and in the several streams entering into and running out of them. July and August are the best fly-fishing months. There is a comfortable log cabin camp at the Spray Lakes especially for the accommodation of anglers. Very large trout are caught in the Lower Kananaskis Lake, reached by way of the Spray Lakes from Banff or up through the Kananaskis River Valley from Morley.

A decidedly interesting trip both from a fishing and scenic standpoint can be made by taking motor from Banff to Mount Edith Pass (about three miles), thence by pack train over the Pass to Forty Mile Creek, continuing up that stream by way of Mystic Lake and over Forty Mile Pass to Sawback Lake. Follow down Sawback Creek about three miles to junction with the Cascade River, where there are splendid camping grounds. From here one can try the fishing up the Main Cascade and the North Fork, which, although considered rather uncertain by local authorities, might yield worth-while sport. Then proceed down the Cascade River to Bankhead, returning from that point to Banff by automobile. In order to permit of sufficient time for angling, about a week should properly be allowed for this trip. Good fly-fishing is to be had for cut-throat trout in July, August and September.

Information in detail in regard to numerous other good fishing haunts around Banff can be obtained from the Fishing Inspector at the office of the Superintendent of the Park.

*Lake Louise* In the upper waters of the Pipestone River, reached by pack trail from Lake Louise, there are many pools and several lakes yielding fine sport for the fly fisherman. At times there is also very fair fishing in this stream close to Lake Louise station.

There is good fishing to be had in Consolation Lake, two miles beyond Moraine Lake, where a comfortable camp is maintained. Here are plenty of cut-throat trout, which take the fly freely.

Upper Bow Lake is up in the glacial belt, and the largest fish of their kind are to be found here—cut-throat, Dolly Varden, and silver trout. Spinner, minnow, or beef will tempt the big fellows, though in the Bow River flies can be used for the cut-throat. After the spring freshets are over is the only time worth trying. It takes about two days from Lake Louise over pony trail to reach Bow Lake.

A splendid trip, occupying about a week and combining excellent fishing with rare scenic attractions, can be made by following the trail up the Ptarmigan Valley to the foot of Mount Richardson, a distance of about nine miles from Chateau Lake Louise. Cross from there over to head of the Little Pipestone River, about seven miles, where the fishing really commences. Continue along to camp on the main Pipestone River—six miles. The Pipestone can then be followed up fifteen miles to its head waters, which give access to a chain of beautiful lakes abounding with large, gamy cut-throat trout, ranging up to five pounds in weight. They will take the fly quite readily when conditions are right.

If a more extended outing than the foregoing is desired, follow up Molar Creek, which runs into the Pipestone River from the west at junction of Little Pipestone with the main river, skirt Mount Hector, viewing the Hector Glacier, and return by way of the Bow River to Lake Louise. This extension covers an additional thirty-five miles of incomparably grand and beautiful scenery with further good fishing possibilities. Hector or Lower Bow Lake may also be visited as an offshoot of this trip to advantage of the angler.

*British Columbia* Between Lake Louise and the Pacific Coast there are numerous points well worth the attention of the angler, among which Sicamous and Kamloops deserve special mention. The former is a remarkably fine centre for fly-fishing, 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 than any water in British Columbia, including steelhead and land-locked salmon. 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 have good fishing at numerous points.

Full information as to fishing possibilities in the different localities, with advice as to regulations, etc., will be gladly furnished on request by the General Tourist Agent, Canadian Pacific Railway, Montreal, Que.

At Pipestone Lake, near Lake Louise

The Source of the Kootenay River (*Photograph by Armstrong Roberts*)

Spray Lakes, near Banff

# WHAT TO DO AT LAKE LOUISE

Lake Louise (altitude 5,670 feet), bearing the liquid music, the soft color notes of its name, into the realm of the visible, is probably the most perfect gem of scenery in the known world. "A lake of the deepest and most exquisite coloring," says one writer, "ever changing, defying analysis, mirroring in its wonderful depths the sombre forest and cliffs that rise from its shores on either side, the gleaming white glacier and tremendous snow-crowned peaks that fill the background of the picture, and the blue sky and fleecy clouds overhead."

On the shores of the lake the Canadian Pacific operates the magnificent Chateau Lake Louise—open from June 1st to September 30th.

*The Panorama of Lake Louise* Encircling Lake Louise is an amphitheatre of peaks. From left to right they are Saddle Back, Fairview, Lefroy, Victoria, Collier, Popes, Whyte, the Devil's Thumb, the Needles, the Big Beehive, Niblock, St. Piran and the Little Beehive. At the far end of the lake, catching for the greater part of the day the full glory of the sun, their snowfields standing out in dazzling whiteness, are the glaciers that drop down from Mount Victoria and the lofty, ice-crowned head of Mount Lefroy.

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

*Lakes in the Clouds* Some there are who are satisfied to sit on the hotel watching the marvellous kaleidoscope of color. But others are eager to be out on the trail, either on foot or on the back of a sure-footed mountain pony. These trails are being constantly improved and extended, so that there is now a wide selection from which to choose. One of the finest and most popular excursions is to the Lakes in the Clouds, nestling a thousand feet and more higher up in the mountain ranges.

The trail, leaving the west end of the Chateau, rises gradually through spruce and fir forests to Mirror Lake (altitude 6,560 feet), thence upward to Lake Agnes (altitude 6,875 feet). The trail is excellent. These lakes are good examples of "cirque" lakes—deep, steep-walled recesses caused by glacial erosion. The view from the edge of Lake Agnes—where a charming little rest and tea-house has been established—is magnificent; and one may often hear the shrill whistle of the marmot or even see a mountain goat. (Round trip distance, 5 miles; time 2½ hours.)

*Mount St. Piran* From Mirror Lake a trail follows round the face of the Big Beehive to Look-Out Point, and on to Victoria Glacier. Or one may take a short cut down the lower Glacier Trail and return to the Chateau along the lakeside. From Lake Agnes Rest-house one may walk or ride along the lake up to the little observatory on the Big Beehive, returning by a trail down the opposite side of this mountain and joining the Upper Glacier Trail. From Lake Agnes one may walk to the top of the Little Beehive, and the energetic will find an easy path to the summit of Mount St. Piran.

*Saddleback* Another excellent walking or pony excursion is to Saddleback. Crossing the bridge over Lake Louise creek, the trail rises rapidly on the slopes of Mount Fairview, between that mountain and Saddleback. The view of Paradise Valley and Mount Temple from this point is one of the finest in the Rockies. At the top is a tea and rest house, over two thousand feet higher than Lake Louise.

*WHAT TO DO AT LAKE LOUISE*

What to do at Lake Louise—
Only this to do:
Feed your soul on sunbeams
Mirrored on the blue.

What to do at Lake Louise—
Lift your eyes, and view
All the beauty of the skies
Pouring down on you.

What to do at Lake Louise,
Simmering between
Wooded slopes of mountains
In a cup of green?

What to do at Lake Louise,
Fringed by poppies gold?
Pray this vision's memory
You may ever hold.

*Margaret Heyn Sanger.*

□ □ □

*Moraine Lake* This lovely mountain lake, in the valley of the Ten Peaks, is 9 miles distant from the Chateau, and can be reached by automobile (cars leave hotel twice daily). The tremendous semi-circle of the Ten Peaks presents a jagged profile that makes a most majestic view. Not one of them is less than 10,000 feet in height—the highest is 11,225 feet. Standing off a little as a sort of outpost is the Tower of Babel, an interesting rock foundation of unusual shape.

Moraine Lake is exquisitely tinted in color, its waters sometimes so still that they reflect every twig above its surface. On the shore of the lake is a charming bungalow camp where sleeping accommodation for 12 is available. An extension trip should be made to Consolation Lake, the waters of which contain a plentiful supply of rainbow, Dolly Varden and cut-throat trout.

*Paradise Valley* Between Moraine Lake and Lake Louise lies Paradise Valley, about 6 miles long, carpeted with anemones, asters and other Alpine flowers. Great peaks rise around it like citadel walls. The valley can be reached from the Saddleback down a steep zig-zag trail to the "Giant's Steps," a stair-like formation over which Paradise Creek tumbles in a beautiful cascade. The journey may then be continued across the valley to Lake Annette, a tiny emerald sheet of water on the other side of Mount Temple. From the Giant's Steps a trail leads across the valley to Sentinel Pass, whence descent can be made through a lovely Alpine meadow known as Larch Valley to Moraine Lake. This valley, half a mile long and about 2,000 feet above Moraine Lake, is a perfect natural park, and was the site of the Alpine Club Camp of 1923.

*Abbot Pass* From the Victoria Glacier there is a fine climb over Abbot Pass, between Mounts Victoria and Lefroy, descending to Lake O'Hara (see page 12). This should not, however, be attempted by the novice, nor unless accompanied by skilled guides. An Alpine hut has been erected near the summit, at an altitude of over 9,500 feet, for the convenience of climbers. Sunrise as seen from the Abbot Pass hut offers the most glorious view in the Rockies.

*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; more difficult ones will be found in Mounts Aberdeen, Whyte, Victoria, Lefroy, Hungabee, Temple and Deltaform.

*Motoring* There are two good automobile trips from Lake Louise—to Banff, and from the Banff road to Lake Windermere, in the Columbia Valley. Both these excursions will be found described on other pages.

*Along the Pipestone* An excellent trail north of the Bow River from Lake Louise, along the valley of the Pipestone River, leads to an Alpine lake discovered six years ago to be full of trout eager for the fly. The camping ground is nineteen miles from Lake Louise station, so that guides, ponies, and outfit are recommended for those who wish to fish. The season opens on July 1st. The lake is in an Alpine meadow amid high glacial surroundings of spectacular grandeur and beauty. On the return journey a magnificent view is afforded of the group of peaks which form a chalice for Lake Louise itself.

*Swiss Guides* are attached to the Chateau Lake Louise for those who wish to visit the glaciers, climb mountains, or make some of the more strenuous trips through the passes. As they are greatly in demand, it is advisable to make arrangements well in advance. Rates, $7.00 per day.

### AUTOMOBILE TARIFF AT LAKE LOUISE

See general tariff, page 18

To Moraine Lake—9 miles. To Castle Mountain—20 miles. To Banff—41 miles. To points on Banff-Windermere Road, and in Kootenay Park—same distances as from Banff.

(NOTE—Only one-way traffic is allowed on Moraine Lake road, which has a heavy grade in places. Additional charge of 75c per person may be made, which also covers waiting time.)

### TRANSFER

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

### PONY TRIPS

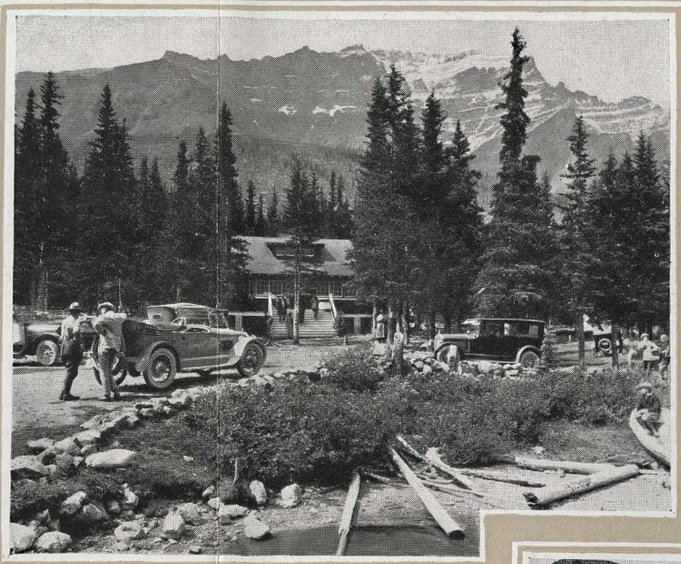
| | |
|---|---|
| To Lakes in the Clouds and return | $1.75 |
| To Victoria Glacier and return 4 hours | 2.50 |
| To Saddle Back and return, 5 hours | 3.00 |
| To Lake O'Hara (from Hector) and return 1 day | 4.00 |
| To Ptarmigan Lake and return, 1 day | 4.00 |
| To Paradise Valley and return, 1 day | 4.00 |

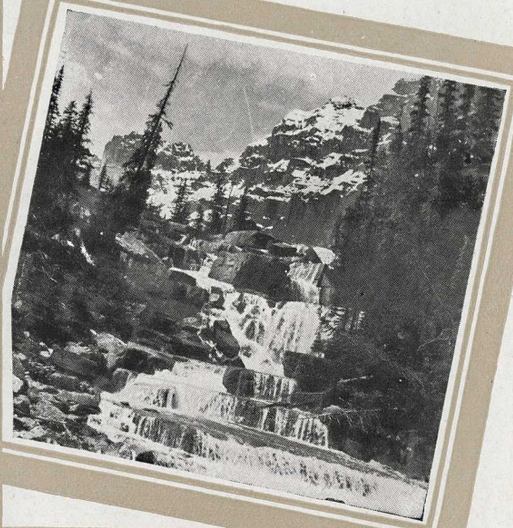
To Paradise Valley, Horseshoe Glacier and Lake Annette, and return, 2 days—$8.00; the same as last, but including Sentinel Pass, Larch Valley and Moraine Lake, 3 days—$12.00.

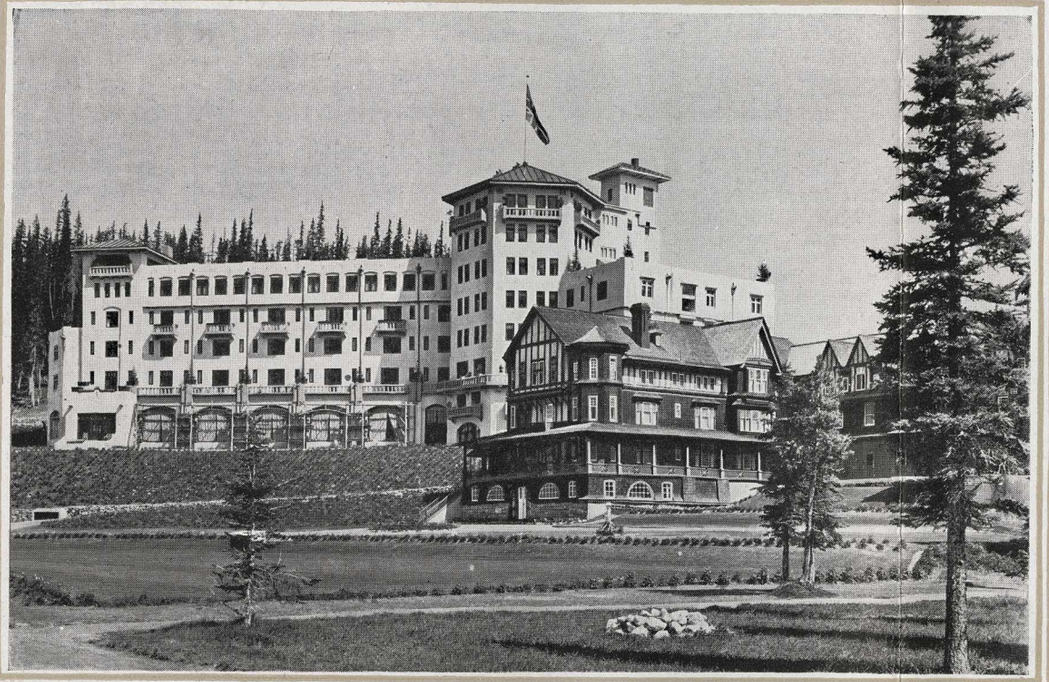
To Moraine Lake, 1 day—$4.00; or including Wenkchemna Pass and Lake, 2 days—$8.00.

For general livery and pony tariff, see page 18.

