1932

What's doing at Banff

Banff Springs Hotel

A Canadian Pacific Hotel

Programme of Events for 1932

July 11-16 . . . . . Calgary Stampede
July 18-23 . . . . . Willingdon Cup
July 26-28 . . . . . Indian Days at Banff
July 18-Aug. 1 . . . . . Alpine Club Camp at Glacier, B.C.
July 29-Aug. 2 . . . . . Official Trail Ride to Mount Assiniboine
Aug. 15-20 . . . . . Prince of Wales Trophy

The Banff Highland Gathering will not be held this year.

GOLF AT BANFF

Special Family Rates have been introduced this year on Banff Golf Course. The first member of the family is charged the regular rates and each additional member is charged half the regular rates.

TWO AMATEUR CHAMPIONSHIPS

The Willingdon Cup—Presented by the Viceroy of India, and former Governor-General of Canada. Open to Banff Springs Hotel Guest Amateurs—members in good standing of any recognized Golf Club, and playing under club handicaps. Also to members of Banff Golf Club. Winner to receive an engraved miniature of the original cup.

Prince of Wales Trophy—Presented to Banff Golf Club by His Royal Highness, the Prince of Wales. Open to all amateur members in good standing of any recognized Golf Club. The winner to receive a suitable engraved miniature of the trophy.

In addition, minor periodical competitions are held throughout the season. Full particulars from any Canadian Pacific Agent or the Manager of Banff Springs Hotel.

Banff
SPRINGS

A CANADIAN PACIFIC HOTEL

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What's Doing at Banff

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Banff Springs Hotel in the Valley of the Bow

The Discovery of Banff

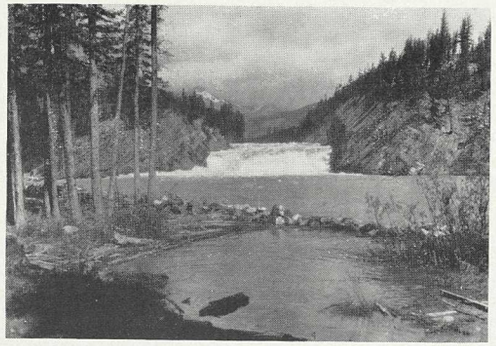
By NOMAD

IT WAS probably some wandering Redman who discovered Banff, some "Lone Eagle" who found the exigencies of tribal ritual irksome and turned his eyes and his pony's nose to the mountains, there to find relief. Probably—but no one knows. And today? Tribal ritual is much the same among the whites as among the redmen. Change the counters and the game is the same. The laws of Wall Street can be as irksome as the Indian's code and probably you, too, have come to Banff to find relief, to forget the nerve-searing routine of city life, the heat and discordant din of the market place. Probably—but you alone know. You have, at any rate, found Banff, and isn't that after all the discovery which interests you most? So now to see it.

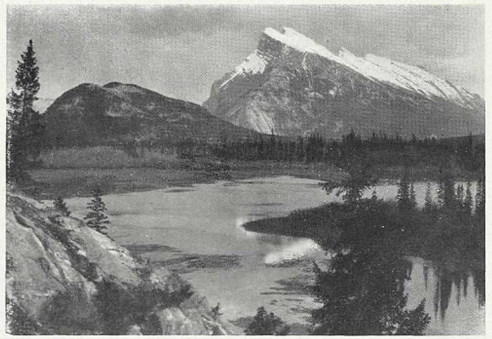
Long ago—some forty years to be exact—an early pioneer named this spot Banff the Beautiful, and so it has been called ever since; for Nature seems to have bestowed every imaginable scenic asset upon the region. An exquisitely forested, flower-filled valley is watered by the blue-green Bow River, which first winds past alpine meadows in which moose, elk and deer, pasture, and then tumbles down in a gorgeous fall just below the spacious verandas of the Canadian Pacific Hotel—only to flow smoothly on again through the giant ravine that lies between Mount Rundle and Tunnel Mountain.

The view down the Bow Valley from the wide terraces and long windows in the luxurious lounges of the famous Banff Springs Hotel is one of the most superb in the world, and offers an unrivalled panorama of dense green masses of pine and spruce sharp scythe-cut by the sparkling Bow and Spray Rivers, the great massive Rockies framing the picture on either side; while stretching away to the east a chain of snow-capped peaks hems in the farther end of the vista.

There on your right lies Mount Rundle (9,665) with its queer "writing-desk" formation and sharp-toothed ridge of pearl-grey rock; to the left rises Cascade Mountain (9,826), with its impressive barren contours and its silvery stream that falls like a crystal fringe from near the summit down to the spot where the whole cascade (which gives the mountain its name) disappears into the ground to run subterraneously to join the Bow River. In front of you, facing westward, towers the Fairholme Range, with Mount Peechee



Bow River Falls ©A.S.N.



Vermilion Lake ©A.S.N.

(9,615), named after the Stony Indian who led Sir George Simpson safely through The Gap into the Rocky Mountains in 1841, when the Red men were by no means so peaceful as they are today, guarding the southern end, while Mount Inglismaldie (9,715) terminates the Range to the north. Could anything be lovelier than this Valley of the Bow?

