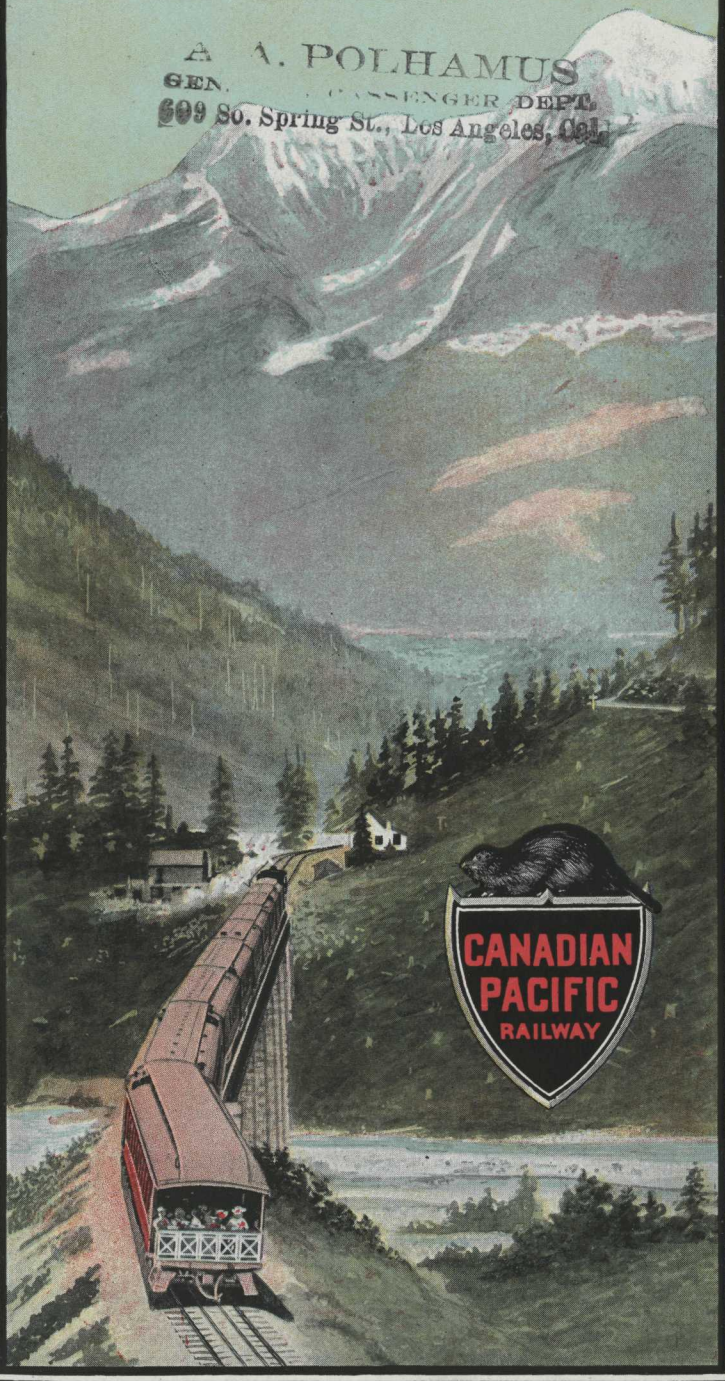
CANADIAN ROCKY MOUNTAIN RESORTS

A. A. POLHAMUS
GEN. PASSENGER DEPT.
609 So. Spring St., Los Angeles, Cal.



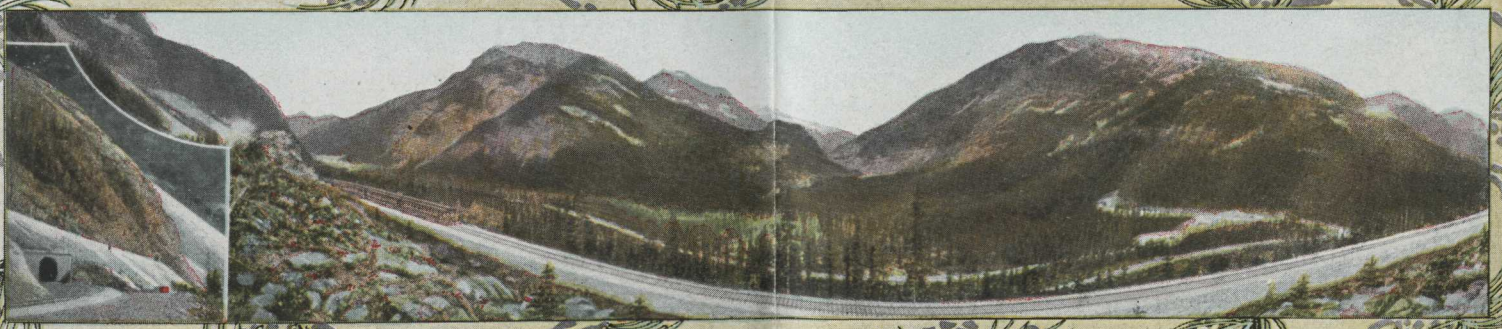
CANADIAN ROCKY MOUNTAIN RESORTS

"Forth from the dust and din,
The crush, the heat, the many spotted glare,
The odor and sense of life and lust aflare,
The rangle and the jangle of unrests,
* * * *
To quietness."

DAY BY DAY it is more and more apparent that some holiday of rest and relaxation—call it by the good old-fashioned name of holiday if you like—is rapidly becoming one of the essentials of our exciting twentieth century existence. What was once a question of caprice and luxury is now a necessity, if the danger of a breakdown is to be avoided; and with the majority of those to whose health of body and mind the annual outing is almost as needful as air or food, the question where to go to get the necessary change of air and surroundings to bring about the desired results, is a question which is a trouble to not a few.

To those who find themselves confronted with this question, let me turn your attention to

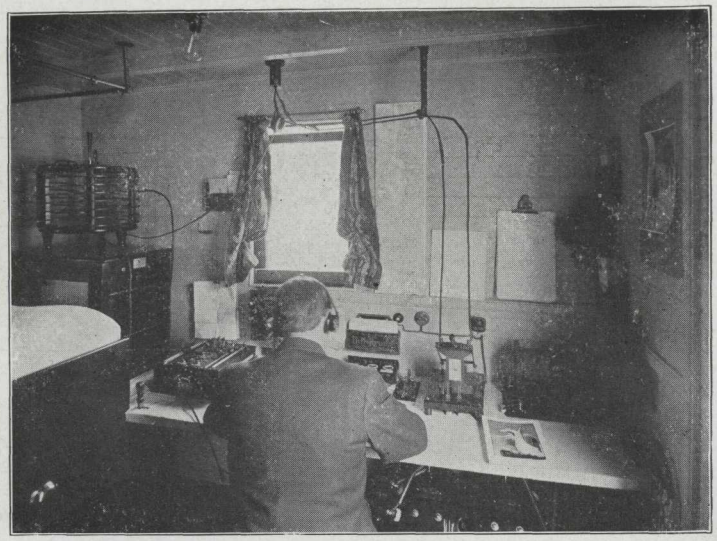
"THE CALL OF THE CANADIAN ROCKIES."



THE CANADIAN ROCKIES are unique for their abnormally high percentage of sunny days, their corresponding minimum of rain and the entire absence of foggy or misty weather. From the 1st of June to the 1st of October there is little rain, except passing showers of short duration, preceded and succeeded by bright sunshine. No greater contrast is it possible for mortals to enjoy than from the city with noisy, rushing tumult, and the smoky, dusty streets, to the Canadian Rockies with their pure clear air, blue skies, emerald lakes and crystal streams.