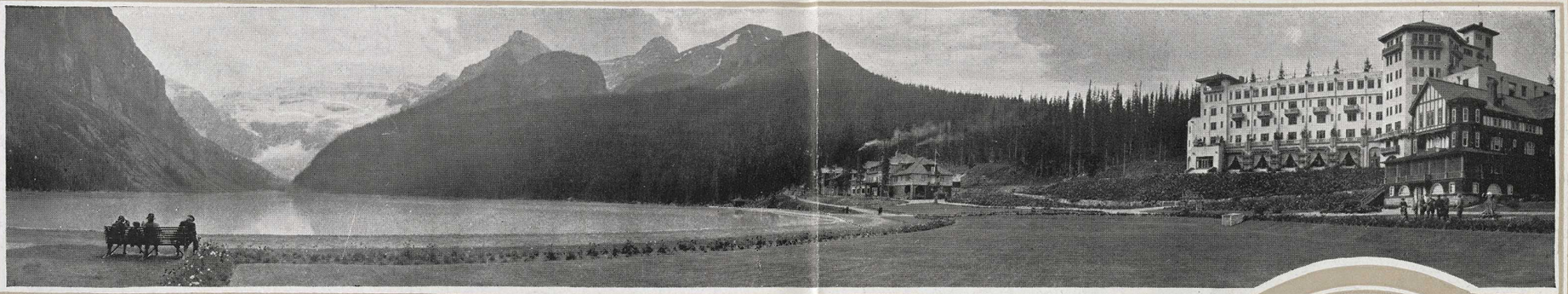
*The above rates (subject to alteration) are established by the Dominion Parks Branch, Department of the Interior. Attempted overcharges should be reported to the Superintendent, Rocky Mountains Park, Banff, Alta.*

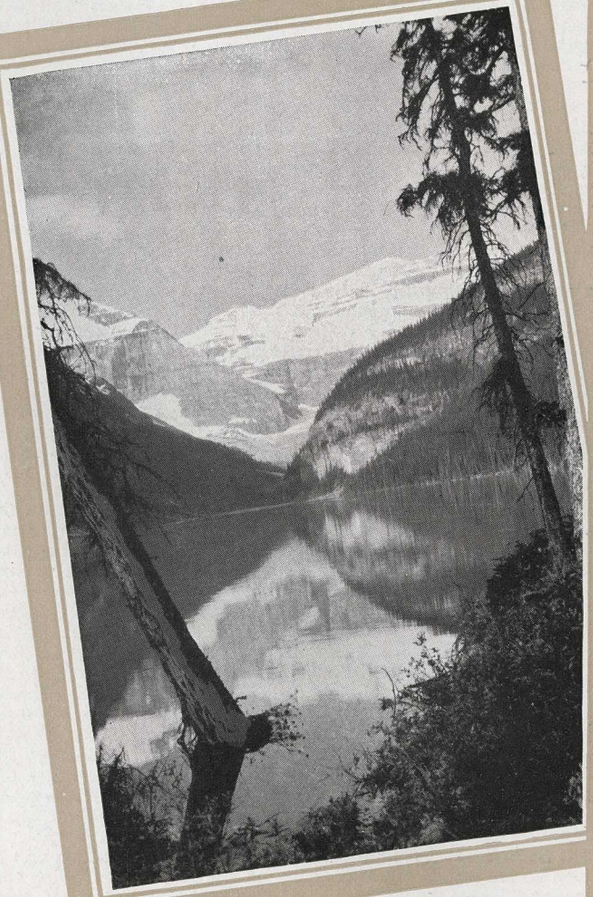


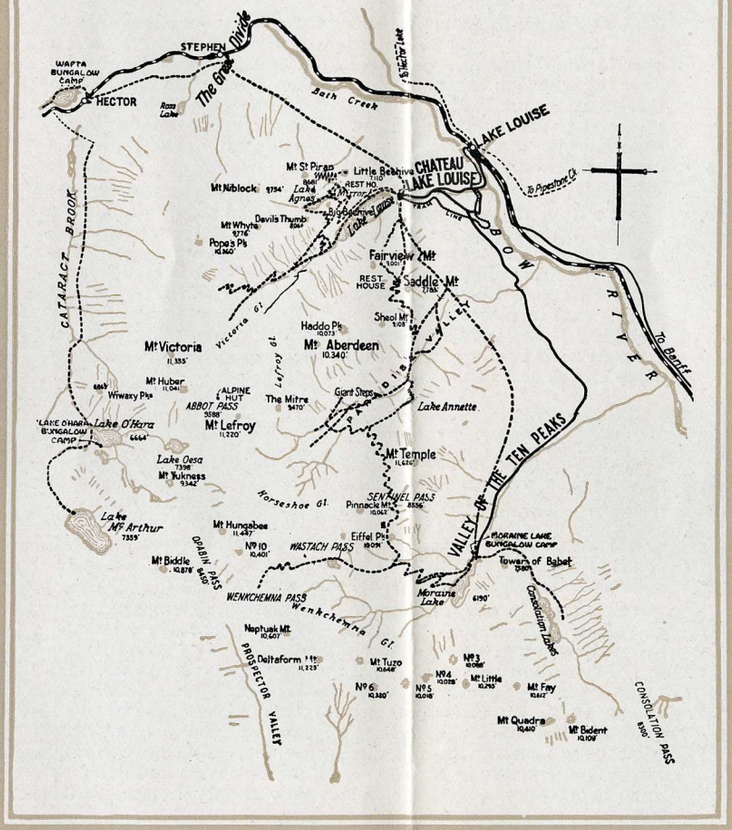


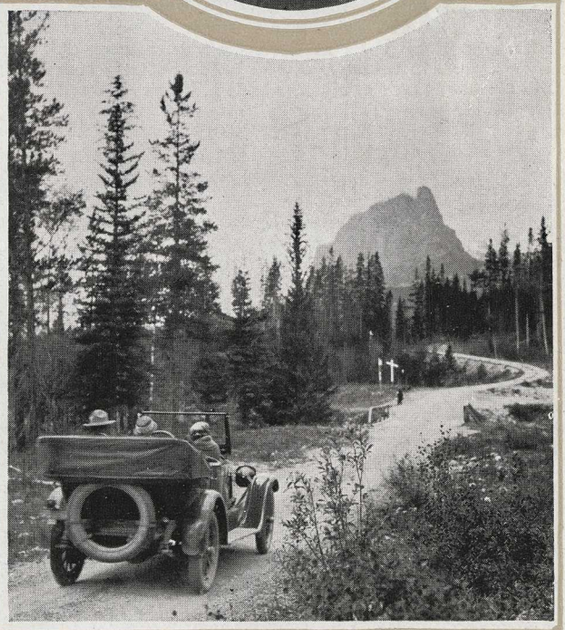


Top Row, left to right—Mount Lefroy—Moraine Lake Camp—Giant's Steps, Paradise Valley
Below—Chateau Lake Louise—The Teahouse, Lakes in the Clouds (*Copyright E. M. Newman*). Inset—Moraine Lake









At Top—The Panorama of Lake Louise. In the centre, the group of peaks enclosing Lakes in the Clouds
Below, left to right—Lake Louise—Lake Louise and vicinity—Along the Banff-Lake Louise Road. In the Circle—Saddleback Rest House

# BUNGALOW CAMPS IN THE CANADIAN PACIFIC ROCKIES

*Bungalow Camps* Bungalow camps have been established at several points in the Canadian Pacific Rockies, both to supplement the capacity of the hotels and also to provide accommodation of a somewhat different kind. These camps make a special appeal to the climber, the trail rider or the hiker; they are, on the whole, less formal than the hotels. The accommodation provided consists of separate log bungalows clustering around a large central building which serves as the dining and community house.

These camps are now established at Wapta Lake, Lake O'Hara, Yoho Valley, Moraine Lake and Lake Windermere, and at three points on the new Banff-Windermere automobile highway. In some cases they are supplemented by small rest or tea houses at outlying points. There is a Bungalow camp extension to the Emerald Lake Chalet. Each camp is described individually in this booklet under its proper geographical heading.

*A Sea of Mountains* The Canadian Pacific Rockies comprise some of Nature's most gigantic works. In the various mountain ranges that make up the Canadian Pacific Rockies—the Rockies, the Selkirks, and the Gold, Coast, Cascade, and Purcell Ranges—there are, according to Government measurements, no less than 644 mountain peaks over 6,000 feet in height above sea level. This Government list includes only those peaks which bear names, and it does not profess to exhaust the innumerable mountains that have not yet been named or measured, or that are very inaccessible from railways. Of those actually listed, there are 544 over 7,000 feet, 422 over 8,000 feet, 272 over 9,000 feet, 144 over 10,000 feet, 41 over 11,000 feet, and 4 over 12,000 feet.

It should be noted, too, that in many mountainous regions the chief peaks spring from such high plateaus that although they are actually a very considerable height above sea level, their height is not very impressive to the traveller. This is not so in the Canadian Pacific Rockies. For example, some fifty principal mountains seen by the traveller from the train or at the most popular mountain resorts—at and around Banff, Lake Louise, Moraine Lake, Lake O'Hara, Field, Emerald Lake, the Yoho Valley, and Glacier—and ranging in height from 8,000 to 11,500 feet, average a height above the floor of the valleys at their base of about 4,800 feet, or almost a mile.

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

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

*Easy Climbs* Here are a few of the easy climbs. At Banff there are Tunnel and Sulphur Mountains, both of which have good trails to the top. Rundle, Cascade and Stoney Squaw Mountains, which are a little more difficult and should not be attempted by an absolutely inexperienced climber, have trails only part way.

At Lake Louise easy climbs are to be found in the Beehive, Mount St. Piran, Saddle Mountain and Mount Fairview, all of which have trails to the summits.

At Glacier, Mounts Abbot, Afton and Avalanche present little difficulty.

*Harder Climbs* For the hard-bitten enthusiast there are many really difficult climbs, which should not be attempted except by experienced climbers and with the assistance of Swiss guides. Some of these may be enumerated here.

At Banff there are Mounts Norqway, Edith, Louis, and Aylmer.

At Lake Louise there are Mounts Aberdeen, Whyte, Victoria, Lefroy, Hungabee, Temple, Pinnacle and Deltaform and Abbot Pass (altitude 9,588 feet), at whose summit is an Alpine Hut.

At Field, Mount Stephen. At Emerald Lake, Mounts President, Vice-President, Burgess and Wapta.

At Glacier, Mounts Hermit, Castor, Pollux, Tupper, Rogers, Eagle and Sir Donald.

*The Alpine Club* An active Alpine Club, with over 500 members, and headquarters at Banff, holds a camp each year in the Canadian Pacific Rockies, and welcomes those who have the ambition to climb a peak at least 10,000 feet high. The Canadian Pacific Railway has several experienced Swiss guides attached to its mountain hotels. These guides came originally from Europe, but now have a picturesque little colony of their own at Edelweiss, near Golden, B.C.

Director A. O. Wheeler, of the Alpine Club of Canada, writes: "Apart from the wonderful and unexplained exhilaration that comes from climbing on snow and ice, and the overwhelming desire to see what lies beyond, your true Alpine enthusiast glories in the wide-spreading spectacular panorama that is seen from a mountain top, when all in view is spread before him as on a living map. It is in places such as these, where the prescience of an Almighty Power is ever present, and which can only be attained through hard bodily exertion, that he loves for a brief space to enjoy the wonders that are spread at his feet."

## *TRAIL TRIPS*

*The Mountain Pony* 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. It affords good scenery, often good fishing, and a glimpse into the heart of nature which will be worth "more than many books."

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 camps in the Canadian Pacific Rockies, there are good roads and trails radiating in all directions, which are kept up by the Dominion Government. In Rocky Mountains Park alone there are 700 miles of good trails. 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.

On the last page of this publication are some representative trail-riding pictures.

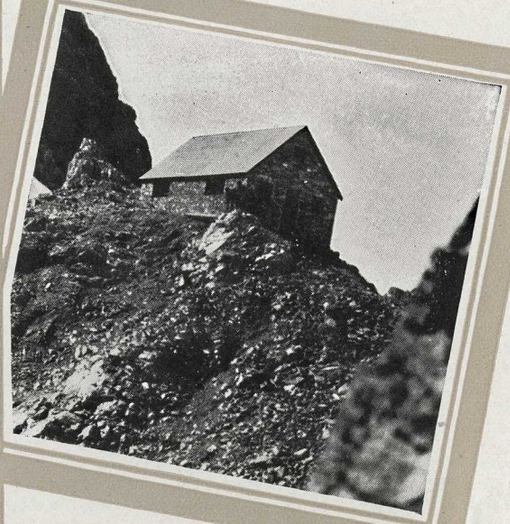
*Hiking* What has been said of trail-riding will apply also to those energetic ones who see nature best when they see it from "shanks' mare." They have, indeed, the advantage over the trail-rider in that they are not restricted to the trails only; for the whole of the Rockies invites them. They can establish headquarters at one of the Bungalow Camps, and arrange their itineraries so that they can spend successive nights at other camps—unless, of course, they prefer, like Stevenson, to "put up at God's green caravanserai." In another publication issued by the Canadian Pacific, "Bungalow Camps in the Rockies," will be found a comprehensive map of trails within the area embraced by the bungalow camps.

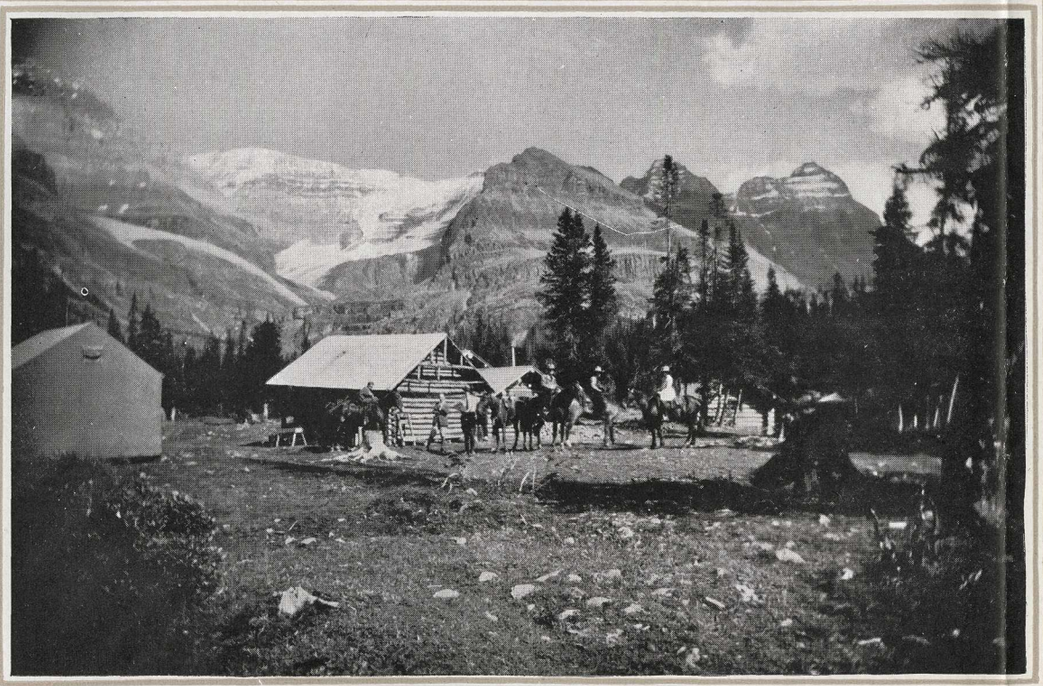
*Hints to Outdoors Folk* It should go without saying that no climbing, hiking or riding trip in the mountains should be undertaken without suitable clothing and equipment. Neither form of recreation can be enjoyed in comfort without making proper provision. Above everything else, good stout boots are 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. The ideal equipment for a man, for walking, is very light woollen underwear, a woollen shirt, thick woollen stockings, high or low trail boots, tweed knickerbocker suit, medium weight, soft felt hat, rucksack, light sweater, and silk slicker. For riding, add riding breeches at choice. For climbing, add very thick woollen stockings, very thick woollen socks, climbing boots, horse-hair insoles, alpenstock or ice-axe, two bandana handkerchiefs, and puttees. For glacier work or long expeditions, add a warm sweater, snow goggles, woollen mittens, and a "passe montagne" or ski-cap. Sportsmen should bring their own fishing tackle, rifles, ammunition, etc.