The Stony Indian Here are graven on tree and stone, and in legendary lore, the ancient historical associations of Cree, Sioux and Stony Indian—stalwart braves with their patient squaws and little papooses, many of whom still camp out among the mountains, eating the wild game they hunt and the fish they catch and dry in the sun, mixed with roots and berries. Two typical Stony Indian Chiefs are attached to Banff Springs Hotel as instructors in archery. Most of the Stonys, however, now live on the Indian Reserve at Morley, a forty-mile ride from Banff.

Memories of the Past Indian place-names lie thick upon the land, such as Minnewanka (Water Spirit), Ghost River, Stony Squaw and others, coupled with memories of the first coming of the White Man to the "Glittering Mountains," such as Pierre de la Verandrye, who, in 1745, first sighted the foothills and beyond them the mountains east of Banff; Sir George Simpson who, in 1841, made the first east-to-west overland journey ever undertaken, crossed the Bow a little way above where Banff is now situated and discovered Simpson's Pass; the Revd. R. T. Rundle, pioneer Methodist missionary to the Indians, who the same year camped in the Banff Valley, and whose name is perpetuated by the massive range that towers above the Banff Springs Golf Course; Sir James Hector who, in 1858, made the first ascent of the Kicking Horse Pass and whose achievement is commemorated by the monument standing on the summit of the Great Divide, crossed by the Canadian Pacific Railway, and all those eminent railway pathfinders and builders who, during the years 1880-1885, toiled that east and west might be united with bonds of steel.

Nature, Romance and History have co-operated in creating the setting for your vacation. Some of the attractive features within this setting will be briefly described in the following pages.

Bow River Bridge with Cascade Mountain in the Background

Another view of the Hotel

Banff and Baronial Banff Springs Hotel

By The EPICURE

HAVE you ever wondered why you never wear a bowler at sea, why you never don a red coat and black silk hat when you straddle a mountain pony and never play the amateur cowboy when you are riding to hounds? Why? It's just because you would be violating your sense of the essential fitness of things, that sense which decrees tweeds for shooting in Scotland and red coats for the hunting field.

And has it ever occurred to you that this sense governs such living things as hotels as well as such inanimate things as clothes? It it hasn't, you realize it at Banff Springs Hotel, for here the architect has shown a rare appreciation of the setting his hotel was to adorn, has satisfied his own as well as your sense of fitness.

A log chalet at Banff, however ambitious, would have been as much in keeping as paper hats on the august heads of omniscient senators. Banff was too majestic even for log. The setting required something more dignified, something that breathed of tradition and solidarity — it required baronial Banff Springs Hotel. Granted that a hotel at best is but a means and not an end, it is unquestionable that this superbly situated and splendidly appointed hotel has played no inconsiderable part in making of Banff one of the world's most famous mountain resorts.

The entire first and second floors are given over to the public rooms, artistically decorated and furnished, in which the architect has provided a Scotch baronial atmosphere. Among the features are the period suites—the Vice-Regal, Georgian, Jacobean, Tudor, Swiss and Italian; the period influence also dominates the lounges, including the magnificent Mount Stephen Hall.

At the hotel there is entertainment all the time. One could be perfectly happy just looking out towards the enclosing mountains, watching the swimmers in the warm sulphur water pool, swimming oneself, playing tennis or ping-pong, or studying the cosmopolitan types which one meets at this great caravanserai. There is an excellent Turkish bath at the hotel, very popular with those who come in after a game of golf or an hour in the saddle. During the evening—twice weekly—interesting nature talks on wild life and scenery in the Rockies are given, illustrated with colored lantern slides. World-famous concert and light opera artists are also brought for your entertainment. A library of up-to-date fiction is available and the spacious luxurious lounges invite one to succumb to a contented laziness.

An excellent concert orchestra, with vocal accompaniment, provides fine music during the tea and dinner hours, and a modern dance orchestra plays in the evening. Light operas are staged twice a week during the months of July and August.

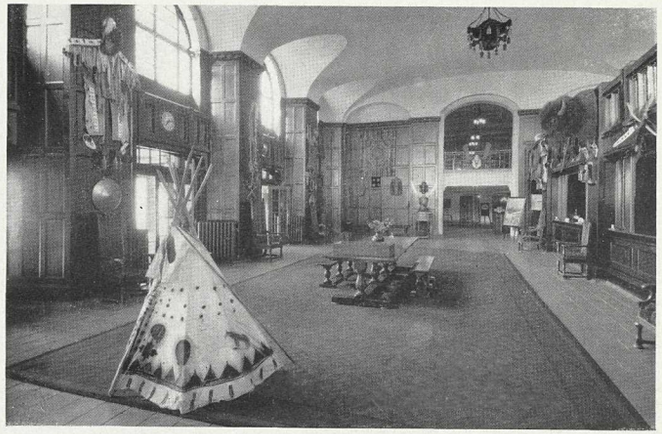
Living is an art at Banff, and in the scheme of things which make up life at this great hostelry the "art of eating" has its own well defined place. The spruce-scented mountain air puts an edge on the most jaded appetite, which, after all, simplifies the task of the *chef de cuisine* who superintends the culinary preparations

behind the scenes and submits his creations in the Fairholme or Alhambra dining-room for your approval.