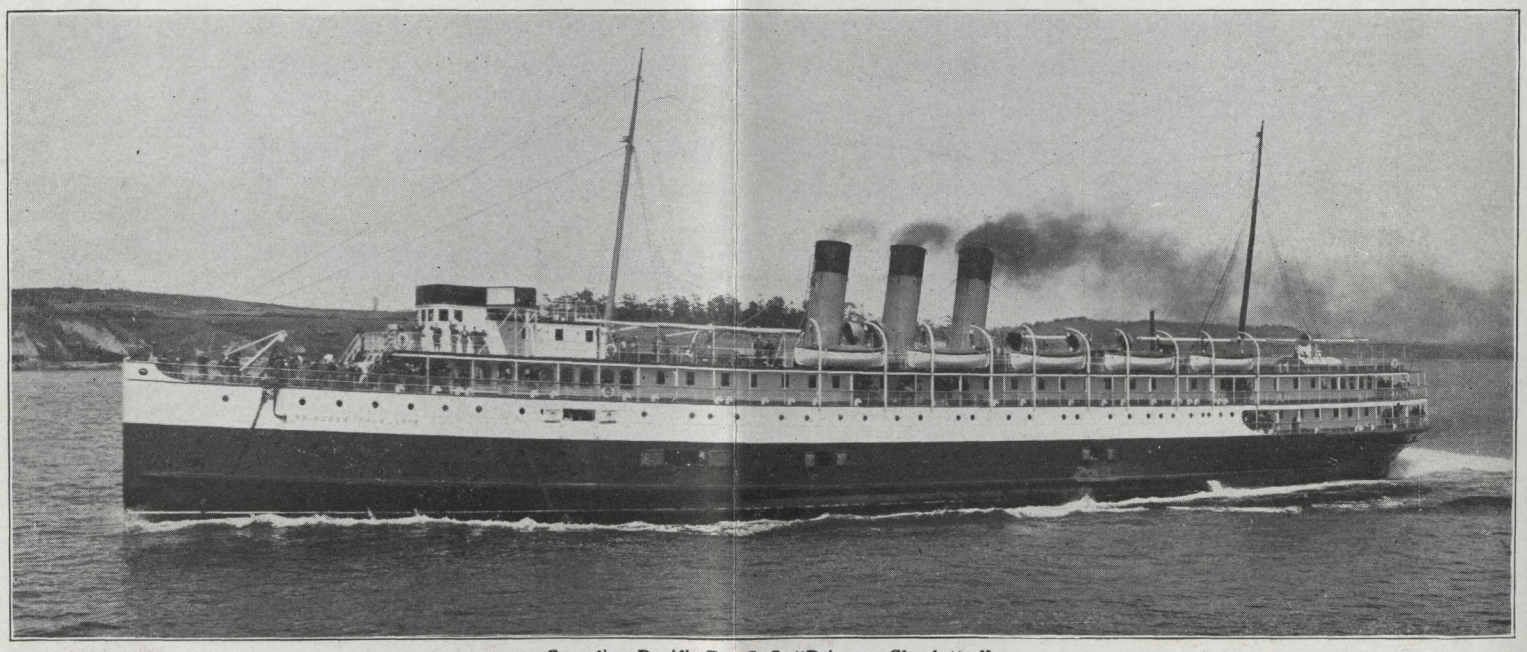
A glance at the map will make it sufficiently obvious that the system of the Canadian Pacific Railway is the key to the great "playground" of Canada. It is indeed the "Holiday Line" *par excellence.*

The Canadian Pacific Railway offers to the tourist from the Pacific Coast every convenience of modern travel. Its steamships are



Wireless Operator on Canadian Pacific Railway Company's Steamships.

the finest, fastest and most luxuriously fitted vessels plying on the Puget Sound. Its trains operating out of Vancouver to the Canadian Rockies are among the best equipped trains in Canada, and carry Compartment-Buffet-Library-Observation Cars finished in the most luxurious style and fitted with every



Canadian Pacific Ry. S. S. "Princess Charlotte."

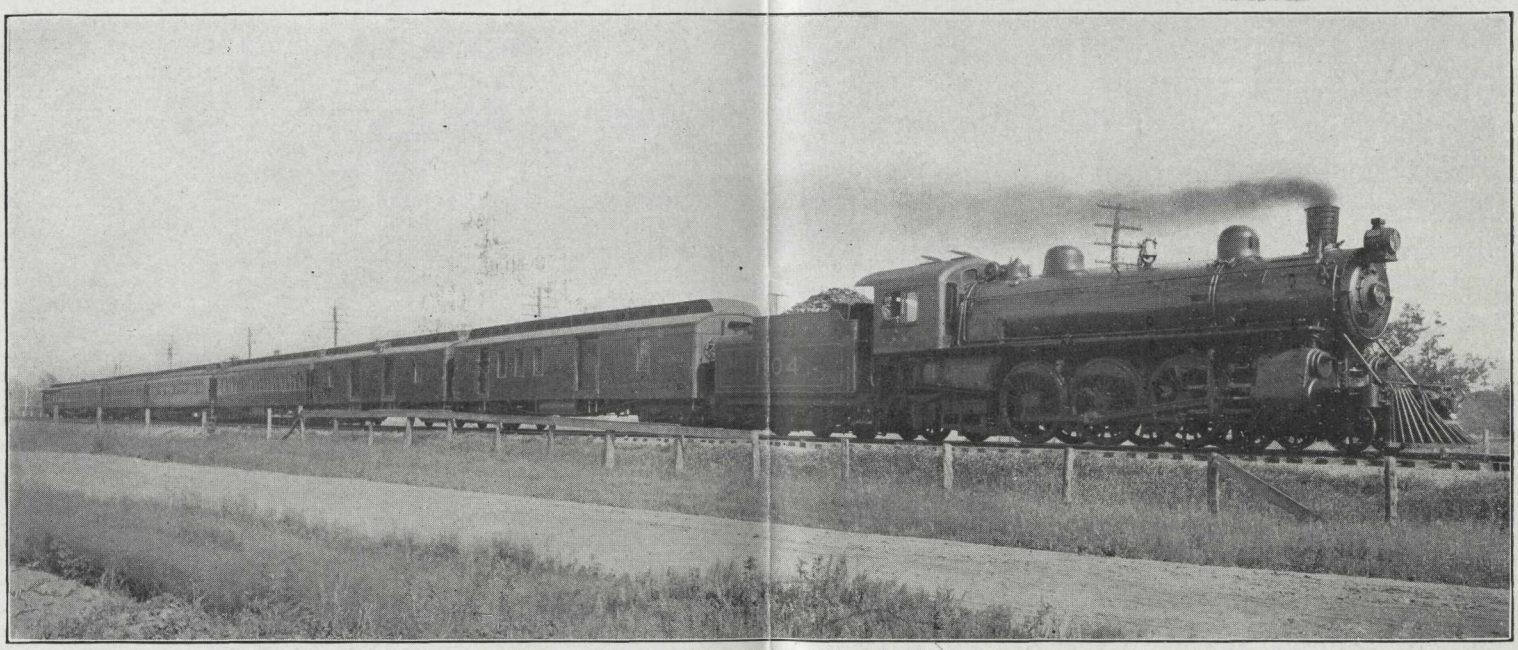
Interior Buffet-Library-Observation Car.

convenience. The Canadian Pacific Railway also owns and operates a magnificent chain of hotels from Victoria to Banff, which provide that high-class service which is characteristic of all Canadian Pacific Railway undertakings.