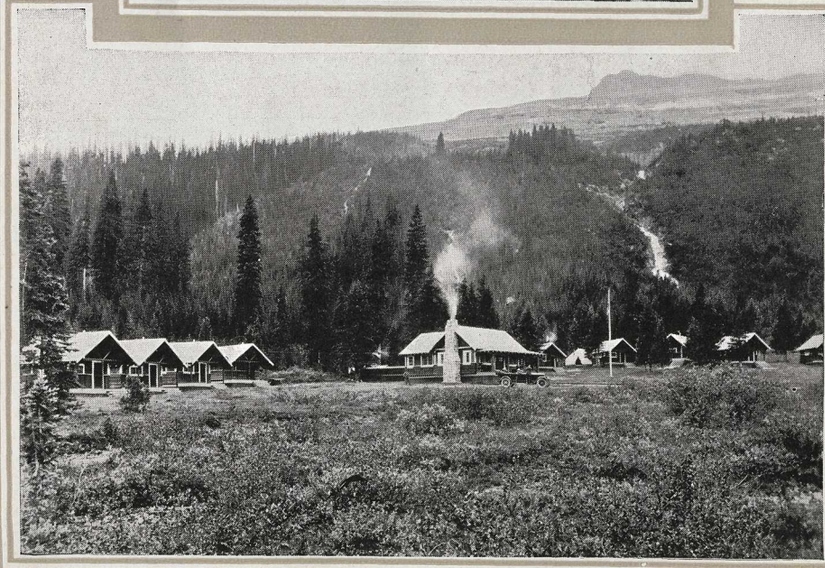
Women will need very much the same equipment, with either a short walking skirt, a divided skirt, or riding breeches. For climbing they should use tweed knickerbockers. All those who have little opportunity during the rest of the year for road work are advised to take a little preliminary "work-out"; but after the first day or two the body will soon adjust itself, and tired legs, stiff backs, and sore feet will be forgotten.

Intending outdoors folk should obtain copy of a little leaflet, "What to Wear in the Rockies," written by Val A. Fynn, and obtainable through Canadian Pacific agents or from Canadian Pacific Hotels.

*A Walking or Riding Tour to Mount Assiniboine* From Banff to Mount Assiniboine is a fine walking tour that can now, by means of comfortable camps, be made in three days of delightful travel, with a return by a different route. The camps, located amongst magnificent scenery, were established in 1920 by A. O. Wheeler, Director of the Canadian Alpine Club, and are open to the public. A public walking tour, in charge of guides, leaves Banff twice weekly during July, August and September. Special trips can be arranged from the main route. A pack train operates in conjunction with the tour and will carry all baggage desired. The journey can also be made by ponies. Charges at the camps, $6.00 per day inclusive; saddle ponies $3.00 per day; baggage charges $1.00 per lot of 40 lbs. between camps. Wonder Lodge, a log building with living and dining room and with sleeping accommodation in cabins or tent houses, will be in operation in 1924 at the walking tour camp at Mount Assiniboine. A comfortable headquarters camp will also be in operation at the Banff Middle Springs, which will be open to the public whether going on the Banff-Assiniboine tour or not. Rates $4.00 per day. For full particulars of these tours and camps, write A. O. Wheeler, Banff, Alberta.







Top Row, left to right—A Mountain Crest—Wapta Camp (*Photograph by Armstrong Roberts*)—Alpine Hut on Abbot Pass
Below, at left—Lake O'Hara Camp (*Photograph by Leonard Frank*)—at right—Yoho Valley Camp

# WHAT TO DO IN THE YOHO VALLEY

Yoho Park (area 476 square miles) immediately adjoins Rocky Mountains Park on the west. It is a region of charm and winsome beauty, of giant mountains and primeval forests, of rushing rivers and sapphire-like lakes. It has several beautiful lakes—Emerald, Wapta, O'Hara and Sherbrooke—and affords a wide variety of recreation, including some magnificent trail trips.

*Where to Stay* Yoho Park also offers the visitor good accommodation at several points, which are linked up by excellent roads and trails. Field, a railway divisional point which nestles at the foot of Mount Stephen—a giant that towers 6,500 feet above the tiny town—is one entry point; the other is Hector, 12 miles east. From Field a fine motor road runs to Emerald Lake Chalet—another to the Yoho Valley, while trail trips over the high passes connect these two points. Across the lake from Hector is Wapta Camp; seven miles south is Lake O'Hara Camp; while a road joins the Yoho Valley road from Field, and leads to Yoho Valley Camp.

While Yoho Park offers every inducement to linger for weeks, it is possible for the hurried visitor, by means of these camps, to visit it thoroughly in five days, without retracing his steps. The following is a suggested itinerary:—

*Emerald Lake* An excellent motor road crosses the Kicking Horse River at Field to the base of Mount Burgess, and leads through a forest of balsam and spruce to Emerald Lake, seven miles distant, passing on the way the Natural Bridge—a barrier of rock damming the Kicking Horse River. This beautiful lake, of most exquisite coloring and sublimity of surroundings, lies placid under the protection of Mount Wapta, Mount Burgess and Mount President. It is well stocked with fish and its vicinity affords many charming excursions on foot. On the shore of the lake a picturesque two-storey log chalet, which with its supplementary one and two room bungalows has now accommodation for sixty people, is operated by the Canadian Pacific (open June 15th to September 15th).

*The Yoho Pass* After spending the night at Emerald Lake, a magnificent trail trip on the back of a sure-footed mountain pony takes one around the lake and over the Yoho Pass (altitude 6,020 feet). From the summit an extraordinarily fine view can be obtained. Summit Lake, small but beautifully colored, has a small rest and tea house; and thence descent is made into the Yoho Valley.

*Yoho Valley Camp* The Yoho Valley is one of the most beautiful in the entire Rockies. Near the end of the Yoho Pass trail is the Yoho Valley Camp, consisting of small rustic bungalows with a central dining room (open July 1st to September 15th). Opposite the camp are the spectacular Takakkaw Falls, 1,200 feet high, forming one high ribbon of water descending from precipitous cliffs in clouds of foam. The accommodation of this camp is for twenty-eight.

The Yoho Valley Camp can also be reached from Field by motor road. This is one of the finest long drives in the Rockies (round trip distance from Field, twenty-two 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. Up these it zigzags to a higher level, ending a short distance past the Takakkaw Falls.

*Upper Yoho Valley* After lunch at the camp, the visitor can take a trail into the upper part of the valley, past Laughing Falls and the Twin Falls (two vast columns of water that drop almost perpendicularly) to the Yoho and President Glaciers and the Waputik ice fields. The Yoho Glacier is one of the most interesting in the Canadian Rockies, and is highly picturesque.

A tea and rest house is operated at Twin Falls, with sleeping accommodation for four, and the visitor can spend the night there, visiting the glacier the next day and then returning to the Yoho Valley Camp. Side trips can be made up the Little Yoho to one of the former camps of the Alpine Club of Canada, and the return to camp by a higher trail.

*Wapta Camp* From the Takakkaw Falls the trail-rider can next take the carriage road into Field. About half-way in it forks: the branch going east leads to Wapta Camp. This camp, as already stated, can also be reached by train to Hector Station, just across the lake. The camp, which has a central community house, is open from July 1st to September 15th, and has accommodation for about fifty guests.

Amongst the delightful excursions that can be made from Wapta Camp is one to Ross Lake, a very charming little sheet of water.

*Lake O'Hara* From Wapta Camp there is a magnificent trail trip along Cataract Brook to Lake O'Hara, eight miles south. This mountain jewel of a lake lies in an open Alpine meadow that was once the cap of an old glacier, surrounded by gigantic peaks. A log bungalow camp, with sleeping accommodation for twenty-eight, has been established here, so that the visitor can rest before retracing his steps to Hector. About an hour's ride or walk from the camp is Lake McArthur, a splendid example of a glacial lake.

Those athletically inclined have an alternative return—namely, to Lake Louise, over the Abbot Pass. This should not, however, be attempted except when accompanied by a Swiss guide.

## SAVE THE FORESTS!

**Canada's timber reserves are national assets of incalculable value. To neglect to take ordinary precautions which ensure them against destruction from forest fires is to rob civilization. Quite apart from the danger to the lives, homes and property of settlers, every acre of forest burned means labor turned away, reduced markets for manufactured products, heavier taxation on other property, and higher lumber prices. Passengers on trains should not throw lighted cigar or cigarette ends from car windows. Those who go into the woods—hunters, fishermen, campers and canoeists—should consider it their duty to exercise every care to prevent loss from fire. If you locate a small fire, endeavor to put it out. If you can't, do everything possible to get word to the nearest Fire Warden or other authority. Small fires should be carefully extinguished.**

*The Ottertail Road* There are a number of other fine excursions in Yoho Park. One is a delightful drive from either Field or Emerald Lake along the Ottertail road, the round-trip distance being sixteen miles to the Ottertail Valley, up which a magnificent view of the triple-headed Mount Goodsir may be obtained.

Another trip is to the fossil beds, reached from Field by a pony trail which rises to an elevation of 6,000 feet above the sea level. The fossil beds are over 2,000 feet in thickness.

*The Burgess Pass* When one has reached Summit Lake, from either Emerald Lake or the Yoho Valley Camp, there is an alternative return over the Burgess Pass—one of the most magnificent of the easily accessible pony-rides in the mountains. It affords a breath-taking panorama of a sea of peaks. The trail skirts the great mass of Mount Wapta, and passing between Mount Field and Mount Burgess, drops down through wooded-slopes to Field. (Altitude of pass 7,150 feet.)

*Dennis and Duchesnay Passes* A very fine one-day climbing trip, commencing at Field, and traversing the gap (Dennis Pass) between Mount Stephen and Mount Dennis, and from there to Duchesnay Pass. The descent is made to a beautiful valley under the shadow of the precipitous crags of Mount Odaray, the valley being followed until the Lake O'Hara trail is reached. The return from Lake O'Hara is made by the trail to Wapta Camp.

### AUTOMOBILE TARIFF IN YOHO PARK

Field to Emerald Lake. Transfer (train time only), per person each way, direct route—$1.00. Hand baggage (not exceeding two) free—additional pieces 25c.

Field to Yoho Valley Camp. Transfer (train time only), per person each way, $1.75. Hand baggage free.

Field to Emerald Lake (at other times), or Field to Yoho Valley Camp—see general tariff on page 18.

### DRIVES IN YOHO PARK

See general tariff, page 18

### PONY TRIPS

*From Field*

To Emerald Lake, via Natural Bridge, round trip $3.00; or via Burgess Pass one way $3.00.
To Yoho Valley Camp, via road or trail, one way $3.00; round trip $4.00.
To Fossil Beds, round trip $2.00.
To Ottertail, round trip $2.50.
To Wapta Camp, one way $2.50; round trip $4.00.

*From Emerald Lake*

To Look-Out Point, round trip $4.00.
To Wapta Camp, one way $4.00.
To Yoho Camp, via Yoho Pass, one way $2.50; round trip $4.00.

*From Wapta Camp*

To Lake O'Hara, one way $2.00; round trip $4.00.
To Lake Louise, one way $2.50.

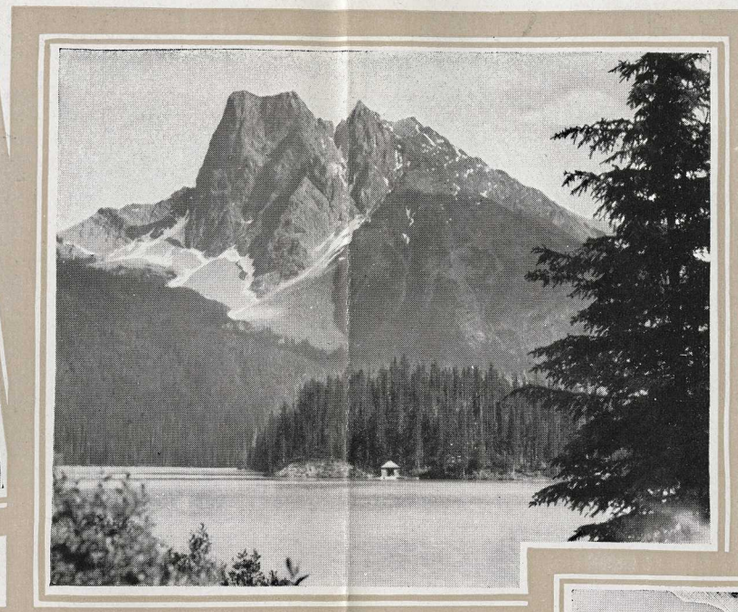
*From Yoho Valley Camp*

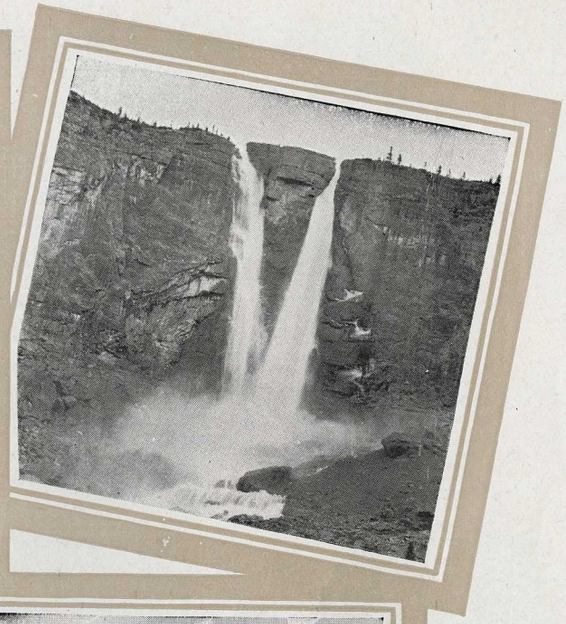
To Wapta Camp, one way $3.00.
To Twin Falls, round trip $4.00.
To Lake O'Hara, one way $4.00.