Dancing Do you dance? What an absurd question to ask in these days when everyone from seven to seventy years of age delights in good music, a good floor and a good partner! The ballroom at the Banff Springs Hotel is superb, and every evening an excellent orchestra is in attendance there, so that you can dance to your heart's content; for so invigorating is the alpine air at this altitude that even after the most strenuous hours spent out among the mountains, you will enjoy a dance on your return in the evening as much as if you had spent an idle day.

But why dilate on the beauties of the hotel? You'll soon know it as well as you know your own home. So let's take a look at the village.

On the morning of your first day at Banff it is easy to see a great number of interesting things and places, and so gain a very good idea of the natural resources and marvels of the locality. Take a morning motor drive (either in a private car, or one of the many comfortable touring busses) through the little mountain town. As you drive along the main street you will find churches, shops, cinemas and modern dance halls interspersed with groups of cowboys in woolly chaparejos and gay-colored "neckerchiefs," sloe-eyed Indians in buckskin coats and moccasins, packers, trappers, guides and other truly mountain men, for here western conditions and eastern civilization meet at the edge of the Rockies, and the combination is extraordinarily attractive.



Indian Trophies in the Reception Hall

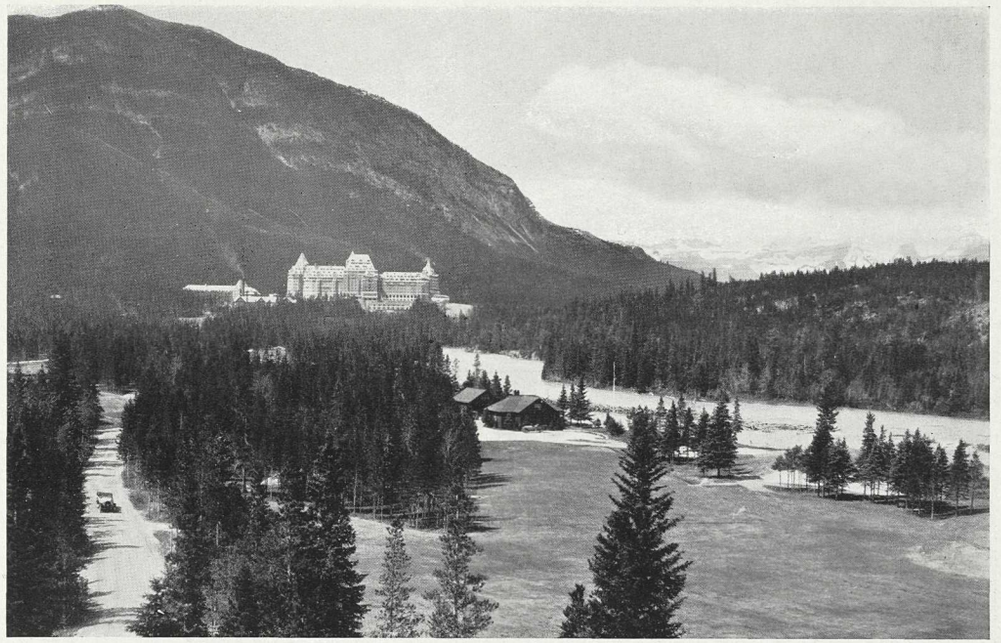
Fairholme Dining Room

The Museum and Zoo Situated in the middle of the town is an excellent Dominion Government Museum of flora, fauna, geological and Indian relics; also a capital Zoo where you can see many wild animals of the Rockies, such as grizzly bear, mountain sheep and goat, cougar and lynx, in captivity. Near the bridge are the Administration Offices of the Park and the Royal Canadian Mounted Police headquarters.

There is also a most interesting fish hatchery near the river on the hotel side of the bridge, which is well worth a visit.

The Animal Corral This is an immense fenced-in area where a herd of buffalo, mountain sheep, goat, moose, antelope and other kindred of the wild roam at will through the vast forested pasturage. You can drive into this corral quite close up to the buffalo, which, by the way, are really bison, and enjoy studying them in their natural surroundings. A new route may be followed on your way back to the hotel that will afford beautiful views of the Sawback Range with the lovely chain of Vermilion Lakes in the foreground, and the Massive Range rising up to 9,950 feet into the sky.

Mount Stephen Hall



The Third Fairway—Banff Springs Hotel Golf Course

Fairway Court and Pool

By AMPHIBIAN

MAN cannot live by bread alone. Healthful exercise is also a requisite and it is for this reason that the Canadian Pacific has furnished Banff with unexcelled facilities for golf, tennis and swimming, in addition to the other recreations such as trail riding, climbing and fishing.

Golf An eighteen-hole golf course, superbly located on the banks of the Bow River, and guarded by huge bastions of rock, turreted and pinnacled like the fortified castle of old, is open to all visitors to Banff on payment of green fees. The course was constructed by the Canadian Pacific, under the supervision of the famous golf architect, Stanley Thompson, and now offers one of the finest, most perfectly balanced and most scenically beautiful courses in the world. Starting from within 300 feet of the Banff Springs Hotel, it has a length of 6,640 yards and a par of 71. One feature, to suit all types of golfers, is the use of three tees for each hole, providing three courses—long, medium and short. The fairways are doubly wide, with two routes to each hole. Golf clubs can be obtained at the Club House at a nominal rate.