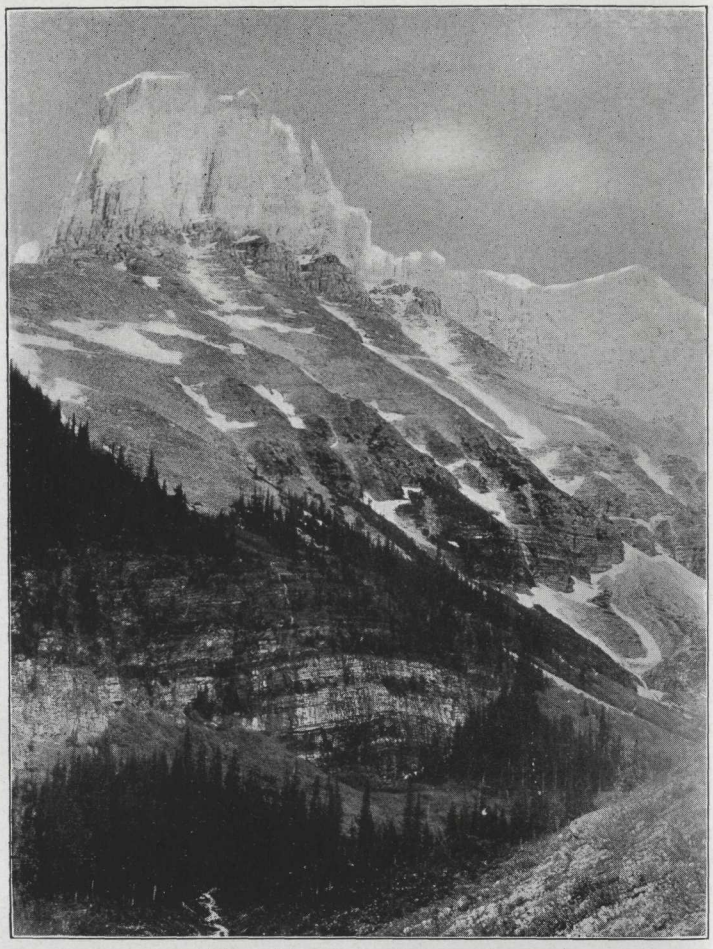
From the time the stately "Princesses" leave their moorings at Seattle to the time the tourist reaches the coast again there is not a dull moment. The panorama is continually changing and by the time the "Heart of the Rockies" is reached Nature has unfolded her beauties in such profusion and diversity as is unequalled anywhere in such a short run.

The sail up the smooth waters of Puget Sound, between the Olympics and the Cascades, to the beautiful entrance to Victoria Harbor is ever a delightful trip. On entering the inner harbor, immediately in front is the magnificent Canadian Pacific Railway Empress Hotel. On the right are the fine Parliament Buildings of British Columbia, which are among the handsomest in America. To the left is the Dominion Postoffice and Customs House.

Leaving Victoria the "Princess" wends her way among the beautiful islands at the southeast of Vancouver Island, thence across the Gulf of Georgia. On the right Mt. Baker is seen, like a sentinel, raising its mighty snow-capped cone over 14,000 feet into the air.



Unexcelled Equipment of the Canadian Pacific Railway.



Cathedral Peak, Canadian Rockies.

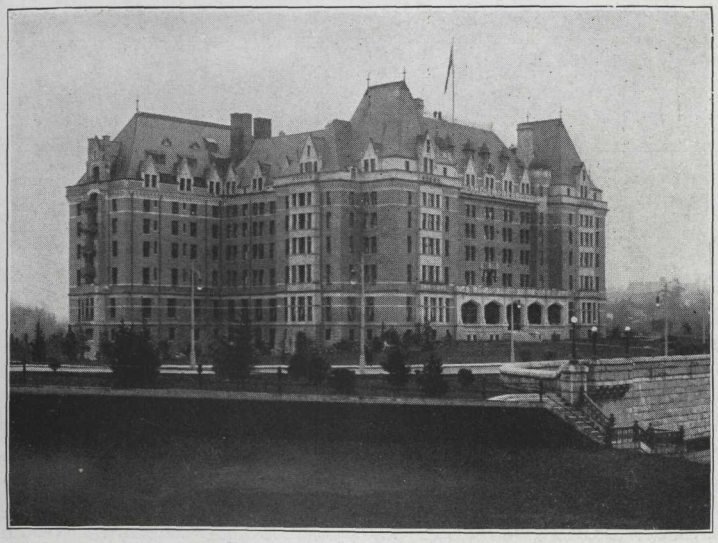
After crossing the Gulf of Georgia and English Bay, the First Narrows, a very narrow channel, is reached. On the right is Stanley Park, Vancouver's beautiful natural park, then Burrard Inlet, which forms one of the best harbors on the Pacific Coast.

To those who have plenty of time both Victoria and Vancouver offer many attractions to the tourist, and several days might be profitably spent in both cities, but those who have only a short time at their disposal must obey "THE CALL OF THE MOUNTAINS" and press forward.

On boarding the train at Vancouver the railway follows the south shore of Burrard Inlet for several miles, and a short distance further enters the Fraser Valley. At this point the Fraser River is a smooth-running, mighty stream and hardly recognizable as the same river seen a few hours later in such a reckless, sportive mood.

At Yale the Fraser Canyon is reached and followed up to Lytton. The scenery of the Fraser Canyon is intensely interesting. The great river is forced between vertical walls of rock through which it madly rushes and roars. The railway is cut into the cliffs 200 feet or more above, and the overhanging rocks which occur in close succession are pierced by tunnels. At Lytton the Thompson Canyon is entered and followed for about sixty miles. The Thompson Canyon is thought by many to be superior to the Fraser Canyon, and by none to be inferior.

At Savona is Kamloops Lake, a lovely sheet of water with well-wooded slopes coming down to the water's edge, and a little further on the Great Shuswap Lakes are reached. For fifty miles the line wends its way along

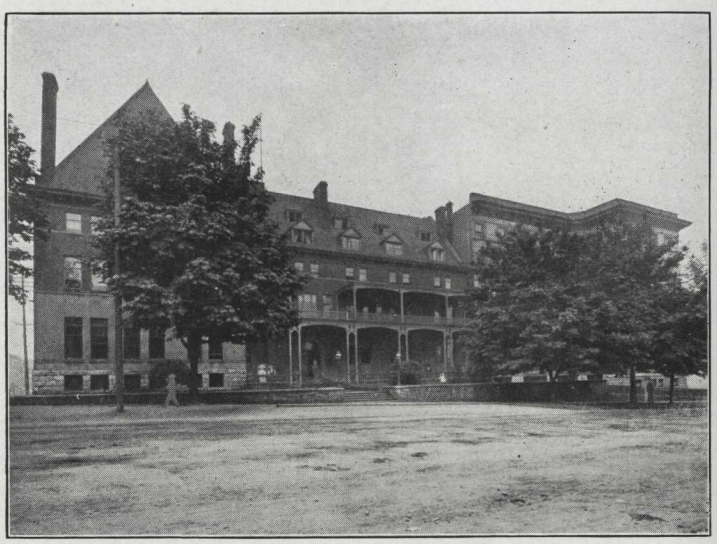


Empress Hotel, Victoria, B. C.

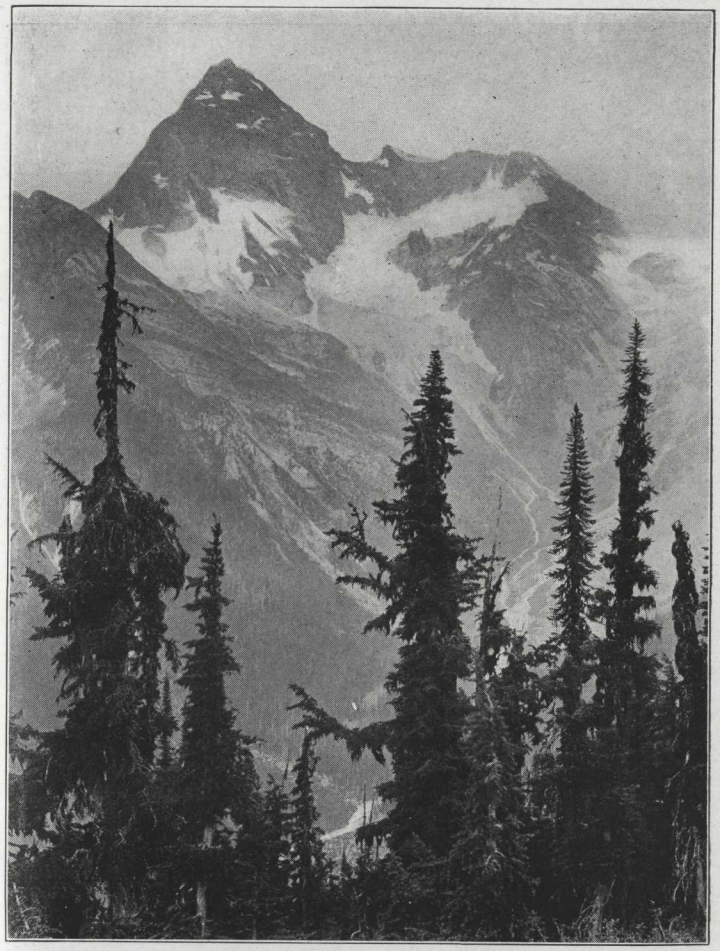
the south shore of these beautiful lakes which bid well to rival even the Lakes of Bonnie Scotland, and they do not lack song and story in their praise. David Christie Murray wrote of them, "And the Lakes on this side of Sicamous, shall I ever forget them? I saw them first at twilight, with one bright star in the sky of deepest violet and a trail of starry brightness in the shadows of the Lake. Such a scene of peace and quietness after the clamorous glories of the Mountains, that it made my heart ache with sweetness."