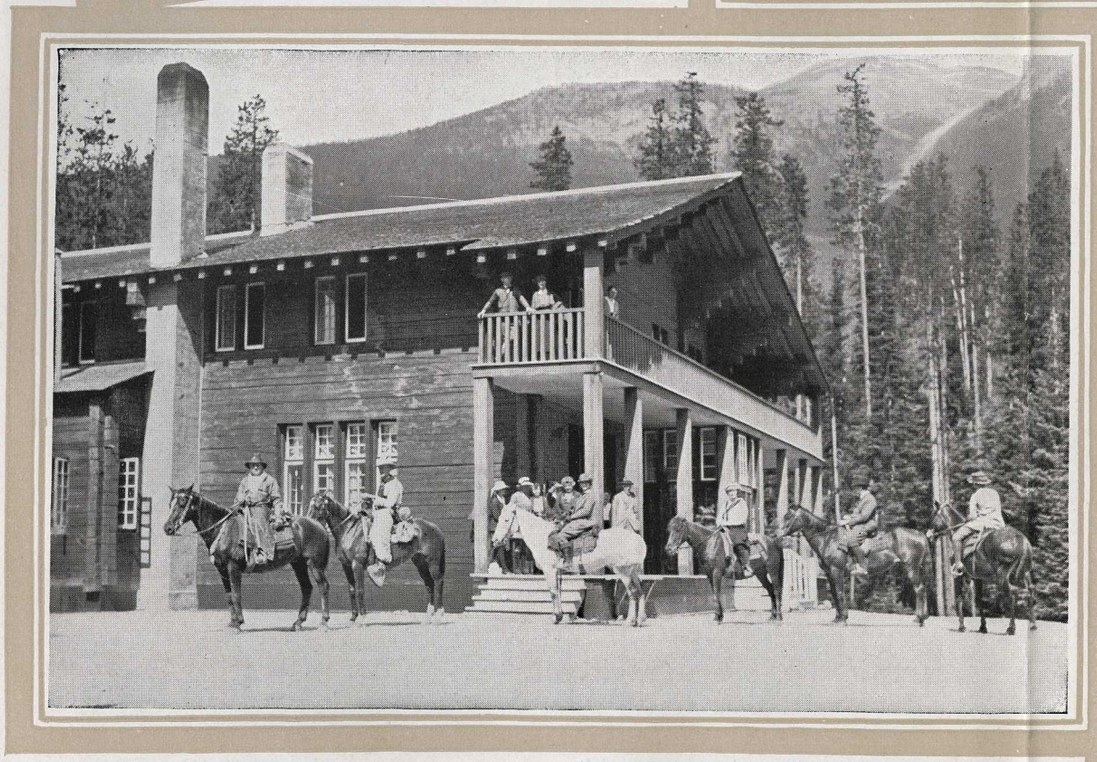
*From Lake O'Hara Camp*

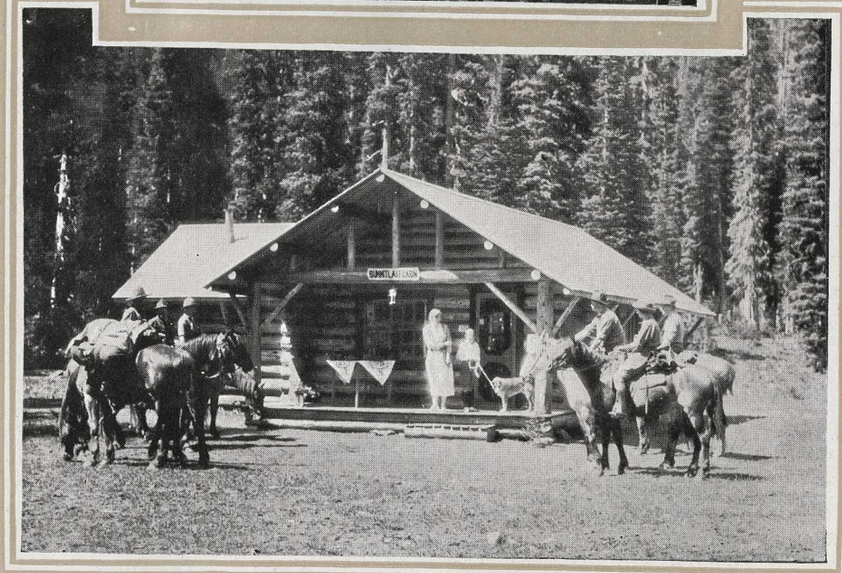
To Lake Louise, one way $4.00.
For general and pony tariff, see page 18.

***The above rates (subject to alteration) are established by the Dominion Parks Branch, Department of the Interior. Attempted overcharges should be reported to the Superintendent, Yoho Park, Field, B.C.***

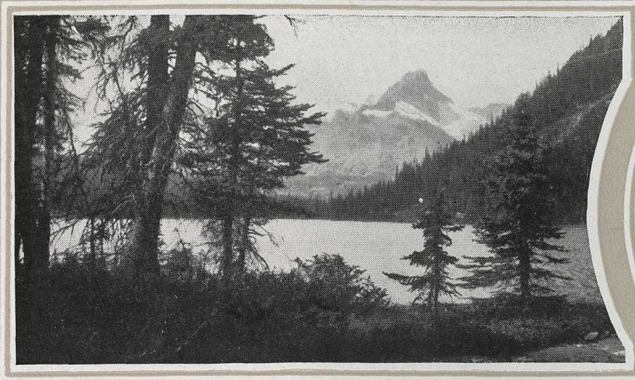


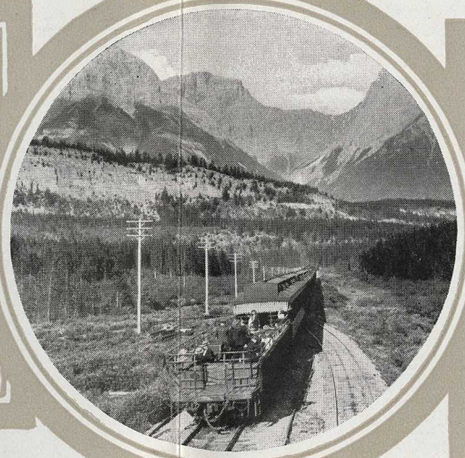


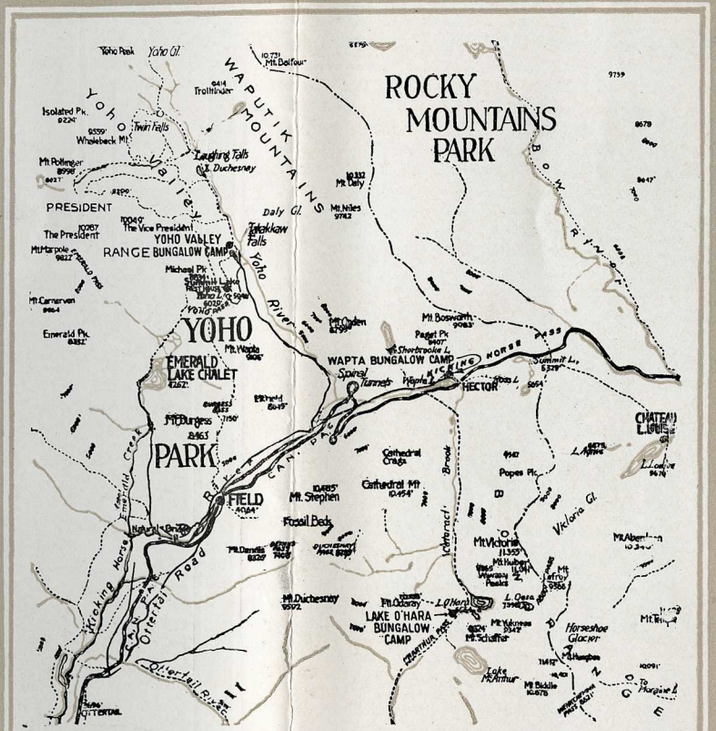




Top Row, left to right—The Yoho Valley (*Photograph by Leonard Frank*)—Emerald Lake and Mount Burgess—Twin Falls, Yoho Valley
Bottom Row, left—Emerald Lake Chalet—at right, Summit Lake Rest (*Photograph by Armstrong Roberts*)






ROCKY
MOUNTAINS
PARK
WAPTUK MOUNTAINS
PRESIDENT
RANGE
YOHO VALLEY
BUNGALOW CAMP
YOHO
PARK
EMERALD LAKE CHALET
FIELD
WAPTA BUNGALOW CAMP
HECTOR
LAKE O'HARA BUNGALOW CAMP
Mt. Stephen
Fossil Beds
Cathedral Crags
Cathedral Mt.
Mt. Victoria
Horseshoe Glacier
Lake McArthur
Takakkaw Falls
Laughing Falls
Yoho Valley
Yoho River
Kicking Horse River
Spiral Tunnels
Emerald Lake Road
Yoho Peak
Isolated Pk.
Mt. Pollinger
Mt. Carnarvon
Emerald Pk.
Mt. Burgess
Mt. Dawson
Mt. Duchesney
Mt. Niles
Mt. Bosworth
Mt. Ogden
Mt. Shortcracker
Pagst Pk.
Popes Pk.
Mt. Aberdeen
Mt. Schaffner
Mt. Biddle
Mt. Hunter
Mt. Vanuxem
Mt. Collie
Mt. Balfour
Mt. Daly
Mt. Weeks
Mt. Dennis
Mt. Michael
Mt. Vice President
Mt. President
Mt. Harpole
Whitebeck Mt.
Trollhunder
Twin Falls
Daly Gl.
Duchesney Gl.
Victoria Gl.
Horseshoe Gl.
Yoho Gl.
Yoho Pass
Kicking Horse Pass
Summit L.
Emerald L.
Lake Oesa
L. O'Hara
L. Louise
Chateau Lake Louise
Lake Agnes
Lake Moraine
Lake McArthur
Field
Hector
Laggan
Golden
Banff
Canadian Pacific
Canadian Northern
Canadian National
Canadian Pacific Oriental Road
Kicking Horse River
Yoho River
Bow River
Bow Pass
Vermilion Pass
Kicking Horse Pass
Yoho Pass
Emerald Lake Road
Oriental Road
Yoho Valley
Laughing Falls
Takakkaw Falls
Spiral Tunnels
Summit L.
Emerald L.
Lake Oesa
L. O'Hara
L. Louise
Lake Agnes
Lake Moraine
Lake McArthur
Chateau Lake Louise

# WHAT TO DO AT GLACIER

From Yoho Park the Canadian Pacific descends into the great "Columbia River Trench" between the Rockies proper and the second of the great ranges that form the backbone of all North America, the Selkirks; and then, climbing again, enters another National Park.

Glacier Park, covering an area of 468 square miles, differs very noticeably from the other parks of the Canadian Pacific Rockies. It has an atmosphere of austere majesty and high loveliness. The Selkirk Range, smaller in size than the Rockies, is geologically much older; the tooth of time was already gnawing its scarred sides when the Rockies were first pushed up from the crumpled sea-bottom. With its massive peaks and giant glaciers, Glacier Park has somewhat of an air of isolation and mystery. For the visitor, it offers a remarkably delightful and exhilarating atmosphere—probably the best in all the mountains. Surrounding it, too, are some dense forests of fine trees, of great age; these will be particularly noticed on the way to Nakimu Caves.

At Glacier is a cosy Canadian Pacific Hotel, Glacier House (open June 15th to September 15th). This hotel formerly adjoined the station; but when the Connaught Tunnel through Mount Macdonald was constructed, the station was moved about 1½ miles distant. It is connected with the hotel by a fine motor road.

*The Panorama of Glacier* The panorama from Glacier House is magnificent. To the right of the hotel, facing the lawns, is the gleaming white Illecillewaet Glacier, hanging on the side of Mount Sir Donald—the latter a naked and abrupt pyramid that rises to a height of nearly 1½ miles above the railway. Farther away are the sharp peaks of Mt. Eagle, Avalanche Crest and Macdonald. Still circling round, one sees Rogers Pass and the snowy Hermit Range; at the west end of the range comes Cheops, named after the great pyramid builder of the Pharaohs, and in the foreground, and far down among the trees, the Illecillewaet River glistens across the valley. Circling back again toward the hotel, the shoulders of Ross Peak are visible over the wooded slope of Mount Abbott. A glimpse can be caught, between Ross and Cheops, of the Cougar Valley.

*The Illecillewaet Glacier* This great 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, is about two miles from the hotel, from which it can be reached by walking or riding on an excellent trail. It affords some remarkable opportunities of observing the movements, recession and kinetics of glaciers. Mount Sir Donald can be reached by an extension trail from the glacier trail, and furnishes one of the most attractive climbs of the region. The return trip may be taken along the alternative trail on the east bank of the river.

*The Nakimu Caves* These curious caves, discovered in 1904, are situated on the lower slope of Mount Cheops and Ursus Major, in the Cougar Valley. A series of subterranean chambers, formed partly by seismic disturbance and partly by water, they are characterized by beautiful interior marble markings, and have been explored for nearly a mile.

Horse tally-ho's leave Glacier House twice daily during the summer season for the Cougar Valley, whence the caves are reached by foot; or the whole journey can be made by pony. A small rest house serving meals and accommodating six persons overnight is operated at the caves.

*The Asulkan Valley* Tributary to the valley of the Illecillewaet Glacier is the Asulkan Valley—one of the most beautiful mountain valleys that are to be found in the Selkirks. On either side are towering mountain slopes and precipices, exalted rock ledges from which waterfalls leap, and overhanging snow crests. The trail branches off the main glacier trail, and climbs up the valley to the forefoot of the Asulkan Glacier.

*Glacier Crest* A path branches from the Asulkan trail, a short distance from the first bridge, and climbs, corkscrew fashion, to Glacier Crest, commanding the Illecillewaet Glacier, with its crevasses, seracs, and moraines.

*Cascade Summer-House* An easy and delightful morning's walk is to the Cascade Summerhouse, on the lower slopes of Mount Avalanche. From this point the cascade tumbles in a series of leaps a distance of 1,200 feet. Still higher up one may go to Avalanche Crest. A magnificent view of the Bonney Ridge and glacier may be had from this point.

*Mount Abbott* Another very interesting trip is to the "overlook" on Mount Abbott. The trail leaves the rear of the hotel and climbs gradually up the slope to Marion Lake, a sombre little mountain tarn that yields some extraordinary reflections. Here the trail forks; one branch goes to the observation point, which is very close at hand, the other to the Abbott Alp, a beautiful grassy upland from which one can look down upon the enormous glacier.

*Rogers Pass* Rogers Pass, the summit of the Selkirk Range as formerly crossed by the railway (altitude 4,342 feet), can be reached from the Nakimu Caves by a trail over Baloo Pass along the flower-carpeted and wooded valley of Bear Creek. The spectacular loop that was imperative for the train to reach the old station can be easily imagined. From here the stupendous precipices of Mount Tupper may be seen to great advantage. The trail to the Rogers amphitheatre may be taken from this point.

The return to Glacier House can be made over a direct trail from Rogers Pass, paralleling the old right-of-way.

*Climbing* Glacier is the centre for some of the finest mountaineering country of North America. Mounts Abbott, Afton and Avalanche can be climbed without much difficulty; for the more experienced climber there are Mounts Hermit, Castor, Pollux, Tupper, Rogers, Eagle and Sir Donald. Besides the Illecillewaet and Asulkan glaciers, Glacier Park has several other glaciers, including Deville, Rogers, Bonney, Black, Bishop's, Dawson, Geikie, Swanzy, Clarke, Fox, Eagle, Tupper and Sulzer.

*West of Glacier* The westward journey from Glacier is downhill towards the Pacific. About 10 miles from Glacier Park, Mount Revelstoke Park begins; this new National Park affords a magnificent scenic automobile drive almost to its summit. Sicamous, some 45 miles farther, is the junction point for the fertile Okanagan Valley, to the south; it is also a favorite stopping-over point for those who wish to view the mountain panorama entirely by daylight. A charming hotel is operated here by the Canadian Pacific. Shuswap Lake, upon which the station stands, affords excellent boating and fine trout fishing. At Kamloops the impressive canyon scenery of the Thompson River begins, heightened later by the Fraser River, the principal river of British Columbia.

Note—*Swiss Guides are stationed at the Hotel and are available for the service of tourists for the fee of $7.00 per day. The guides provide rope, ice axes, etc., and visitors intending to climb should be equipped with stout boots, well nailed.*

## *GLACIERS*

Apart from their grandeur and beauty as masses of bare rock and verdure, the Rockies have superb and everlasting snow fields and mighty glaciers. Of these, the most notable in the proximity of Canadian Pacific Hotels and the Bungalow Camps are Victoria and Lefroy Glaciers at Lake Louise, the Yoho Glacier in the Yoho Valley, the Illecillewaet Glacier at Glacier, and the Lake of the Hanging Glaciers in the Lake Windermere Valley.

A glacier is, broadly speaking, an accumulation of ice, of sufficient size and weight to flow down from a snow-covered elevation. It is a river flowing from a lake, only the lake is of snow and the river of ice. The thickness of the ice will vary greatly—it may be, under favorable conditions, as much as 1,000 feet.

*Glaciers Move* Frequently glaciers extend far below the snow line of the region, because their great masses of ice are so thick that they are not entirely melted during the warm summer months. The functions of a river and a glacier are identical, the drainage of a certain district or basin. Exactly how a glacier moves has not been satisfactorily explained, but that it does move has been proved by hundreds of observations and calculations. More than that, the stream at the centre of a glacier moves much faster than at the sides or bottom.