The rates charged at Banff Springs Golf Course are as follows:

Per day or per round	$ 3.00
Per week	15.00
Per month	50.00
Per season	75.00

Tennis For tennis players there are several admirable courts, and the exquisite summer climate of Banff being very conducive to both golf and tennis a large number of people may always be seen enjoying the games. Adjoining the tennis courts are an excellent badminton court and croquet grounds. Equipment for these games can be obtained from the Sports Director attached to the hotel.

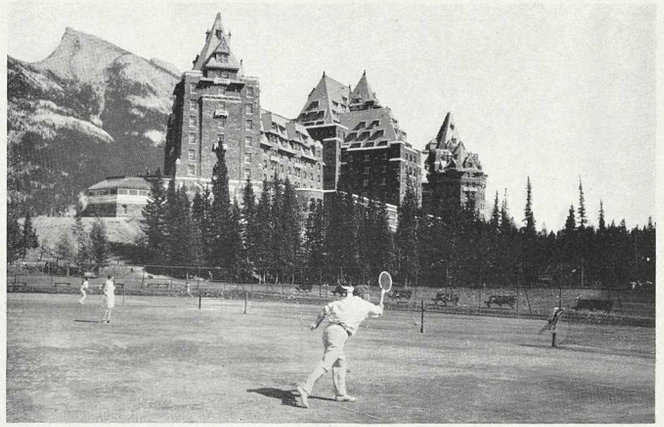
The Hot Springs Had Banff not become famous for its beauty, it must have become famous for its hot springs, which are amongst the most important of this continent. The five chief springs have a total flow of about a million gallons a day, and issue from the ground the year round at a temperature ranging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

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

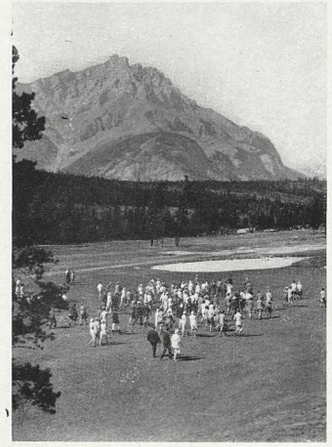
You should also visit the natural Cave and Basin, where marvellous hot sulphur springs flow out of the mountain-side and, boiling up through the ground, are caught in a fine $150,000 swimming pool and series of private baths built by the Government; there is always a crowd of people here enjoying the swimming, and drinking the beneficial waters. A short distance farther on is the Sundance Canyon, a narrow rift in the towering cliffs where many rock-plants bloom in the crannies, watered by the melting snows that trickle down from the ice-fields above.

Upper Hot Springs and Observatory There is also a swimming pool at the upper Hot Sulphur Springs on Sulphur Mountain, 1¼ miles by trail or three miles by road, situated at an elevation about 800 feet higher than the hotel. This is on the way to the Observatory on the top of Sulphur Mountain, which can be reached only by trail (five miles from the hotel, requiring four to six hours for the return trip). An automobile can be taken part of this distance.

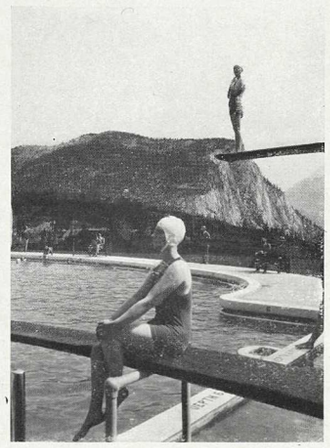
Recreation Grounds This section of the park, by the Bow River, is not far from the bridge and can be reached by a delightful road by the river, or from the Cave and Basin motor road. There is a building for recreation purposes, also spaces for baseball, tennis, football and cricket. The clubhouse of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



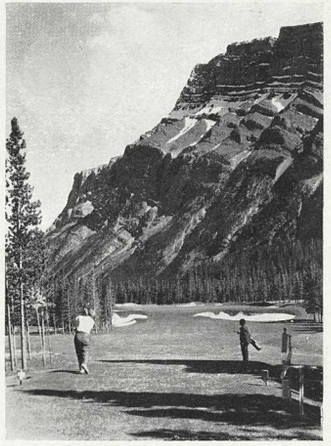
The Tennis Courts



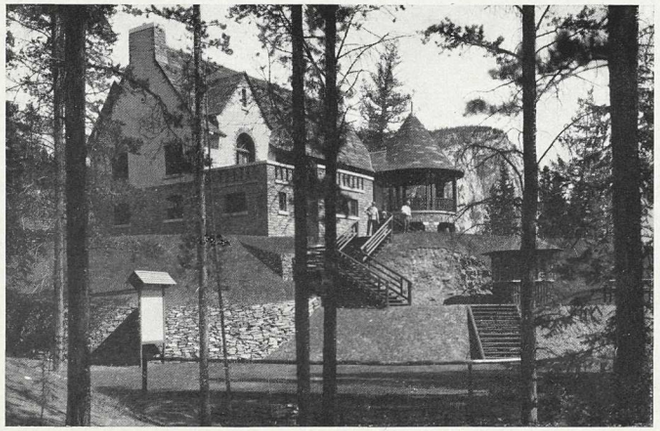
Gallery at Banff



Hotel Swimming Pool



Smack Down the Sixth ©A.S.N.