At Sicamous there is a link in the chain of hotels for the convenience of those passengers who left Vancouver in the morning, and who wish to continue their journey in daylight.

After two-hours' ride from Sicamous, Revelstoke is reached, where begins the ascent of the western slope of the Selkirks. The line enters the Selkirk Range by the valley of the Illecillewaet River, the first portion of which is a gorge with walls of rock only ten yards apart. After climbing 800 feet the line runs along the brink of several canyons, the most striking of which is Albert Canyon, where the



Vancouver Hotel, Vancouver, B. C.



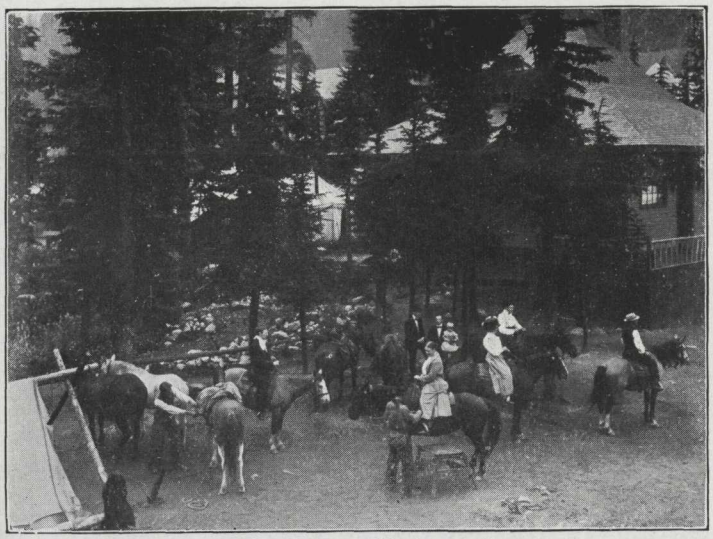
Mount Sir Donald, Glacier, B. C.

river can be seen 150 feet below the track, now merely a boiling flume scarcely twenty feet wide. Passing Ross Peak, at an altitude of 3,456 feet, a magnificent view is obtained of the peaks at the summit of the Selkirks, Mount Sir Donald towering above the rest. Continuing up the valley the Illecillewaet River is crossed for the thirteenth and last time, and the line sweeps sharply to the right and, turning back across the valley, makes a double loop like a letter "S." Ascending still higher to an altitude of 4,122 feet, Glacier is reached. Here there is a charming hotel, the Glacier House, another of the Canadian Pacific Railway Company's hotels.

The Road to Emerald Lake.

A stop of at least a few hours should be made at Glacier to visit the Great Illecillewaet Glacier which stretches one of its octopus-like tentacles to within thirty minutes' walk of the hotel. Like most other glaciers the sun is driving the Illecillewaet Glacier back, in this instance at the rate of about thirty-five feet a year.

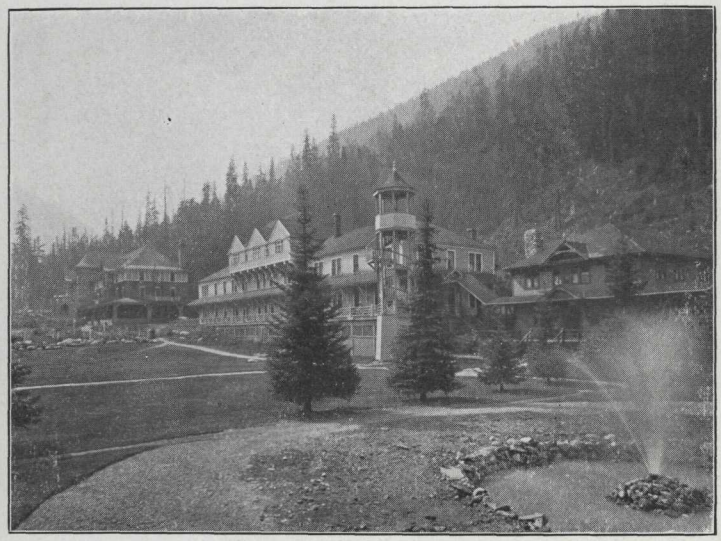
From Glacier House several other interesting expeditions may be made. Marion Lake, 1,750 feet above the hotel, is reached by an easy trail. There are also trails to the summits of Mounts Avalanche and Abbott. The Great Caves of Nakimu (or Grumbling Caves)



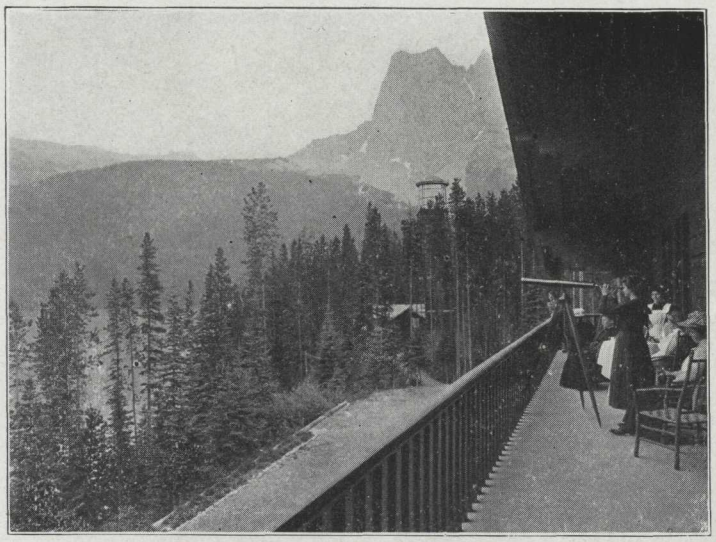
Riding Party at Glacier, B. C.

are also within easy reach of Glacier, being situated about six miles away, above the snow line, at the head of a beautiful valley.

After leaving Glacier the summit of the line through the Selkirks, 4,311 feet, at Roger's Pass, is soon gained, and the descent down the eastern slope through the Beaver Valley is begun. The superb panoramic views of the Selkirks during this descent are never forgotten. Just beyond Golden the



Glacier House at Glacier, B. C.