One of the most interesting characteristics of glaciers is the power to transport rocks and other heavy material over great distances. These are "moraines." The glaciers of the Canadian Pacific Rockies, like those of other countries, are almost all now "in retreat," either because the climate is growing warmer or because the snowfall is lessening.

## *SOME COMMON MOUNTAINEERING TERMS*

"Bergschrund"—The great crevasse separating the commencement of a snow field from the mountain side.
"Crevasse"—A crack extending into the ice, often of great width and depth.
"Dry Glacier"—The lower part of a glacier where it is free from snow.
"Glacier-Table"—A large block of stone on a dry glacier, balanced on a column of ice.
"Moraines"—The piles of rocks and stones, surrounding a glacier, which have been transported by it.
"Moulin"—A shaft or well cut through a glacier by a stream.
"Névé"—The snow field from which a glacier flows.
"Serac"—An ice tower formed by the intersection of transverse and longitudinal crevasses.
"Tongue" (or Snout)—The end of the glacier; the fore-foot.

### AUTOMOBILE, CARRIAGE AND PONY TARIFF AT GLACIER

Transfer, station to hotel (train time only)—50c each way. Hand baggage (two pieces) free; additional pieces or heavy baggage—25c each.

Drive from hotel to end of road to Nakimu Caves, 5 miles, with carriage, team and driver, round trip, 2-3 persons $6.00; 4-5 persons $9.00. Tally-ho (when operated), $2.50 per person, round trip.

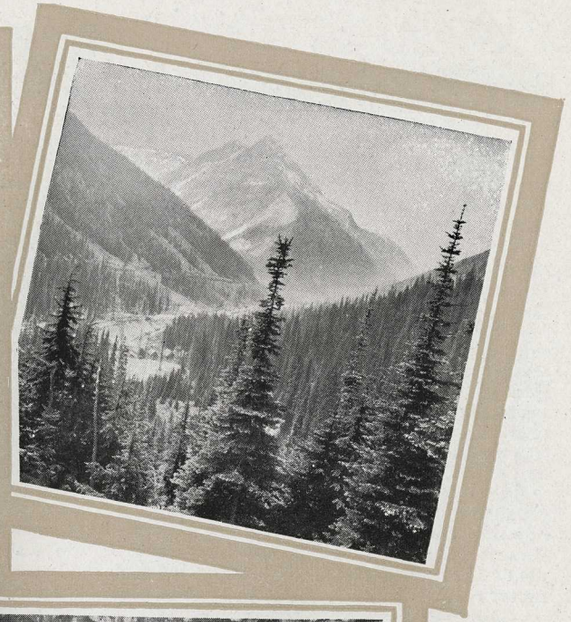
To Rogers Pass, with carriage, team and driver, round trip, 2-3 persons $4.50, 4-5 persons $7.50.

*Pony Trips From Glacier*

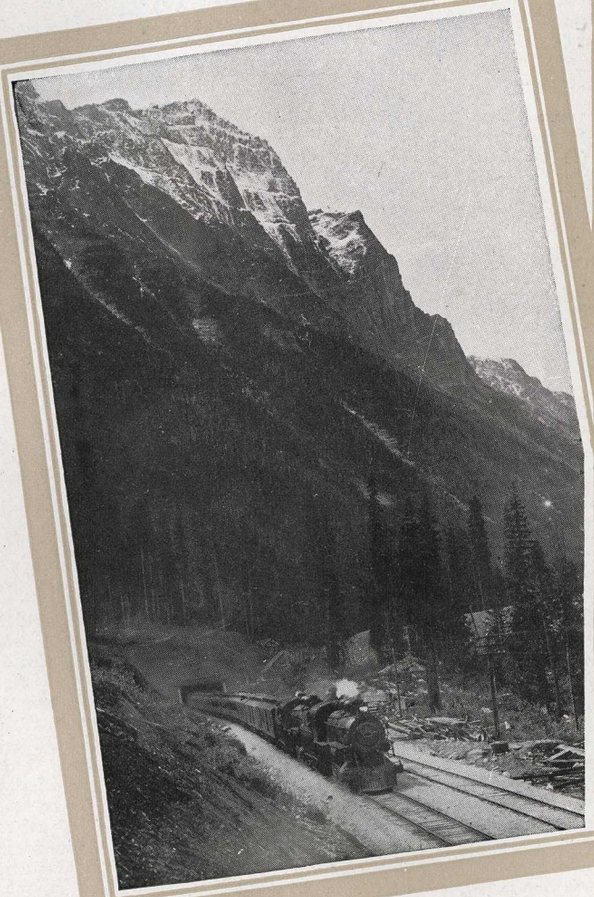
To Illecillewaet Glacier, round trip $2.00.
To Marion Lake, round trip $2.00.
To Asulkan Glacier, round trip $3.00.
To Overlook, Mount Abbott, round trip $4.00.
To Nakimu Caves, round trip $3.50—or via Baloo Pass $4.00.
To Flat Creek, round trip $4.00.

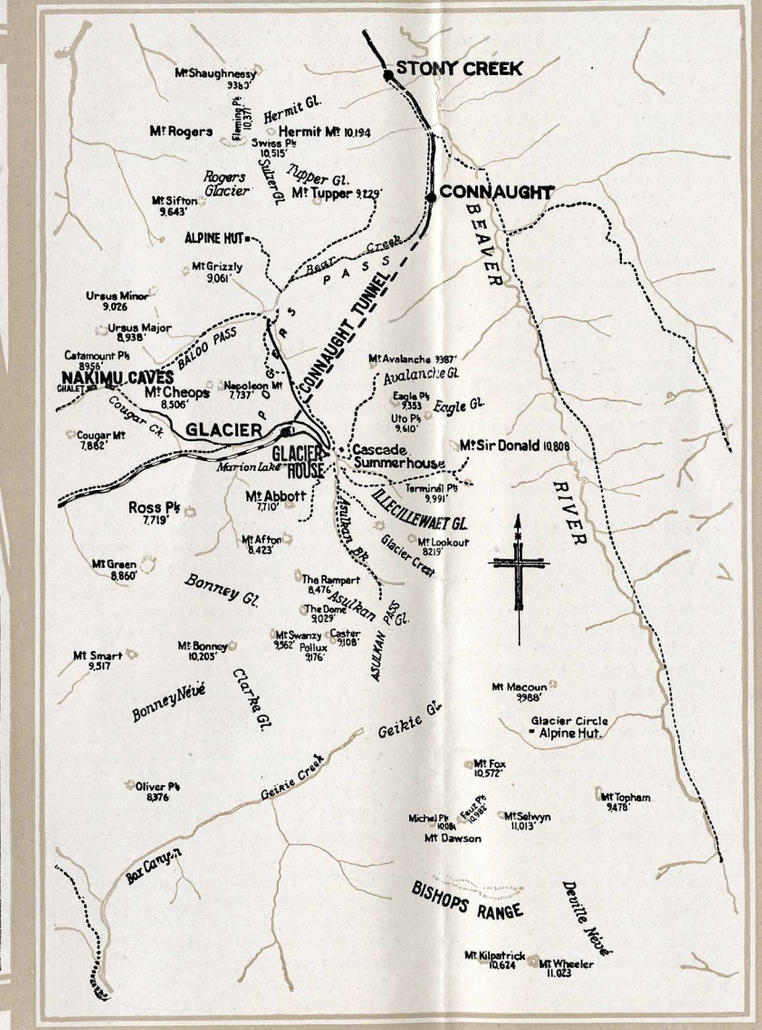
*Above rates subject to alteration.*

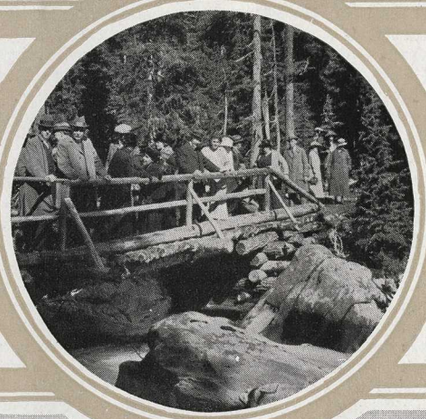
General tariff for carriages or ponies, see page 18.

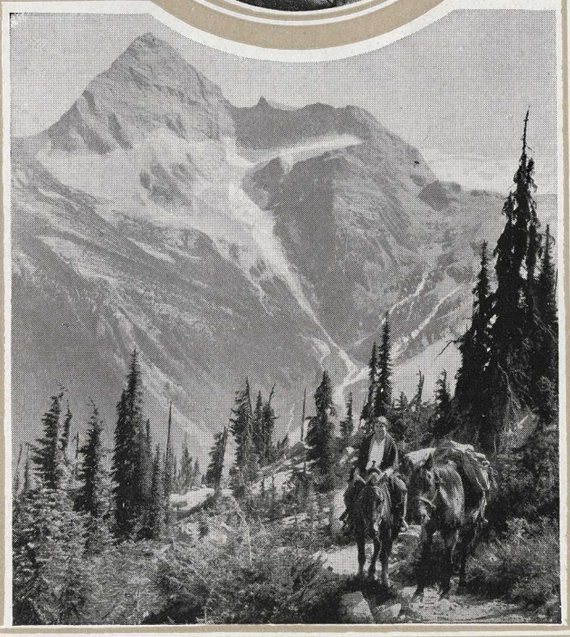


Top Row, left to right—Down Bear Creek from Baloo Pass—Hotel Sicamous—Ross Peak
Bottom Row, left—Glacier House—at right, Illecillewaet Glacier. Inset—Cabin at Nakimu Caves







**At Top—A Climbing Excursion at Glacier**

**Bottom Row, left to right—Connaught Tunnel and Mount Macdonald—Glacier Park—Mount Sir Donald. In Circle—"The Meeting of the Waters," near Glacier**

# MOTORING IN THE CANADIAN PACIFIC ROCKIES

Visitors to Rocky Mountains Park will find a number of very attractive motor excursions available. Around Banff especially there is a considerable mileage of good automobile roads. Cars can be hired in Banff. Of the longer local trips, that from Banff to Lake Louise, paralleling both the railway and the Bow River, is exceptionally fine. A daily sight-seeing service is maintained on this route.

*The Blue Trail* With the opening last year of the Banff-Windermere road a through automobile route across the Canadian Pacific Rockies is now available via Banff or Lake Louise, Rocky Mountains Park and Kootenay Park.

This road, which connects with the Golden-Fort Steele-Cranbrook road traversing the beautiful Windermere Valley, is the Canadian end of the great highroad which leaves Portland, Oregon, under the name of the Columbia Highway. It is also an important link in the Grand Circle Tour, linking Crater Lake National Park, Yosemite National Park, Grant National Park, Sequoia National Park, Grand Canyon, Arizona, Yellowstone Park, Glacier Park (Montana), and Waterton Lakes Park with the Rocky Mountains Park of Canada. This highway, coming from the south, crosses into Canada a little east of Waterton Lakes Park, Alberta, passing through Macleod, Claresholm and High River into Calgary. From Calgary west it utilizes the Calgary-Banff road which has been in existence for some years.

From Banff the route is the same as that to Lake Louise, but at Castle Mountain (about 20 miles before reaching Lake Louise) it leaves this road and takes a more southerly course, crossing the Bow and rising to the Vermilion Pass (altitude 5,264 feet). Here it enters Kootenay Park. From Marble Canyon, a remarkable fissure three hundred feet deep, there is a trail to the curious Ochre beds. The road then follows the Vermilion River to its junction with the Kootenay River. This again it crosses and follows through a beautiful avenue through virgin forest, then ascending the Sinclair Pass between the Briscoe and Stanford Ranges. Turning westerly again, it reaches Sinclair Hot Springs, long famous for their radium qualities, and emerging through the gap of Sinclair Canyon, meets the Columbia River about nine miles north of Lake Windermere. The highroad follows the east side of Lake Windermere and the Kootenay River, through Canal Flats and Fort Steele, to Cranbrook. Thence it is for some miles the same as the Red Trail Route (see below), but near the international boundary it turns south through Idaho to Spokane, continuing thence by way of the Columbia Highway to Portland and so on to California.

This new Banff-Lake Windermere automobile highway affords one of the most magnificent routes of the whole continent. It is a good, hard road, of stable construction.

It is anticipated that a regular daily sightseeing motor service will be maintained over this road, from both Banff and Lake Louise, during the summer of 1924.

*Halts en Route* Banff has its hotels, and so has Lake Windermere; but the scenery between is too beautiful to rush through without stops by the way. To afford accommodation to those making this trip, the Canadian Pacific has erected three bungalow camps, which are operated by lessees.

These halts for meals or sleeping accommodation are conveniently spaced as to distance. They are Storm Mountain Bungalow Camp (26 miles from Banff), with sleeping accommodation for 18 in log bungalows, Vermilion River Camp (50 miles from Banff), with sleeping accommodation for 18 in log bungalows, and Sinclair Hot Springs Camp (91 miles from Banff), with sleeping accommodation for 14 in canvas houses. Each has in addition a central log cabin house for dining and recreational purposes, and each is open from July 1st until September 15th. Their location is indicated on the map which faces this page.

Each of these camps has its own attractions that merit a longer stay than overnight. Fuller particulars will be found in a folder issued by the Canadian Pacific, "Bungalow Camps in the Canadian Pacific Rockies."

*Lake Windermere Camp* At Lake Windermere is Lake Windermere Camp, established a few years ago, a popular bungalow camp consisting of a community house and rustic bungalow cabins, with total accommodation for about fifty. (Open July 1st until September 15th.)

This camp is a centre for excursions up Toby Creek and Horse Thief Creek to the great ice fields of the Selkirks, notably the Lake of the Hanging Glaciers, where eight distinct glaciers empty into one Alpine lake. There are curative hot springs at Sinclair and Fairmont. Bathing, riding, boating, fishing, motoring can be enjoyed on the shores of this beautiful warm water lake, and Alpine climbers can use the camp as headquarters for expeditions into the Selkirks. There is good trout fishing in nearby creeks and some of the smaller lakes.

A monument to one of the most famous Western explorers has now been erected very close to the camp—the David Thompson Memorial Fort, a replica of a Hudson's Bay trading post of a century ago. Built of huge logs with palisades, it is used as a recreation centre and Indian museum.

*Upper Columbia Valley* An alternative to the Banff-Lake Windermere road is to traverse the Upper Columbia Valley between Golden and Lake Windermere, shipping the automobile by rail over the section between Lake Louise and Golden. This drive, through Spillimacheen, in full view of the snow-capped Rockies on one side and of the Selkirks on the other, is well worth taking.

*Mount Revelstoke Park* A few miles west of Glacier (see page 15) is Mount Revelstoke Park, 100 square miles in extent. Bounded on the south by the Illecillewaet River, it includes not only the striking mountain from which it derives its name, but also the Clach-na-Cudainn Range.

The park, altogether a mountain-top one, provides a wonderful automobile trip. A road, as hard and smooth as a city boulevard, has been constructed by the Dominion Government to within two miles of its summit, which it will eventually reach. The distance from Revelstoke city to this point is about 13 miles, and the drive takes about two hours. The road ascends by an easy grade through a virgin forest—a tortuous route that winds around in sometimes a most extraordinary manner, along rocky ledges and on the verge of deep chasms. The glory of the ride is the remarkable view that can be obtained all the way up of the valley below, flat as a floor—the Selkirks to the south-east, the Gold Range to the south-west, and the Columbia and Illecillewaet rivers twisting like ribbons around the city.

*The Red Trail* The Red Trail Route, forming the interprovincial highway from the prairies to British Columbia, uses the Crow's Nest Pass. It begins at Medicine Hat, passing through Lethbridge and Macleod, and can be joined from the Blue Trail at the latter point from either north or south.

Following for some distance the windings of the Old Man River, it reaches the many prosperous communities of the Crow's Nest Pass. This region is an important coal-mining one. The scenery is extraordinarily fine throughout. At Crow's Nest British Columbia is entered, and thence descent is made to Fernie, the largest town of south-eastern British Columbia, where good mountain climbing, hunting and fishing are to be obtained.