Clubhouse—The Nineteenth Hole

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

Winter Sports Banff is rapidly becoming an important centre for winter sports, the Annual Winter Sports Carnival in early February attracting large crowds. Ski-ing, tobogganing, skating and bob-sledding are amongst the popular attractions.

Lake Louise—Forty Miles from Banff

Motoring a Mile High

By ROADSTER

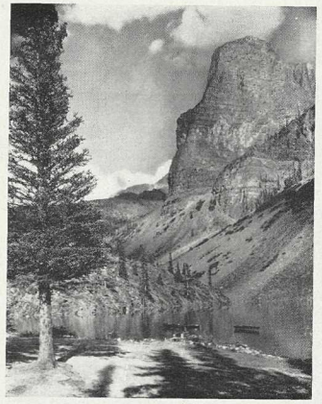
ONE of the first questions asked by a tourist arriving at his destination in the Rocky Mountains is, "Where can I motor to?" At Banff the Beautiful the answer is so varied that a brief enumeration of a few specially delightful trips will be in order. Of course, the shorter runs will carry the first appeal; but having seen these nearby places, it is to points of interest farther afield that your thoughts will turn, and after deciding whether to engage a private motor and make trips at your leisure, or to join some well-planned excursion in one of the many sight-seeing busses, which leave the Hotel daily for points in all directions, you can then settle upon your objective.

In a motor you can approach close to many glorious mountains with glaciers like great green emeralds set in their rocky sides—run along the shores of lakes of amethyst, opal and pearl, catch glimpses of the perfumed valleys, and pass through forests beneath whose fir trees dainty wild flowers blossom in profusion.

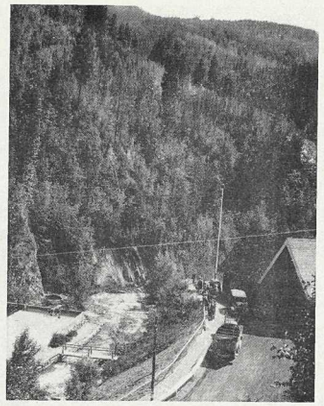
The Automobile Agent has an office in the hotel, where trips may be planned. All rates are according to a Government tariff.

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

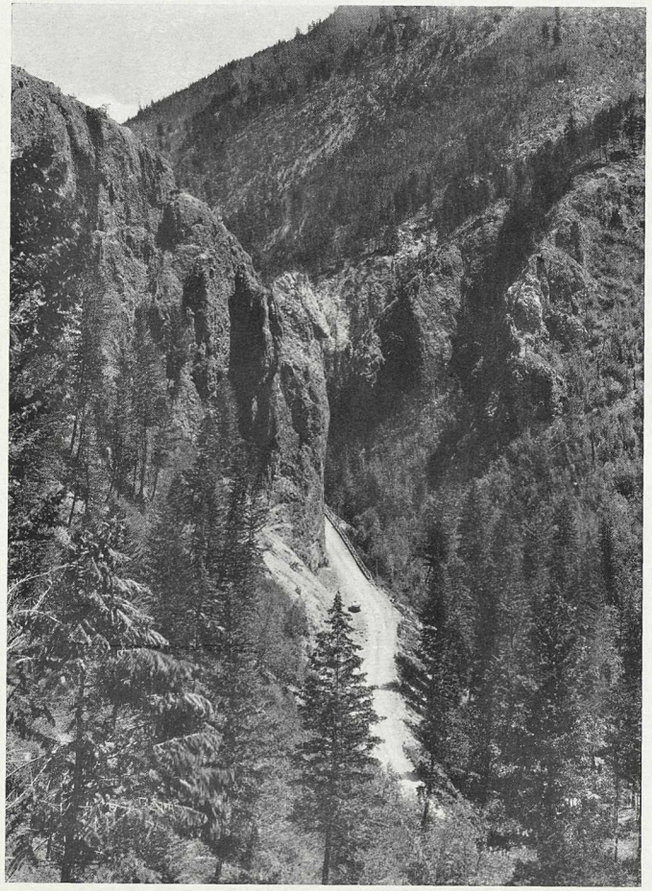
To Johnston Canyon and Lake Louise A well-graded road leads out from Banff westward for sixteen miles up the Bow Valley to Johnston Canyon, where a series of waterfalls, ending in a



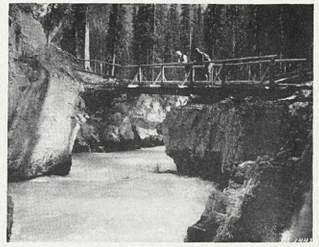
Tower of Babel—Moraine Lake



Radium Hot Springs



Near Sinclair Canyon—Banff-Windermere Road



Marble Canyon

final foaming cascade, is most attractive and a very enjoyable picnic may be made up the Canyon or lunch partaken of at the rustic Tea House located near the highway.