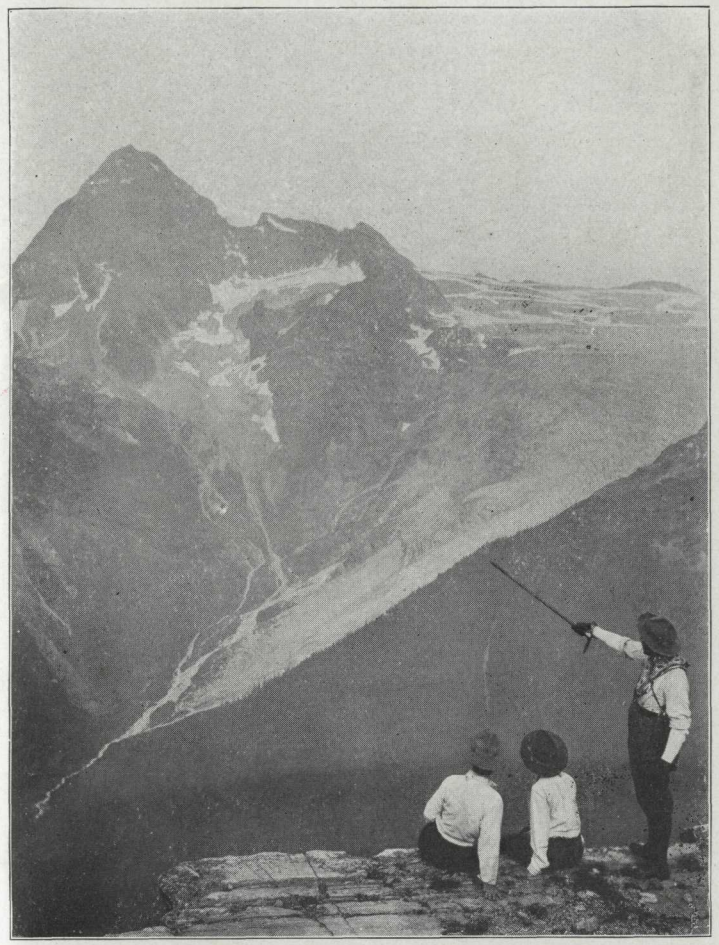


View from Gallery of Emerald Lake Chalet.

train enters the Kicking Horse Canyon and in less than two hours draws up at Field. Right on the station and under the shadow of Mount Stephen, which rises 10,450 feet above sea level, is Mount Stephen House, a charming Canadian Pacific Railway hotel.

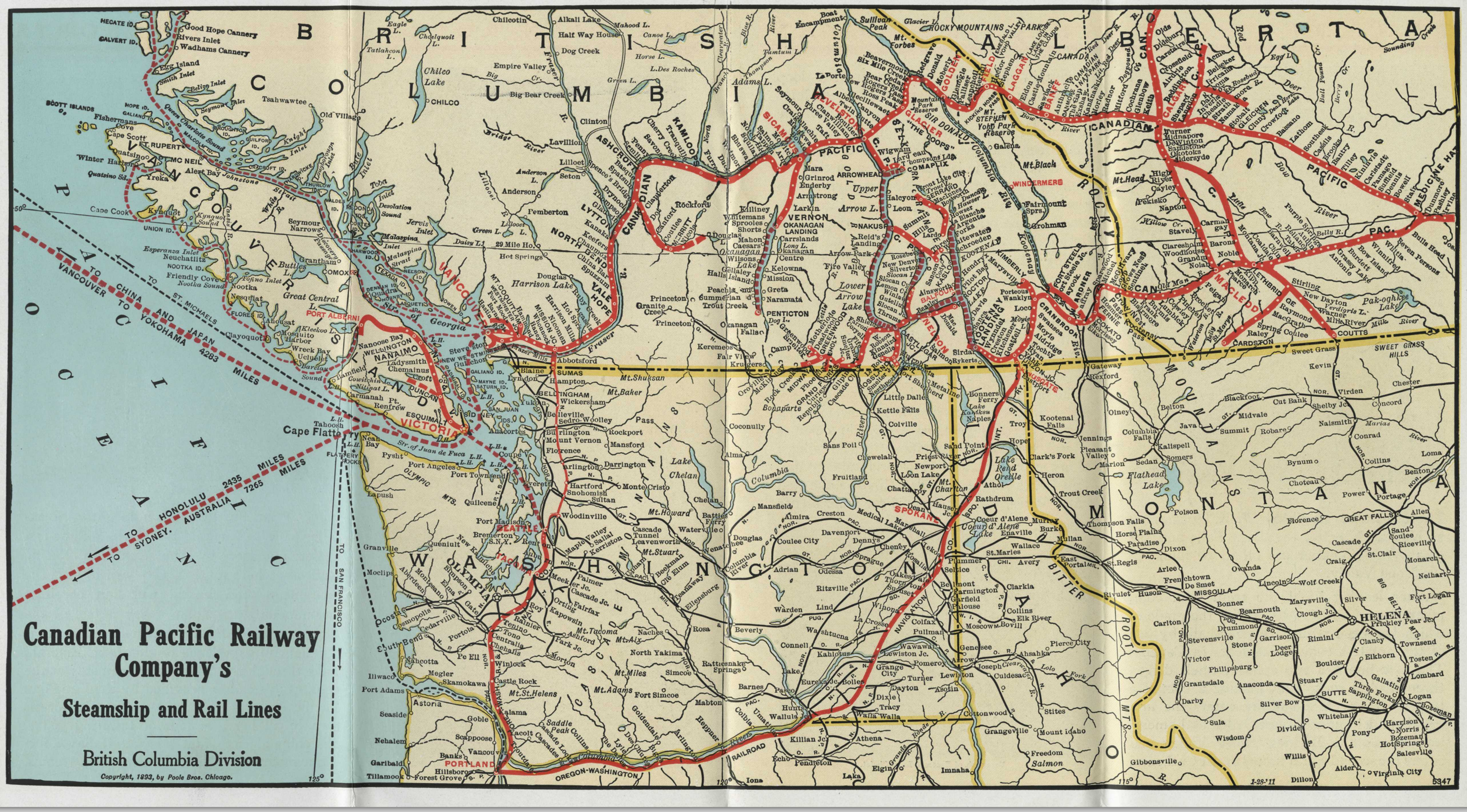
At Field the most ambitious and enthusiastic mountaineer can find ample opportunity to prove his prowess and skill, and the lover of beauty is more than repaid by a short stay

The Great Glacier at Glacier, B. C., 37 Square Miles of Ice 500 Feet Thick.



Mount Sir Donald, Glacier, B. C.

here. From Field there is a delightful seven-mile drive to Emerald Lake, where there is a chalet operated by the Canadian Pacific Railway, where tourists who wish to visit the far-famed Yoho Valley will find excellent accommodation. Yoho Valley is one of the beauty spots of the Canadian Rockies. It is a delightful experience to ride from Emerald Lake through the Yoho Valley and stay at the comfortable camps provided by the Canadian Pacific Railway for tourists. Here Nature is seen in all her grandeur of towering peaks, glistening glaciers, fantastic waterfalls, picturesque mountain lakes and enchanting streams.