From Fernie onwards we are within the sphere of influence of the fertile Kootenay River. The next important point is Cranbrook, a very attractive town, the centre of a rich silver-lead mining and farming district. Here the Blue Trail from Lake Windermere joins us from the North. Still descending we reach Creston, in a very prosperous fruit-farming district. The road formerly ended here, and a detour into the United States was necessary, but it has now been extended to Kuskanook, on the east side of Kootenay Lake. At this point cars may be loaded on steamers and transported across Kootenay Lake to Nelson.

*Waterton Lakes Park* Waterton Lakes Park (referred to on page 2) can be reached by road from either Pincher Creek, on the Red Trail Route, or from Cardston or Glenwoodville on the Blue Trail Route south of Macleod.

### DISTANCES—BANFF-LAKE WINDERMERE ROAD AND KOOTENAY PARK (ONE WAY)

Banff to Storm Mountain Bungalow Camp—26 miles. Storm Mountain Bungalow Camp to Marble Canyon—9 miles. Marble Canyon to Vermilion River Camp—16 miles. Vermilion River Camp to Sinclair Hot Springs Camp—41 miles. Sinclair Hot Springs Camp to Lake Windermere Camp—12 miles. Total—104 miles.

### GENERAL AUTOMOBILE TARIFF AT BANFF, LAKE LOUISE, YOHO PARK and GLACIER PARK

(a) *Per hour*. Hourly rate, without specified distance—$5.00 per 5-passenger car ($2.00 waiting); per 7-passenger car—$6.50 ($3.00 waiting). "Waiting time" is that exceeding 15 minutes.

(b) *Per mile*. One way, per person per mile—15c; round trip—25c. Minimum, 5-passenger car—3 fares (45c per mile one way; 75c per mile round trip). Minimum, 7-passenger car—4 fares (60c per mile one way; $1.00 per mile round trip).

On all trips exceeding 50 miles, these rates are subject to 10 per cent. reduction.

(c) *Motor Coach* (where operated). Any trip up to 50 miles, one way per person per mile—12½c; return—20c. Over 50 miles, one way per person per mile—10c; return—17½c.

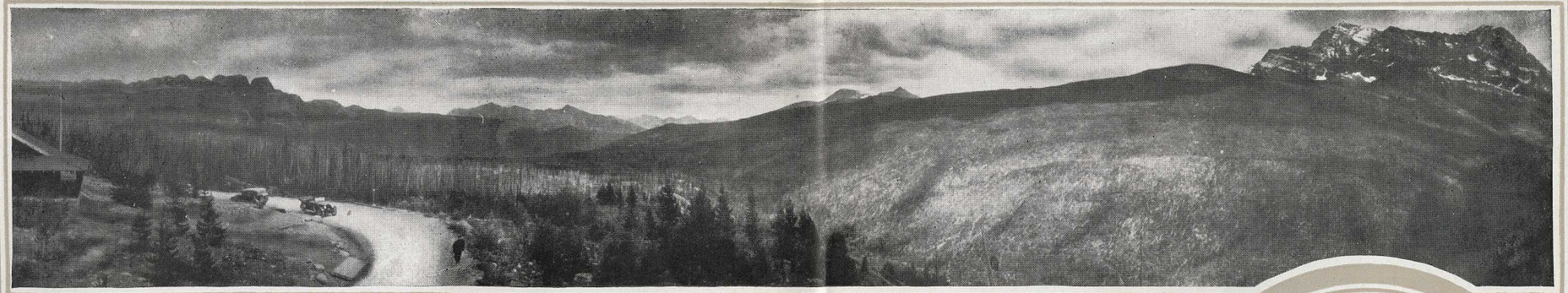
These rates may be calculated to nearest 25c.

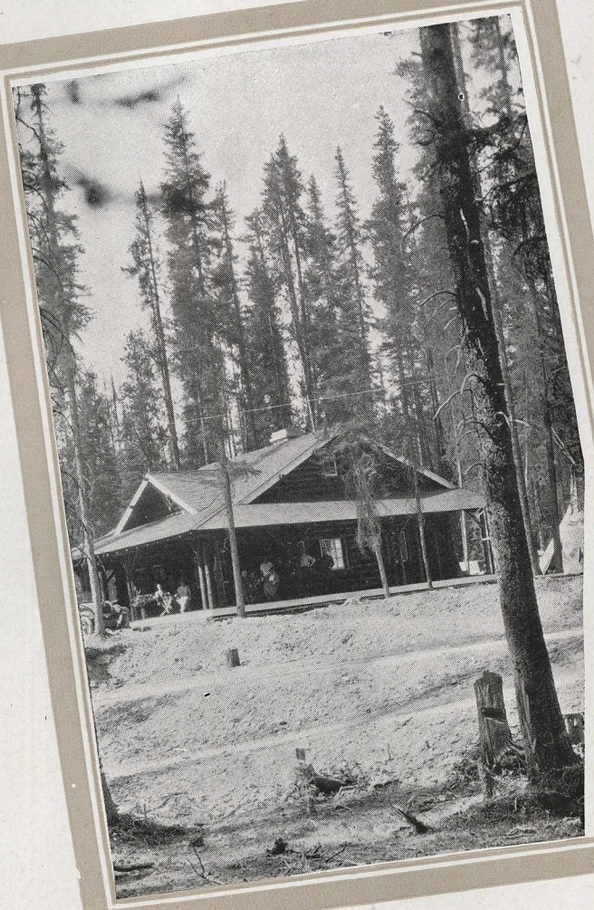
### LIVERY AND PONY TARIFF BANFF, LAKE LOUISE, YOHO PARK, GLACIER PARK

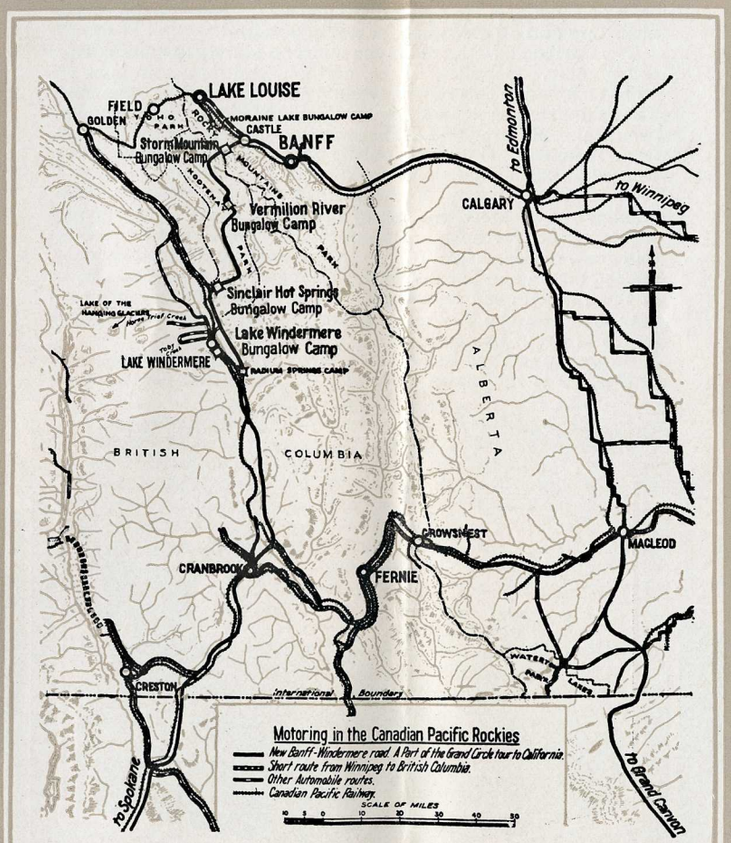
Saddle horses. per day—$4.00; half day, or part—$2.50.
Guide with pony, per day—$6.00; half day, or part—$4.00.
Pack horse, per day—$2.50.
Single rig, without driver (not at Glacier): First hour, or part—$1.75; Second hour—$1.00; each additional hour—75c; per day, 9 hours—$5.00.
Single rig, with driver (not at Glacier): First hour, or part—$2.50; Second hour—$1.25; each additional hour—$1.00; per day, 9 hours—$7.00.
Surrey, or two-seated carriage, with driver: First hour, or part—$2.75; each additional hour—$1.50; per day, 9 hours—$10.00.
Three-seated carriage, with driver: First hour, or part—$4.50; Second hour—$2.00; each additional hour—$1.50; per day, 9 hours—$12.00.

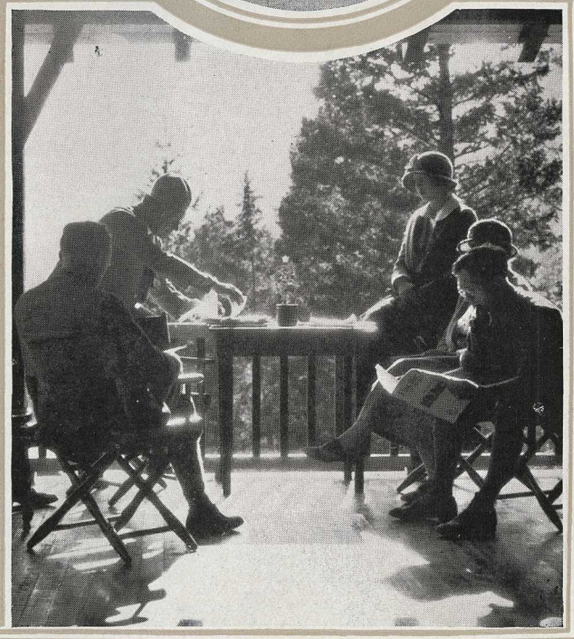
## RANCH LIFE IN THE FOOTHILLS

At three places in the foothills of the Canadian Pacific Rockies now, the visitor can experience all the novelties of ranch life interspersed with romantic excursions into the near-by mountains, good trout fishing, and in season excellent big-game hunting, including grizzly bear, mountain goat, and mountain sheep. These are the Kananaskis Dude Ranch, the T.S. Ranch, near High River, and the Buffalo Head Ranch, also near High River. Frequent exhibitions of riding, broncho busting, roping, and other cowboy stunts add materially to the entertainment offered guests. Accommodation is provided in log cabins or tents, with a central cabin for dining and recreation purposes. Further information can be obtained from C. B. Brewster, Kananaskis Dude Ranch, Kananaskis, Alta., Guy Weadick, T.S. Ranch, Longview P.O., Alta., or the Manager, Buffalo Head Ranch, Pekisko, Alta.









At Top—View over Bow Valley from Storm Mountain Bungalow Camp, on the Banff-Lake Windermere Automobile Road
Bottom Row, at left—Vermilion River Camp—In Circle—Lake Windermere Camp—At Sinclair Hot Springs Camp (*Photograph by Armstrong Roberts*)

# HUNTING IN THE CANADIAN PACIFIC ROCKIES

While hunting is forbidden within the National Parks in the Canadian Pacific Rockies, there is magnificent sport to be had outside the Park limits, and the Canadian Pacific Railway hotels and bungalow camps are good starting points for some of the best hunting grounds.

*Bear* British Columbia is the last home of the grizzly, that fierce and rapacious member of the bear family. He is to be found pretty much throughout the Selkirks and Rockies; there are particularly good opportunities along the Coast inlets, while the East Kootenay, Lillooet and Cariboo districts and the country reached from Revelstoke are likewise promising hunting grounds. Brown bear, the largest carnivorous animal in the world to-day, is a trophy par excellence, and the hunter who succeeds in bagging one of these huge and ferocious animals can be assured of pulse-quickening memories for the rest of his life. The best time to hunt for bear is in the spring, when their fur is at its best.

*The Mountain Goat* The Rocky Mountain goat, whose uncanny beard gives him almost a human appearance, has his habitat among the peaks of the Canadian Pacific Rockies. He is a brave and fearless fighter, and is more than a match for any dog that dares to attack him. His sharp and needle-like horns and strong, pointed hoofs are excellent weapons of defence against his enemies. He is the most daring of all mountain climbers, remarkably sure-footed, and delights in scaling great heights and taking perilous leaps across chasms. His coat is white, soft and fluffy, and the color has the effect of magnifying his size, which is usually about thirty-five to forty inches at the shoulder. When full grown he weighs from 200 to 250 pounds. He has practically no enemies save men and eagles. When danger threatens he climbs up or down the steepest precipice he can find, and there is no wild creature without wings that can follow him.

*The Bighorn* The Bighorn or Rocky Mountain sheep is to-day probably considered the most valued prize obtainable by the sportsman. Its home is among the fastnesses of the Canadian Pacific Rockies. This animal is of a suspicious nature, but is sure-footed and self-reliant, and will escape over rocks which the hunter finds impossible to traverse. Its flesh is pronounced by epicures to be the most delicious of the world's game, and its massive, wide-spreading horns make a beautiful ornament. Of all Canadian big game the bighorn is most wary and difficult to bag. His vigilance is admirable, and once he has regained the higher ground, after feeding during the early morning, only the combination of luck and skill will secure a successful shot.

*Moose and Caribou* The moose, that monarch of the forest, whose mighty antlers make him such a desirable prize, ranges plentifully through the more heavily wooded stretches of the Rockies.

The caribou inhabits a more open country than the moose, and is found in goodly numbers on the moss-covered barrens in the Canadian Pacific Rockies, where some very large heads have been shot.

*Principal Hunting Districts* The Lillooet District is a fine country for hunting the common bighorn. The town of Lillooet, reached by motor road from Ashcroft or Lytton, is a good outfitting centre. Here guides can be picked up and all essentials for a trip obtained.

The Cariboo District offers the hunter a variety and abundance of big game. Grizzlies, moose, caribou, and mountain goat are all to be found in this region, while black bear are also often shot. The fishing, too, is remarkably good and the scenery indescribably beautiful. Hunting and fishing grounds are best reached by auto from Ashcroft. Complete outfits and reliable guides can be secured at various points in the district.

The East Kootenay is an excellent field for the sportsman, offering the greatest variety of big game to be found in any section of the North American continent. Bighorn sheep, mountain goat, moose, wapiti (elk), caribou, mule and Virginian deer, grizzly, brown and black bear are among the possibilities. Most of these species can be secured within reasonable distance of a base camp on the Kootenay River and all within an extreme radius of about eighty miles.

Invermere (station Lake Windermere, seventy-four miles south of Golden) is the natural gateway and outfitting point. Auto may be taken from here to Kootenay River Crossing, where saddle horses and outfit can be in waiting, so that the hunter may be in the heart of the best hunting district the same evening.

*The B.C. Coast* Very good grizzly hunting can be secured along the British Columbia coast. Very frequently parties for spring hunting are organized, and are open to all sportsmen. Steamers can be taken from Vancouver for the initial journey, and the rest of the trip made by canoe and by packing in. A good time to hunt is from April 15th to June 15th, and very often some fine fishing can be enjoyed on the side.

*The Cassiar Country* The Cassiar country, which lies back of the range of mountains that immediately fringes the upper British Columbia coast, close to the Alaska-Yukon boundary, is one of the finest and most celebrated sporting regions of the continent. In this district are found mountain sheep, mountain goat, moose, caribou, and grizzly, brown and black bear. Under ordinary circumstances there is no difficulty in securing the full limit of game which the law allows.

The "way in" to the Cassiar country is to leave Vancouver by Canadian Pacific steamer for Wrangel, Alaska—a journey of two days. Thence launch is taken up the Stikine River to Telegraph Creek, and it is then necessary to pack in for the remainder of the trip, by horse. An alternative approach is by steamer to Skagway, Alaska, thence by rail to Carcross, steamer to Atlin, and pack train.

*Equipment* In the way of equipment, sportsmen require to bring only their own rifles, ammunition, blankets, and field glasses. Everything else is furnished by the outfitters. It is generally good practice to engage guides and to make all other arrangements for outfits well in advance.