Past Johnston Canyon the road continues, past the imposing battlemented and serrated cliffs of Castle Mountain on the north, and the snow-capped dome of Mount Temple on the south, to Lake Louise, a spot so beautiful that no one who visits the Canadian Rockies can afford to miss seeing it. A jade-green lake that is stained rose-pink at dawn by the rising sun, and again at eventide garners up tints of topaz and coral from the declining sun, as huge avalanches come crashing down off the snowy heights of Mount Victoria onto the moraine below—a lake that glistens in the noonday, and gleams with opalescent radiance beneath the star-sown purple of the sky—there it lies like an alabaster cup of absinthe held high in the stone hands of the gigantic peaks, which rise up around it.

At Lake Louise is the well-known Chateau Lake Louise, another Canadian Pacific hotel.

To Moraine Lake From Lake Louise, another nine miles of excellent road brings you to Moraine Lake, where the Ten Peaks (all over 10,000 feet high) stand in a giant semi-circle about the sapphire lake.

Here an artistic Bungalow Camp offers you a meal of real "home-cooked" food, and a pleasant stay, should you decide to spend a few days beneath its friendly roof, scrambling about in search of lovely viewpoints and fragrant wild flowers or fishing for cut-throat trout in nearby Consolation Lake.

Yoho Valley and Emerald Lake The Lake Louise road has now been continued as far as Field, Emerald Lake and Golden. Leading west on a high line to the Great Divide, and crossing the railway to near Wapta Lake, it follows the Kicking Horse River down to Field. At Wapta Lake is a most attractive Bungalow Camp.

A branch road leads to the Yoho Valley, a region of exceptional beauty, where the great Takakkaw Falls, 1,200 feet high, bursts out from under the glacier lying between Mount Balfour and Mount Niles, and pours foaming down into the green lap of the virgin forest. The Yoho Valley

Moraine Lake Bungalow Camp

Bungalow Camp is another delightful one, and tourists are advised to stay over a night there when on a motor trip. Emerald Lake, with its delightful chalet and restful club house, lies at the end of another branch road, the culmination of spectacular scenery.

The Kicking Horse Trail From Emerald Lake an extension opened in 1927—"Kicking Horse Trail"—leads to Golden, on the mighty Columbia River. This is a most spectacular ride.

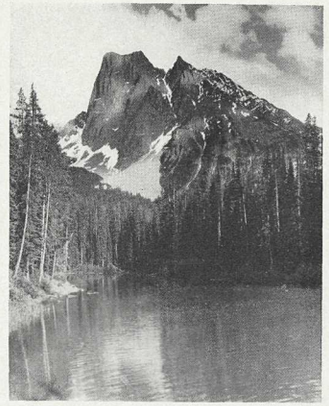
At Golden, the Columbia River road, running south to Lake Windermere and Cranbrook, joins this road, and makes a magnificent circle trip which is mentioned elsewhere under the name of "The Lariat Trail."

The "Motor Detour" One of the finest of the organized automobile excursions is the "Motor Detour." This is from Banff to Golden, and gives a rapid survey of the "highlights" of the nearer mountain region. After a sight-seeing trip around Banff, a 42-mile run is made to Lake Louise, and the night spent at the Chateau Lake Louise. The journey then continues to the Great Divide, Wapta Lake, the Kicking Horse Pass, Yoho Valley, Emerald Lake, the Kicking Horse Canyon and Golden. Similar schedules are established in the reverse direction. Two or three days, or even longer, may be spent on this Detour, stop-off privileges being accorded.

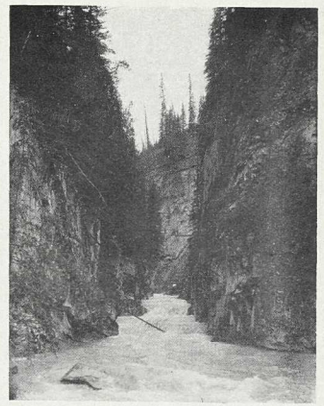
It can, however, be made in 24 hours, being so timed as to waste no time, but to pick through-passengers up soon after their arrival at either Banff (going westward) or Golden (going eastward), and to set them down at the other end of the trip in time to take their train. Special arrangements are made for handling baggage, and sleeping-car reservations. The length of the Detour, including a sight-seeing ride round Banff, is 142 miles.

All these trips described as suitable for motors may be made on horseback, or walking, according to the taste of the tourist.