Canadian Pacific Railway Company's
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BRITISH COLUMBIA
ALBERTA
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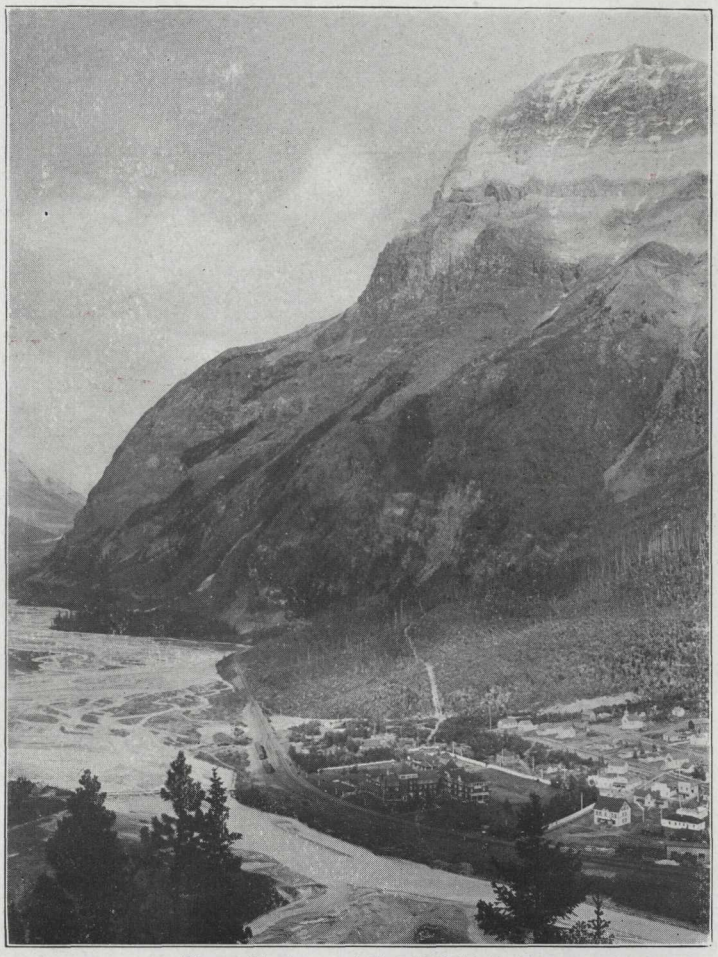
WASHINGTON
PACIFIC OCEAN
VANCOUVER ISLAND
VANCOUVER
VICTORIA
PORT ALBERNI
NANAIMO
SEATTLE
TACOMA
PORTLAND
SPOKANE
MISSOULA
HELENA
BUTTE
GREAT FALLS
LETHBRIDGE
MEDICINE HAT
CALGARY
BANFF
KAMLOOPS
NELSON
KOOTENAY LANDING
CRANBROOK
FORT STEELE
FERNIE
MICHEL
COLEMAN
BLAIRMORE
CARDSTON
COUTTS
WINDERMERE
GOLDEN
REVELSTOKE
SICAMOUS
VERNON
OKANAGAN LANDING
PENTICTON
NAKUSP
ARROWHEAD
COMAPLIX
GLACIER
ROCKY MOUNTAINS
CANADIAN PACIFIC
TO VANCOUVER
TO CHINA AND JAPAN
TO YOKOHAMA
4283 MILES
TO HONOLULU
2435 MILES
TO SYDNEY, AUSTRALIA
7265 MILES
TO SAN FRANCISCO
OREGON-WASHINGTON RAILROAD
1-28-'11
5347

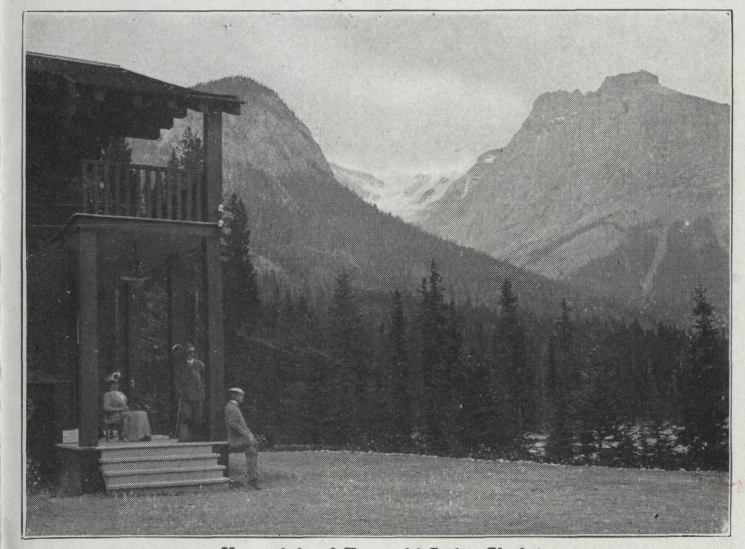


Mount Stephen and Hotel, Field, B. C.

The celebrated Takakkaw Falls, eight times as high as Niagara, the Twin Falls and the great Wapta Glacier are all to be found in the Yoho Valley.

After leaving Field the train soon commences to climb the "Big Hill," the grade of which has been reduced by one-half, by one of the greatest engineering feats in Canada. The new line has two spiral tunnels driven through solid rock, both making a complete loop of track. The railway enters the first spiral tunnel under Mount Ogden and emerging, crosses the Kicking Horse Valley and enters the second spiral tunnel under Cathedral Mountain and after making another loop emerges again and follows the Kicking Horse River. Between Hector and Stephen the summit of the railway line in the Rockies, 5,321 feet, and the Great Divide are passed. The Great Divide is marked by a rustic arch under which the mountain stream divides into two branches, one running eastward into Hudson Bay, the other westward into the Pacific Ocean. A very few miles from the Great Divide is Laggan, the station for Lake Louise.

From Laggan Station there is a fine carriage drive two and a half miles long to Lake Louise. The Canadian Pacific Railway have built a lovely hotel, Chateau Lake Louise, right on the verge of the lake. The beauties of Lake Louise baffle description; it is called "The peerless gem of the Canadian Rockies," and no words can describe the exquisite setting of this peerless gem, so varied in color is it and with such magnificent surroundings. Many are the attractions around Lake Louise. The Lakes in the Clouds, Mirror Lake and Lake Agnes, two other gems set amid scenes

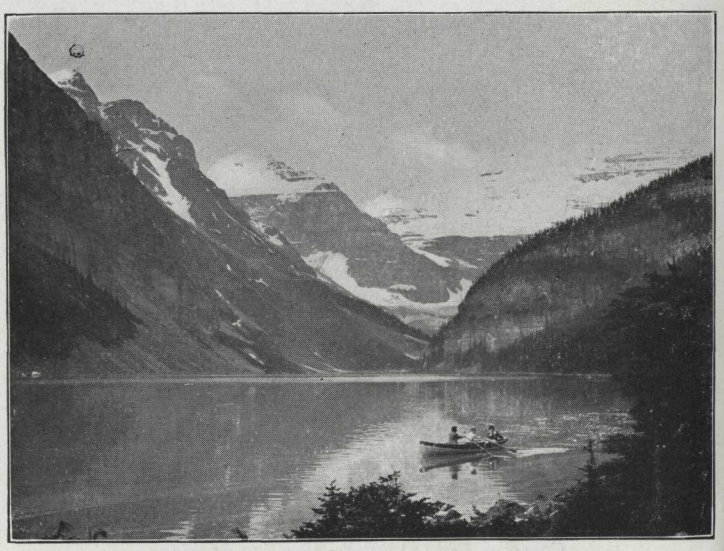


Verandah of Emerald Lake Chalet.

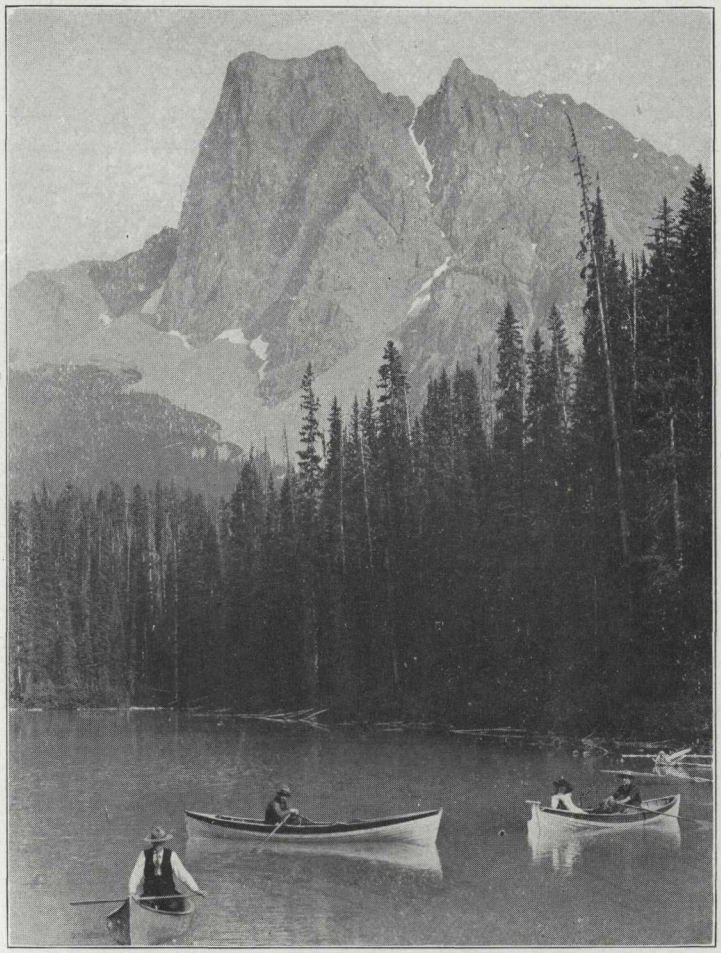
of wildest beauty, are within easy reach by a good pony trail. Paradise Valley, the Valley of the Ten Peaks, and Moraine Lake are all well worth visiting. The climber can also find plenty of scope for his energies on Mounts Temple, Whyte and Niblock.