Full information as to 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 issued by the Canadian Pacific Railway, and which will be gladly furnished upon request by the General Tourist Agent, Montreal, Que.

Bighorn Mountain Sheep

Rocky Mountain Goat

A Close Up

# WHAT TO DO AT VANCOUVER AND VICTORIA

*Vancouver* Vancouver, the terminal of the Canadian Pacific trans-continental rail lines and its trans-Pacific steamship routes, is the largest commercial centre in British Columbia. It has an excellent harbor nearly land-locked and fully sheltered, facing a beautiful range of mountains. Two peaks, silhouetted against the sky, and remarkably resembling two couchant lions, are visible from almost any point in the city or harbor, which has been appropriately called "The Lion's Gate." The city is most picturesquely situated on Burrard Inlet, surrounded by beautiful environs of varied character. All kinds of water sports are available, and are encouraged through a mild climate and extensive bodies of water. There are many bathing beaches, parks, boulevards, automobile roads, and paved streets.

The magnificent Hotel Vancouver is the finest hotel of the North Pacific, with 490 guests' bedrooms. Wonderful views of the Strait of Georgia can be obtained from the roof garden of this hotel.

*Canada's Pacific Port* Vancouver is a highly important port. From here the well-known Canadian Pacific "Princess" steamers offer splendid service to Victoria, Seattle, Northern British Columbia, and Alaska. Canadian Pacific "Empress" steamships cross the Pacific to Japan, China and the Philippines. The Canadian-Australasian Line runs regularly from Vancouver to Honolulu, Suva (Fiji), New Zealand and Australia.

In and around Vancouver are immense lumber and shingle mills. Mining, lumbering, farming, shipbuilding, and shipping, with a vast Oriental business, form the reason of the city's phenomenal growth and prosperity. From a forest clearing less than forty years ago it has become one of the principal cities and most important seaports of the North Pacific Coast.

*Motoring* The roads around the city are famous for their excellence, and there are many fine drives, varying from an hour to a day in time. Amongst them may be mentioned Stanley Park—one of the finest natural parks in the world, a primeval forest right within the city limits and containing thousands of Douglas firs and giant cedars of a most amazing size and age. The park is encircled by a perfect road, nine miles in length. The "Marine Drive" takes the visitor through the best residential parts of the city, including Shaughnessy Heights and Point Grey, thence to the mouth of the Fraser River, with its fleets of salmon trawlers, and back along the coast past bathing beaches and golf links. Capilano Canyon, a gorge of great natural beauty, in North Vancouver, is reached over a good road. The suspension bridge across the canyon, 200 feet above the roaring waters, is visited by thousands of people annually. The Pacific Highway, including Kingsway, runs through Vancouver, connecting up with the main American roads of the Northwest. With the exception of about 115 miles, this road is paved all the way from Vancouver to Mexico.

*Golf and Tennis* Vancouver has five good golf courses which are open to visitors. These comprise four 18-hole courses—Shaughnessy Heights Club, the Vancouver Golf and Country Club, the Marine Drive Golf and Country Club, and the Point Grey Club—and one 9-hole course, the Jericho Golf and Country Club. Guests at the Hotel Vancouver have special privileges at the Shaughnessy Heights Club, which is recognized as one of the best links on the Pacific Coast. There are a number of good tennis clubs. Members of any recognized tennis club have the privilege of membership in the Vancouver Tennis Club, which has eight courts and a beautiful clubhouse.

*Bathing and Boating* There are numerous fine bathing beaches around Vancouver. The most easily reached are English Bay and Kitsilano—both on the street-car line. The scene at English Bay, which lies at one entrance to Stanley Park, on a sunny afternoon is one of great animation. Burrard Inlet, English Bay, and the North Arm are excellent places also for boating. Vancouver boasts of one of the finest yacht clubs on the Pacific Coast, which extends a hearty welcome to members of recognized yacht clubs.

*Sporting* A great variety of fishing can be obtained around Vancouver. In season, salmon, spring, cohoe and tyee, steelheads, Dolly Varden, rainbow, cut-throat, and sea trout are plentiful. Within easy reach of the city there is also wonderful shooting. Grouse, duck, teal, mallard, snipe, pheasants and partridges are plentiful in season. Lulu Island, Sea Island, the North Shore and Seymour Flats are all within an hour of the Hotel Vancouver.

*Steamer Trips* Some fine steamer trips can be made from Vancouver. Chief amongst them, perhaps, is the 4½ hours' trip across the Juan de Fuca Strait to Victoria. Then there is a particularly interesting trip to Nanaimo, a cruise amongst the Gulf Islands, and others to Comox, Powell River, etc. An excellent circle tour may be made by taking a "Princess" steamer to Victoria, the E. & N. train from Victoria to Nanaimo, thence back to Vancouver by steamer.

## VICTORIA

*Victoria* Victoria is charmingly situated at the southern end of Vancouver Island. Its delightfully mild climate makes it a favorite resort for both summer and winter, and owing to the characteristic beauty of its residential district, it has often been called "a bit of England on the shores of the Pacific." It is distinctively a home city, with fine roads and beautiful gardens, although its enterprising business district speaks of a rich commerce drawn from the fishing, lumber, and agricultural industries of Vancouver Island. Victoria's beauty lies in its residential districts, its boulevards, parks, public buildings, numerous bathing beaches and semi-tropical foliage.

The Empress Hotel, last in the chain of Canadian Pacific hotels, overlooks the inner harbor, within a stone's throw of the Parliament buildings. It is an hotel of stately architecture, hospitable spirit, spacious atmosphere and social warmth.

*Beacon Hill Park* One of the city's public parks, contains 154 acres laid out as recreation grounds and pleasure gardens, fifteen minutes' walk from the Empress Hotel and included in all sight-seeing trips in the city. Magnificent views can be obtained from Beacon Hill across the Straits of Juan de Fuca and of Olympic Mountains on the mainland.

*Parliament Buildings* Victoria is the capital of British Columbia. The Parliament Buildings, which rank among the handsomest in America, overlook the inner harbor. Adjoining them is the Provincial Museum, very complete and interesting, and containing a large assortment of specimens of natural history, native woods, Indian curios and prehistoric instruments. The Provincial Library contains a large collection of historical prints, documents, and other works of great value and interest.

*Oak Bay* Oak Bay is one of the principal residential districts of Victoria. With an excellent hotel, it has facilities for boating and some fine walks along the sea front.

*Brentwood* Near Brentwood, a charming resort on Saanich Inlet, about 15 miles from the city by street-car or automobile, are the beautiful and famous gardens of Mr. R. P. Butchart. In no part of America can any more diversified gardens be found than these, for besides sunken gardens there are acres of rose gardens, stretches of velvet lawns bordered with flowers of every description, and a Japanese, or fairy, garden. Visitors are admitted without charge every day.

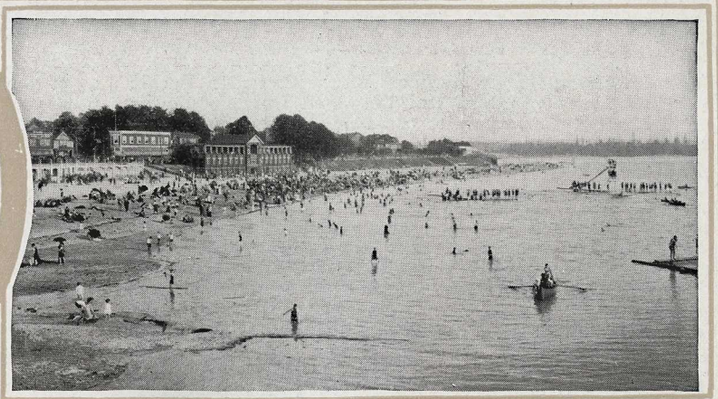
*Saanich Mountain Observatory* Reached by automobile or street-car. The new telescope, which has a 72-inch reflector, has just been installed and is the second largest in the world. The observatory, in addition to being of interest itself, commands from its site one of the finest views on the Pacific Coast.

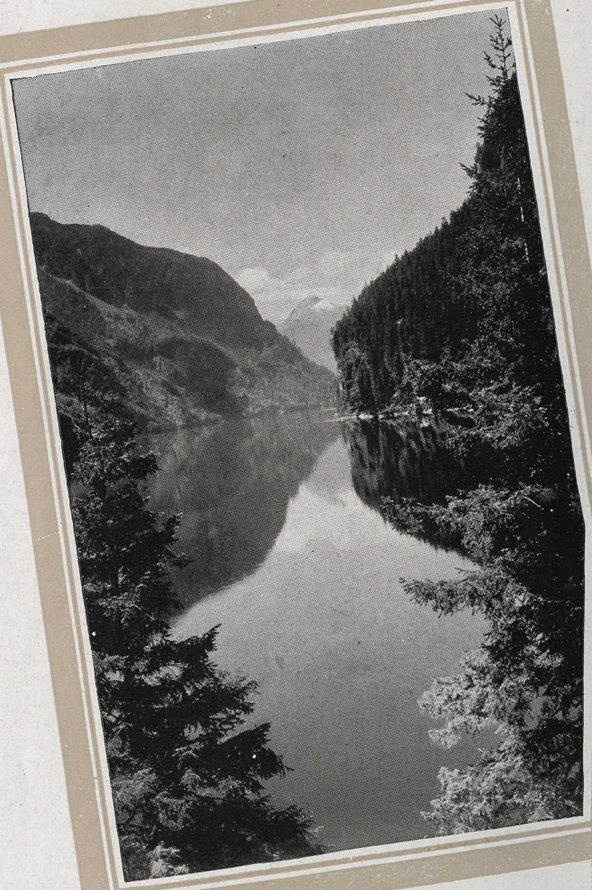
*Golf* Victoria can be considered as an approximation to the "golfer's paradise," for in its equable climate golf can be enjoyed every day of the year. Three 18-hole and two 9-hole courses are open to visitors, and are all convenient to the city, well kept and of fine location. They are the Victoria Golf Club (18 holes), the Colwood Golf and Country Club (18 holes), the Uplands Golf Club (18 holes), Macauley Point Golf Club (9 holes) and Cedar Hill Club (9 holes). Guests at the Empress Hotel have special privileges at the Colwood Club.

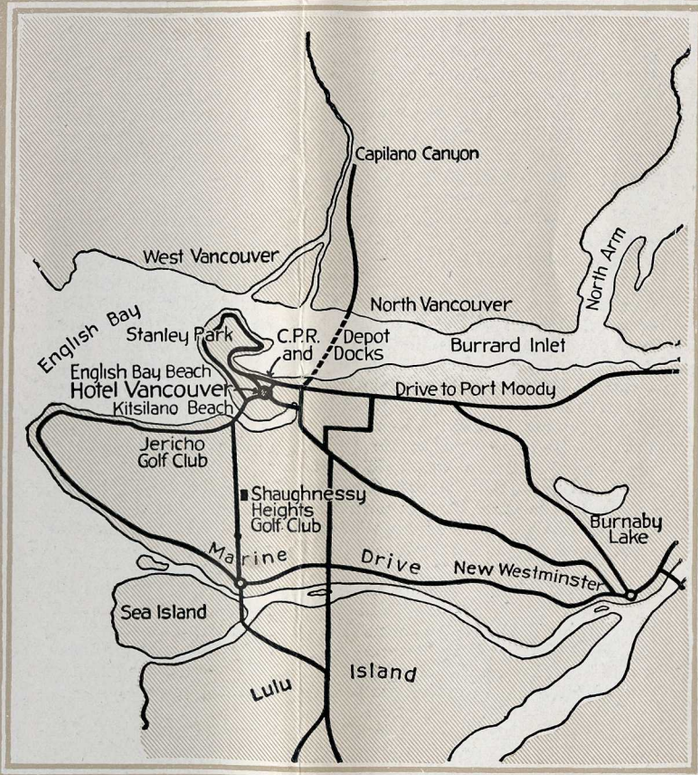
*Sporting* The fishing and shooting on Vancouver Island are of the best—trout, salmon, pheasant, grouse, cougar, bear, deer and moose being the prizes. Shawinigan Lake, Cowichan Lake, Sproat Lake, Great Central Lake and Campbell River are amongst the most famous fishing streams of this continent. There are also excellent bird shooting and big game hunting. Sportsmen wishing fuller information should communicate with the Victoria and Island Publicity Bureau, Victoria.

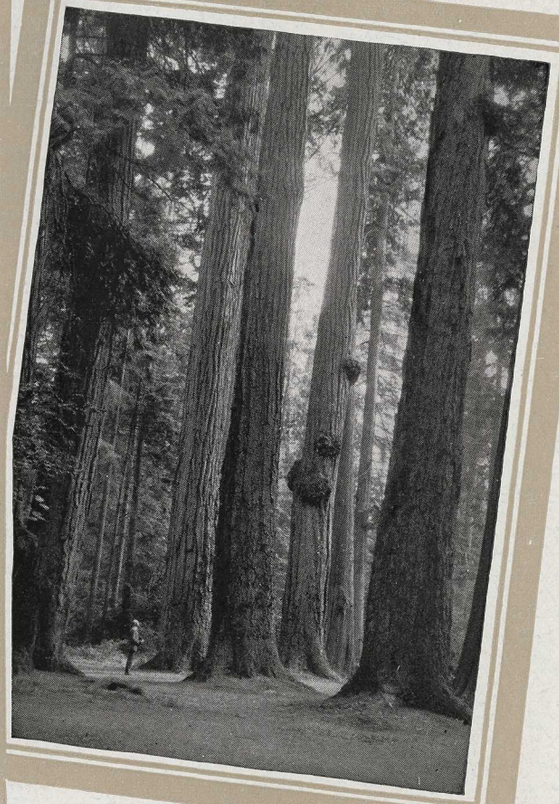
*Motoring* There are as many good motor trips radiating from Victoria as from any other place in America. The roads are excellent, and car owners from the United States who wish to tour Vancouver Island can bring their cars into Canada for one month by signing a registration card at point of entry; if a longer stay is made the usual bond is easily arranged. Among the popular trips are: Victoria, Marine Drive, and Mount Douglas Park; Little Saanich Mountain Observatory and Brentwood; tour of Saanich Peninsula; the famous Malahat Drive to Shawinigan and Duncan; Nanaimo, via Parksville to Cameron Lake, on over Alberni Summit; the Grand Island Highway Tour—Victoria, Duncan, Nanaimo, Cameron Lake, Port Alberni, Qualicum and Campbell River, and the entire Georgian Circuit International Tour, the greatest and most complete scenic tour on the continent.

*Strathcona Park* This is a new national park, of 785 square miles, reached by the E. & N. Railway to Courtenay, or by motor highway to upper Campbell Lake, and thence by pack train. The lakes and streams abound with trout and salmon, and the motoring is excellent.