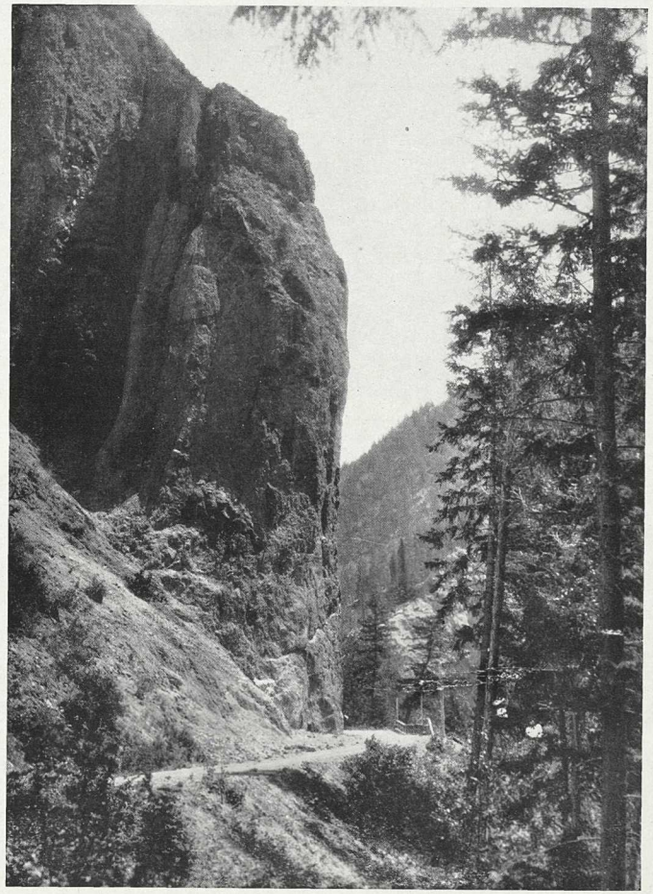
The Banff-Windermere Road Here is a trip worthy of your best attention! The Banff-Windermere Road is the same as the Banff-Lake Louise road



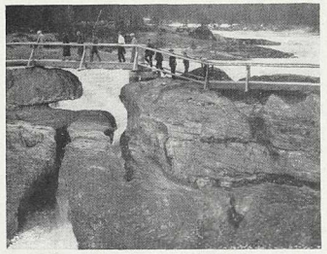
Emerald Lake © A.S.N.



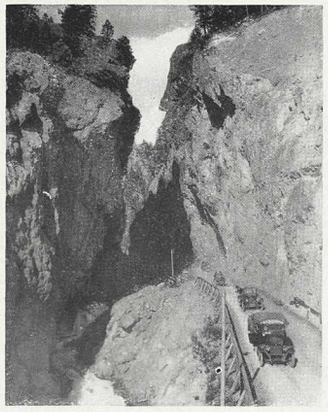
Johnston Canyon © A.S.N



The Iron Gates—Banff-Windermere Road



Natural Bridge



Sinclair Canyon

Castle Mountain Camp

as far as Castle Mountain, where it crosses the Bow River by a bridge and ascends to the summit of the Vermilion Pass (5,264). From the veranda of Castle Mountain Bungalow Camp (26 miles from Banff) an awe-inspiring view is obtained of the valley lying five hundred feet below, jewelled with lakes that, chameleon-like, reflect the changing colors of the sky, where the pinnacled mountains of the Great Divide point their slender snow-white fingers up to heaven. Here you enter the Kootenay National Park, and pass close to Marble Canyon, a terrific chasm 300 feet deep, over whose terraces of blue and pinkish marble the waters of Tokumn Creek leap in cascades down the canyon. One of the favourite motor trips from Banff is to Castle Mountain Bungalow Camp for dinner, returning in the cool of the evening.

A little farther on are the Paint Pots, round wells of color once prized by the local Indians. Soon Vermilion River is crossed. This is a region of wild flowers and game, and you will frequently catch a glimpse of a deer, a mountain goat, or even a moose, while the little black bears will actually venture out on the road to stare in wonder at your car, and greedily eat any sweetmeats you may throw to them.

Then Sinclair Pass is entered—a narrow gorge through crowding mountains. This district is richly provided with natural sulphur springs, and near Radium Hot Springs Bungalow Camp (91 miles from Banff) there is a swimming pool built by the Government. Just beyond is the great sword-cut of Sinclair Canyon. And then one circles by easy stages down to Windermere, cradled in the Columbia Valley.

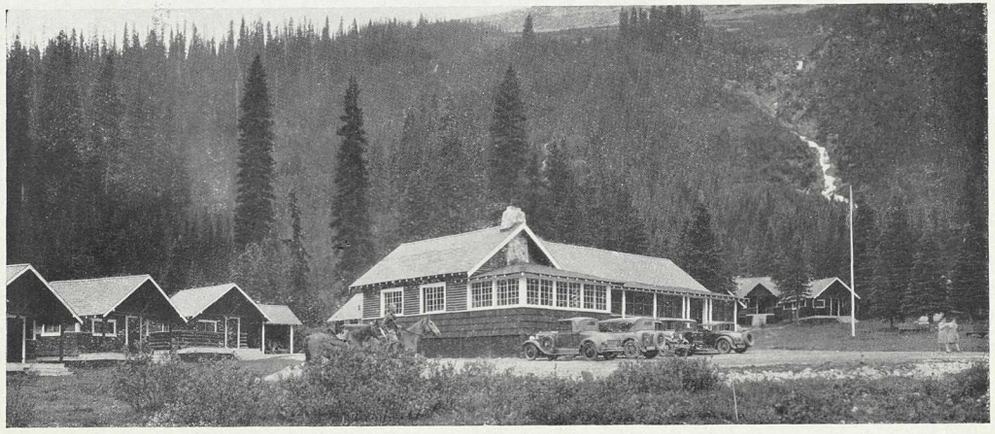
This motor run to Windermere forms part of the Circle Road of 600 miles that crosses the summit of the Rockies, and links up in a huge circle Calgary, Banff, Windermere, Cranbrook and Macleod; this Circle Road being in turn linked up at the International Boundary with the Columbia Highway out of Portland, Oregon, and the Grand National Circle Tour of the Yosemite, Grand Canyon and Yellowstone Parks.