The line from Laggan to Banff is through the beautiful Bow Valley, which is sentinelled all along by mountains exceedingly grand and prominent; Banff is reached in an hour's ride from Laggan.

Banff is situated in the heart of the Canadian National Park, a National Reservation of 5,732 square miles. The Park is the largest in the world, being nearly half as large again as the famous Yellowstone Park. The Canadian Pacific Railway Company's Banff Springs Hotel stands on the south bank of the Bow River near the Bow Falls, and commands a most magnificent view of the Bow Valley from its balcony. This hotel, in the refinement of its appointments, ranks among the finest summer hotels to be found anywhere. No part of the Rockies exhibits



Lake Louise, the Gem of the Canadian Rockies.

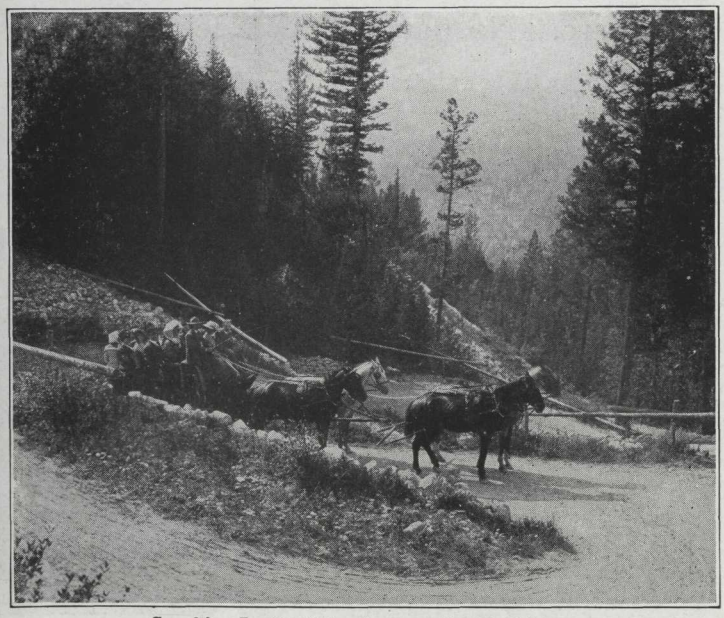


Emerald Lake, B. C., Reached from Field.

a greater variety of scenery and nowhere are good points of view and features of special interest so accessible. It would be impossible in this brief description to give any details of the many expeditions which can be taken from Banff. Among others there are Sulphur Mountain, with its observatory on the summit, the Hot Sulphur Springs, Bow Falls, Lake Minnewanka, and many delightful drives through the woods and valleys of this great Park. Boating on the Bow River and bathing in the Hot Sulphur Basin are among the many attractions. There is also an interesting museum at Banff.

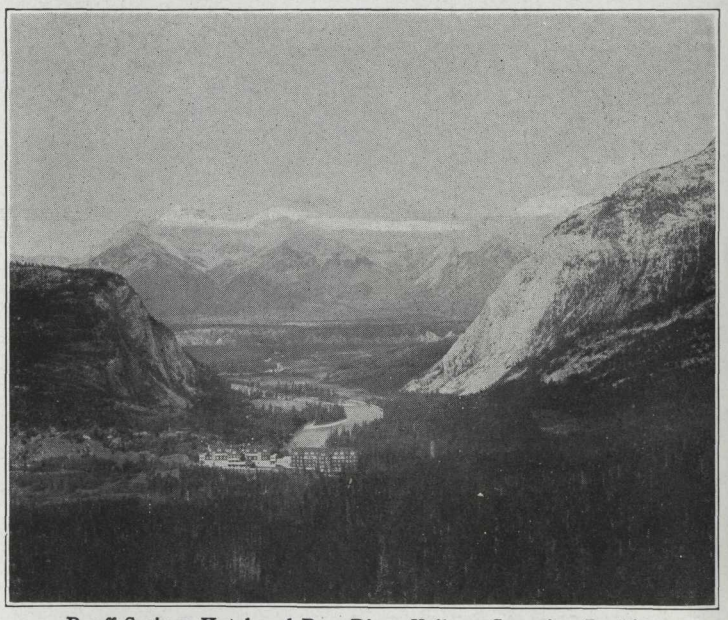
Chateau Lake Louise, Laggan, Alberta—Canadian Rockies.

Those who want to make a circular tour can continue down the Bow Valley to Calgary, a very prosperous and busy western town, thence down a branch line to Macleod, on through the Crow's Nest Pass to Kingsgate and across the international boundary to Spokane. A choice of routes is offered between Spokane and Portland, the Rose City and the Metropolis of Oregon. Others may wish to return from Banff by the same route in order to revisit some of the many attractions of the going trip and these can make a slight variation by using the all-rail line into Seattle via Sumas.



Coaching Party at Banff—Canadian Rockies

Boating at Banff, Canadian Rockies.



Banff Springs Hotel and Bow River Valley—Canadian Rockies.

SIDE TRIPS.

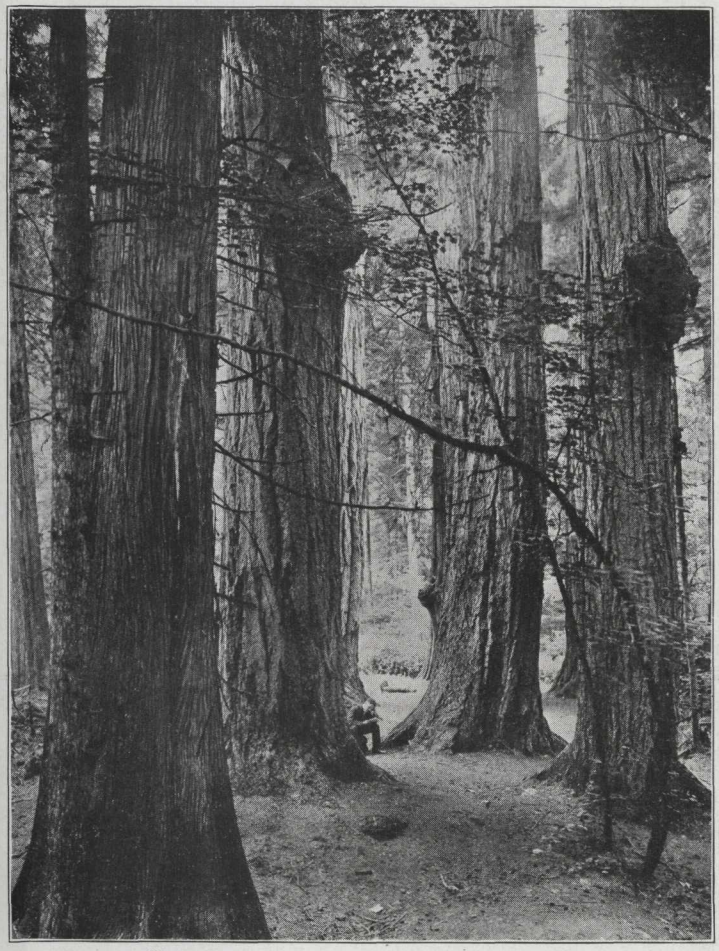
If time permits, a delightful side trip can be made from Sicamous Junction, down a branch line to Vernon and Okanagan Landing, at the head of Lake Okanagan, a magnificent sheet of water on which the steamer "Okanagan" plies. Kelowna, Peachland, Summerland and Penticton are all charming spots in a land of vineyards and orchards.