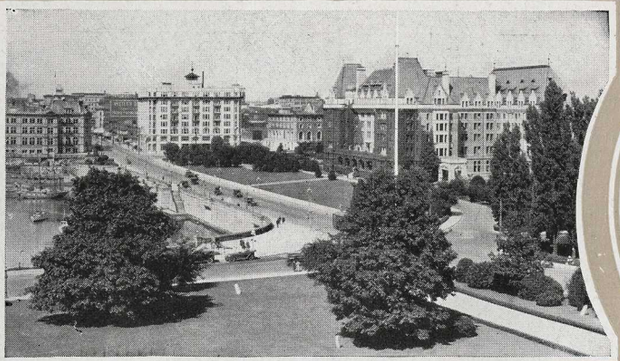


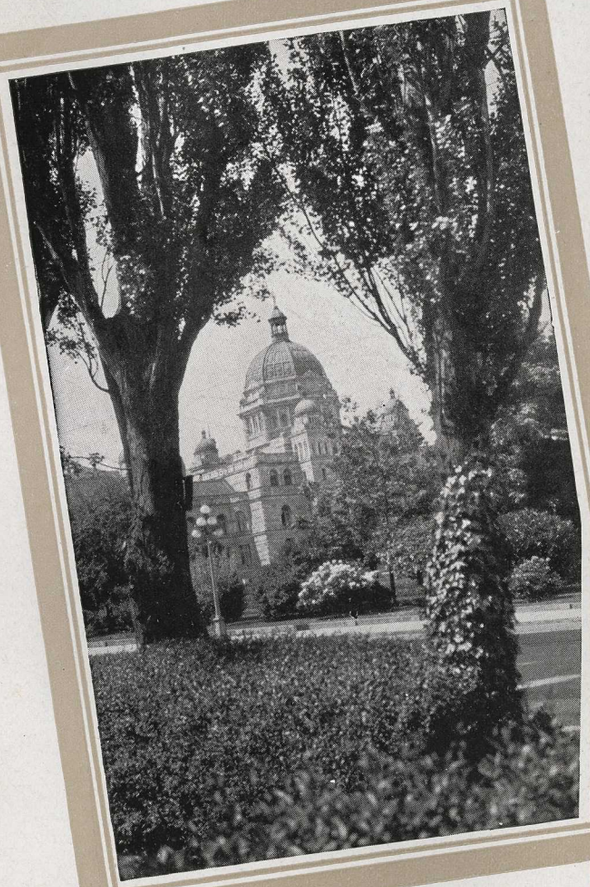


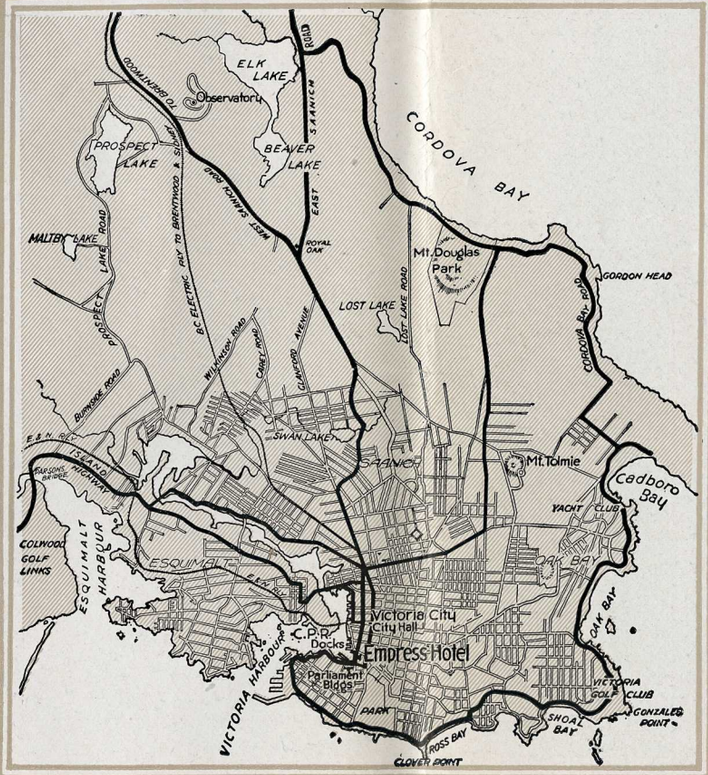



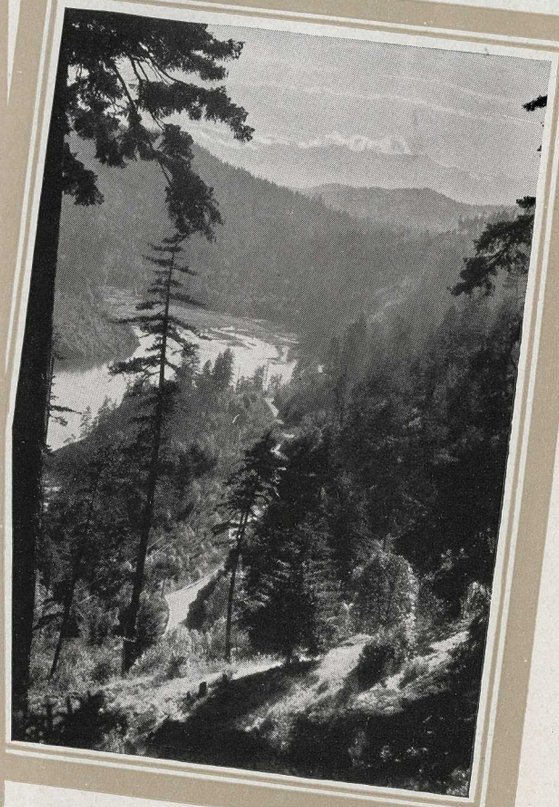
Top Row, left to right—The Roof Garden, Hotel Vancouver—The Hotel Vancouver—English Bay, Vancouver (*Photograph by Leonard Frank*)

Bottom Row, left to right—Jervis Inlet, near Vancouver (*Photograph by Trans-Canada Photo Service*)—Automobile Routes from Vancouver—In Stanley Park (*Photograph by Leonard Frank*)

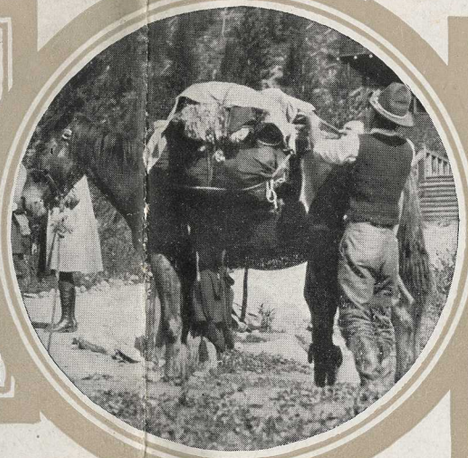


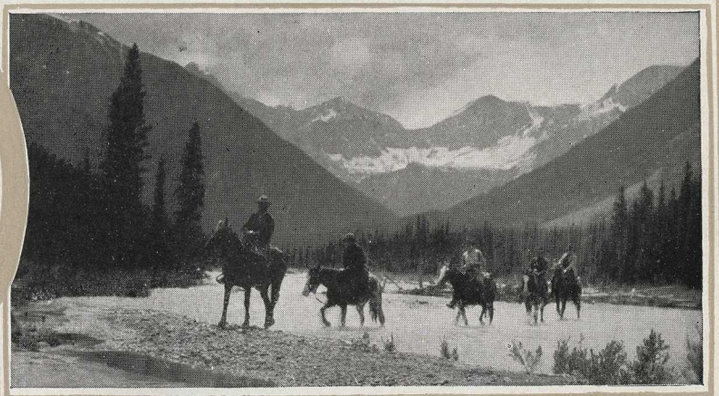


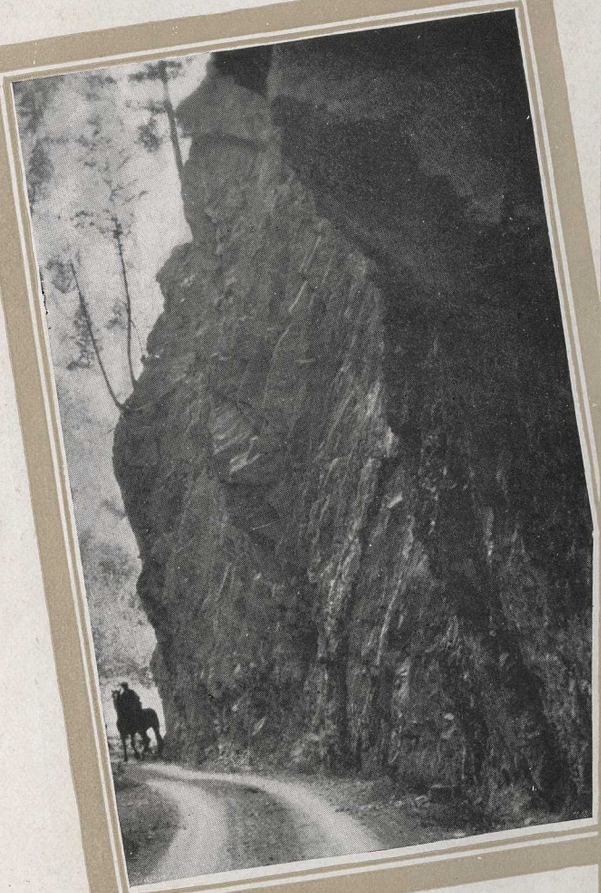


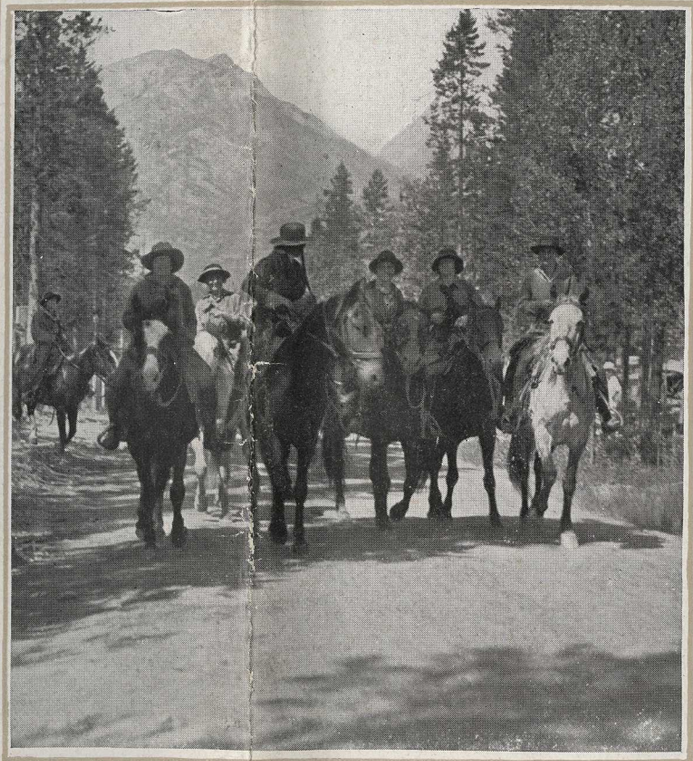



Top Row, left to right—Empress Hotel, Victoria—A Victoria Lawn—Colwood Golf Course, Victoria
Bottom Row, left to right—Parliament Buildings, Victoria—Automobile Routes from Victoria—Along the Malahat Drive









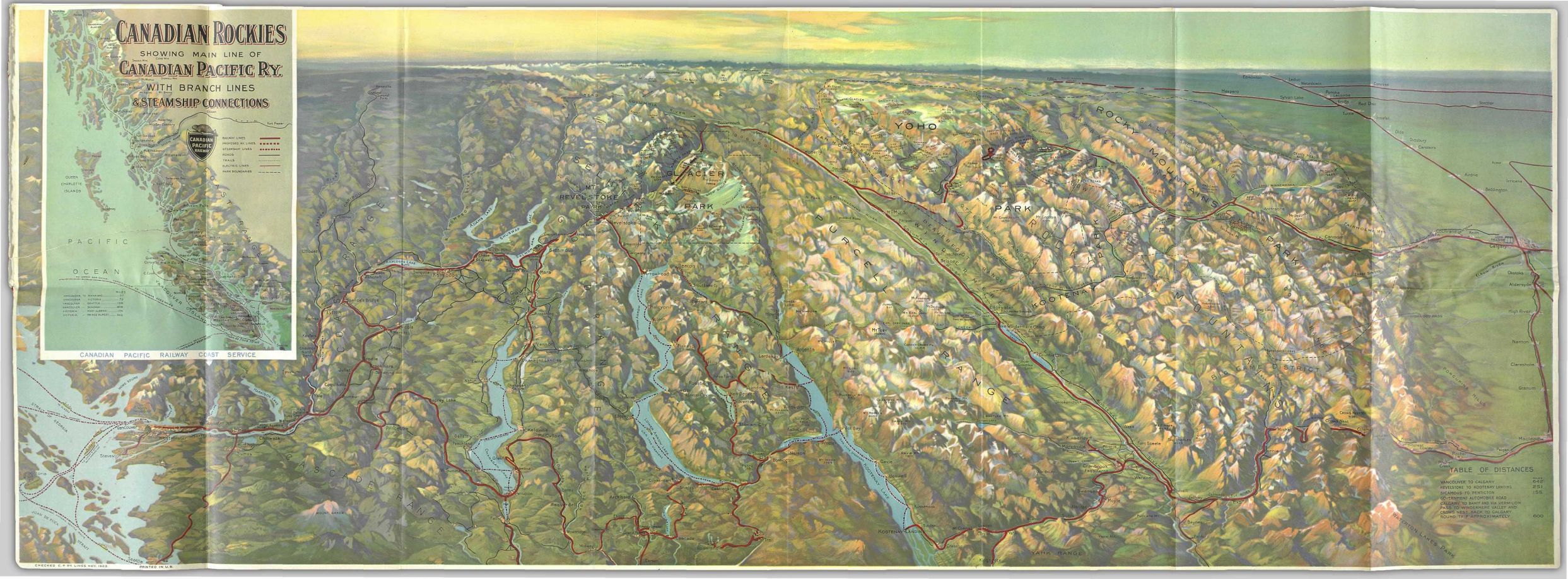
TRAIL RIDING IN THE CANADIAN PACIFIC ROCKIES

*Photographs by Armstrong Roberts, etc.*

On the Wolverine Plateau
In Sinclair Canyon

Getting ready for the trail
At Banff

No need for bridges
Morning in Camp


CANADIAN ROCKIES
SHOWING MAIN LINE OF
CANADIAN PACIFIC RY.
WITH BRANCH LINES
& STEAMSHIP CONNECTIONS
CANADIAN PACIFIC RAILWAY
RAILWAY LINES
PROPOSED RY. LINES
STEAMSHIP LINES
ROADS
TRAILS
ELECTRIC LINES
PARK BOUNDARIES
PACIFIC
OCEAN
QUEEN CHARLOTTE ISLANDS
COAST RANGE
VANCOUVER TO NANAIMO ..... MILES
VANCOUVER - VICTORIA ..... 72
VANCOUVER - SEATTLE ..... 129
VANCOUVER - SKAGWAY ..... 1010
VICTORIA - PORT ALBERNI ..... 114
VICTORIA - PRINCE RUPERT ..... 540
CANADIAN PACIFIC RAILWAY COAST SERVICE
YOHO
PARK
GLACIER
PARK
REVELSTOKE
PARK
ROCKY MOUNTAINS
ROCKY MOUNTAIN RANGE
KOOTENAY
PARK
BURGESS RANGE
SELKIRK RANGE
GOLDEN RANGE
CASCADE RANGE
BIG GAME DISTRICT
TABLE OF DISTANCES
VANCOUVER TO CALGARY ..... MILES 642
REVELSTOKE TO KOOTENAY LANDING ..... 251
SICAMOUS TO PENTICTON ..... 155
GOVERNMENT AUTOMOBILE ROAD
CALGARY TO BANFF AND VIA VERMILION PASS TO WINDERMERE VALLEY AND CROWS NEST BACK TO CALGARY
ROUND TRIP APPROXIMATELY ..... 600
CHECKED C. P. RY. LINES NOV. 1923.
PRINTED IN U.S.

# CANADIAN PACIFIC AGENCIES

## THROUGHOUT THE WORLD

### CANADA AND UNITED STATES

**Atlanta**.....Ga.—E. G. Chesbrough, Gen. Agt. Pass. Dept.....49 N. Forsyth St.
**Banff**.....Alta.—J. A. McDonald.....C.P.R. Station
**Bellingham**.....Wash.—S. B. Freeman, City Passenger Agent.....1252 Elk St.
**Boston**.....Mass.—L. R. Hart, Gen. Agt. Pass. Dept.....405 Boylston St.
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**Prince Rupert**.....B.C.—W. C. Orchard, General Agent.
**Quebec**.....Que.—C. A. Langevin, City Pass. Agent.....Palais Station
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**Shanghai**.....China—E. Stone, Gen. Agt. Pass. Dept.....Palace Hotel Bldg.
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