Another side trip can be made from Revelstoke to Nelson or Rossland via the glorious Arrow Lakes. The line from Revelstoke follows the eastern bank of the Columbia River to Arrowhead, at the head of the Upper

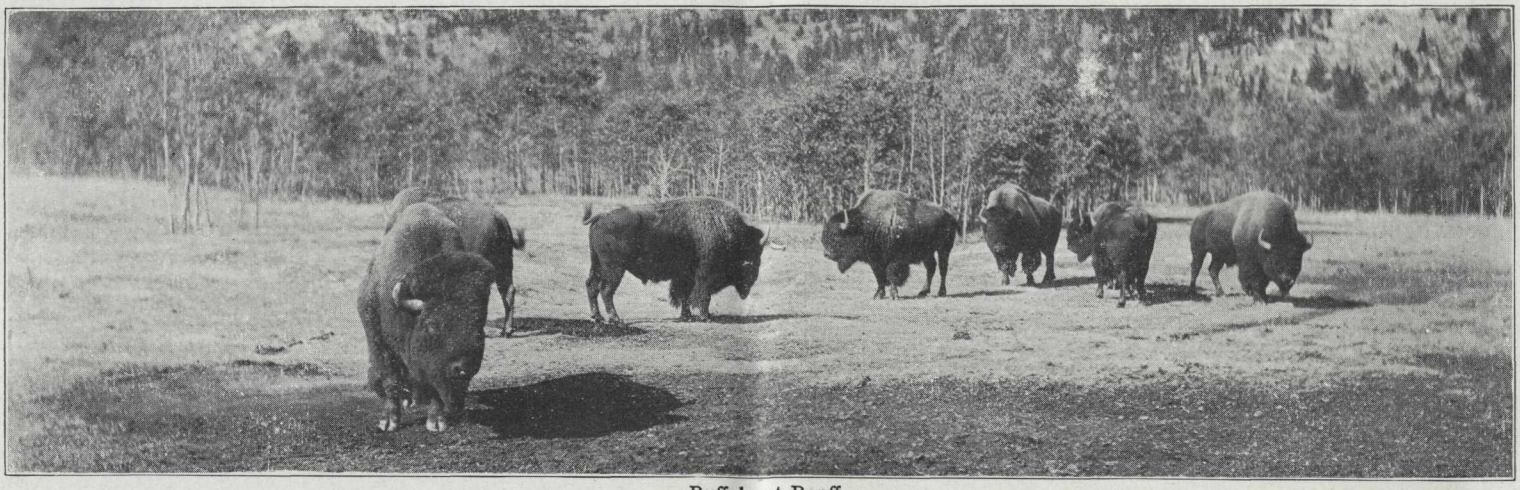
A Fair Mountaineer—Canadian Rockies.

Arrow Lake—an expansion of the Columbia River—where one of the fine steamers of the Canadian Pacific Railway is boarded. It is a most delightful sail through the lakes and river, the scenery having that picturesqueness and charm characteristic of mountain waters. On either side cliff and crag alternate with wooded ravine, their beauty accentuated by many wooded rills and cascades dropping over the overhanging banks. From Robson, at the foot of the Arrow Lakes, a short train journey is made to Nelson, on an arm of the Kootenay Lake, or to Rossland, in the mining district.

Kootenay Lakes Hotel, Balfour, B. C.



Giant Trees in Stanley Park, Vancouver, B. C.



Buffalo at Banff.

THE principal ticket agents of all railways in Washington, Oregon, and British Columbia sell summer tourist round-trip tickets to the Canadian Rockies, and any Canadian Pacific Agent (as per list shown herein) will also gladly quote fares, furnish itineraries, descriptive literature, make sleeping car reservations and write in advance arranging hotel accommodation.

The following descriptive booklets may be had by application to Canadian Pacific Ticket Agents: "Challenge of the Mountains," "Annotated Time Tables," "British Columbia," "Western Canada," "Fishing and Shooting," "Folder A," "British Columbia Coast Steamship Schedules."

CANADIAN PACIFIC RAILWAY CO.

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Tacoma, Wash.....1113 Pacific Avenue
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Vancouver, B. C.....428 Hastings Street
J. MOE, City Ticket Agent

Victoria, B. C.....1102 Government Street
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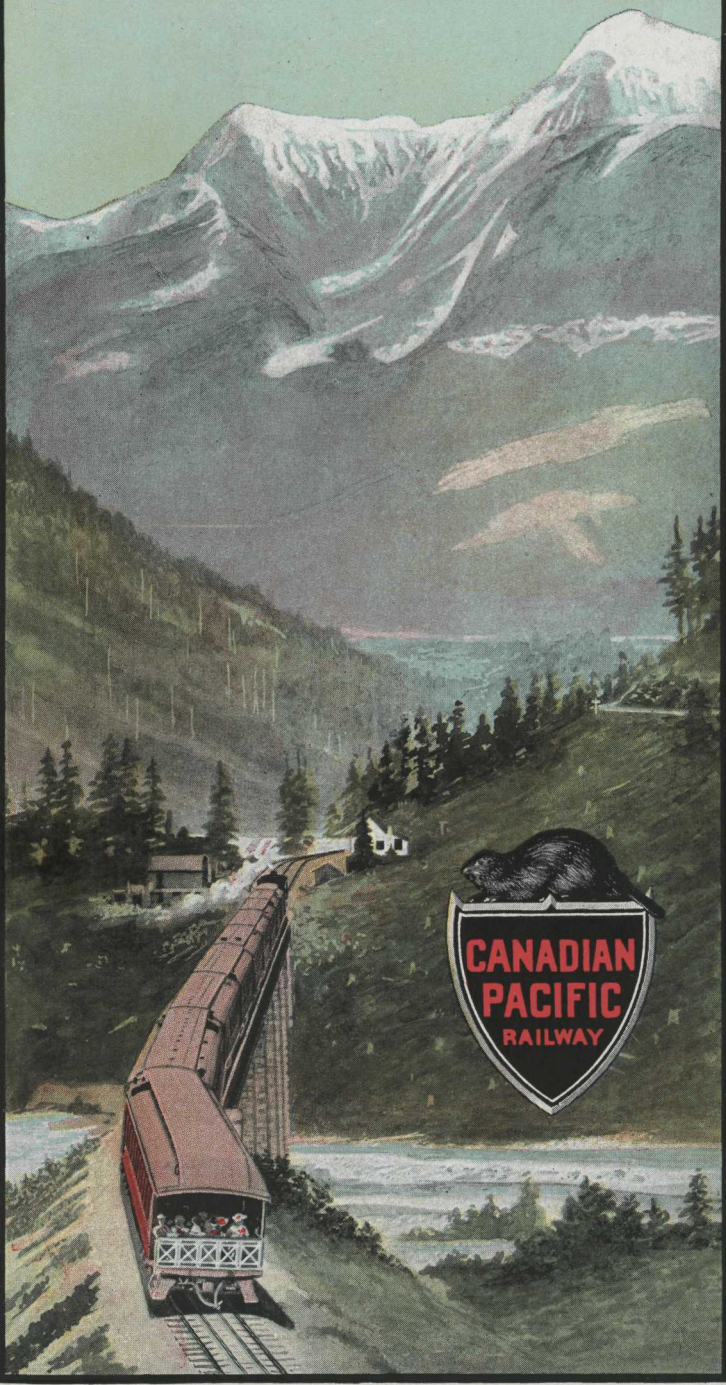
C. E. McPHERSON, Assistant Passenger Traffic Manager, Western Lines, **WINNIPEG, MAN.**

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