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

The Columbia River Highway runs from Golden to Lake Windermere, thus forming in connection with the Banff-Windermere Road and the Banff-Golden Road, a complete circuit of three National Parks, Banff, Yoho and Kootenay.

The Lariat Trail A very fine excursion, called "the Lariat Trail," occupying three days, is organized to leave Banff twice a week in the summer months to embrace these three parks. Leaving Banff, it proceeds to Castle Mountain, turns south along the Banff-Windermere Road as far as Radium Hot Springs (where the first night is spent), thence turns north to Golden and east along the Kicking Horse Canyon to Emerald Lake (second night). The third day it runs to Yoho Valley, Wapta Lake, the Great Divide, Lake Louise and Banff.

You have, therefore, a wide variety of trips and tours from which to choose. Fuller information is available at the livery offices and information desks in the hotels.



Yoho Valley Bungalow Camp

Mountain Sheep with Banff Springs Hotel in the Background

Fishing and Wild Life

By WALTONIAN

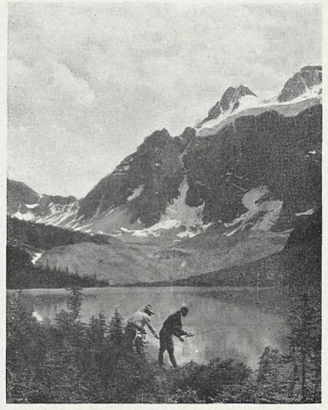
WHEN the Federal Government in their wisdom threw a ten-commandment fence around the 3,834.5 square miles which comprise Banff National Park they permitted fishing within its confines, but forbade hunting—except with the camera. Strange though it may seem, they satisfied both the Waltonian and the Nimrod. As intelligent sportsmen they realized that, with the fishing resources so great, excessive depletion was unlikely; they also realized that, as the game multiplied within the sanctuary of the park, the overflow would ensure, for all time, sporting possibilities which might soon have vanished.

Banff National Park Banff National Park, of which Banff is the headquarters, is bounded on the west by the inter-provincial boundary between Alberta and British Columbia, and on the east by, approximately, the first big ranges of the Rockies. 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.

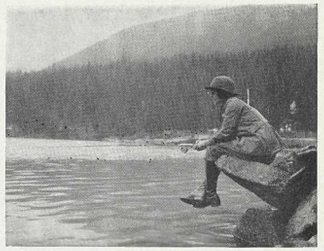
Its principal mountain ranges are the Vermilion, Kananaskis, Bourgeau, Bow and Sawback ranges; its principal river is the Bow, which has for chief tributaries the Kananaskis, Spray, Cascade and Pipestone rivers. The Panther and Red Deer rivers flow through the north-eastern portion of the Park, which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

Fishing Five varieties of game fish have their habitat in the waters of Banff National Park—the cut-throat, lake, Dolly Varden, bull and brook trout. Close by in the Bow River are plenty of Dolly Varden trout which the expert may catch with the fly; the pools below the Falls, the reaches above the Banff Bridge, and the waters at the junction of the Bow and Kananaskis Rivers being equally good spots in which to cast; while in the Vermilion Lakes are many small fish sufficiently gamy in play to give you fair sport. Farther away in Forty Mile Creek, Mystic Lake and the

At Moraine Lake



Consolation Lake



Expectancy

Sawback Lakes, there is fishing for cut-throat trout during the summer months. All these places may be reached by pony trail.

You can fish the Spray River to advantage, beginning 10 miles south of Banff, and continuing on for another 18 miles to the Spray Lakes, in which both cut-throat and Dolly Varden trout of good size are caught in July and August. It is advisable for fishermen to apply to the hotel information desk or consult the Fishing Inspector at the Government Offices in Banff regarding the best means of reaching the more distant fishing grounds, also as to information about other trouting streams and lakes. The season for trout fishing is from July 1st to September 30th. There is no license required for fishing in the Parks, but the legal limit must be observed. Fishing tackle and flies can be obtained at several of the stores in town.

Hunting Within the area of Banff National Park one may hunt only with field-glasses and a camera, all game and bird-life being strictly preserved; but once you are outside the Park limits, grizzly, cinnamon and black bear, mountain sheep and goat, moose, caribou, cougar, wolf and lynx may be hunted under the restrictions of the Provincial Game Laws. In certain territory wapiti (or elk) are also included among the big game possibilities. Banff is one of the best outfitting points in the Canadian Rockies, and the tourist who wishes to go out hunting should consult one or other of the local guides, or outfitters in the town.

Alpine Wild Flowers The Alpine wild flowers of the Canadian Rockies are beautiful beyond all description, and vary according to locality and altitude, so that one may each day discover new and lovely blossoms and find a fresh delight on every mountain slope, in the sun-filled valleys and beside the streams. To appreciate the charm and wonderful variety of these Alpine flowers one has to go on foot, preferably with a flower guide-book in hand, such as can be obtained at the Curio Stand of the hotel.

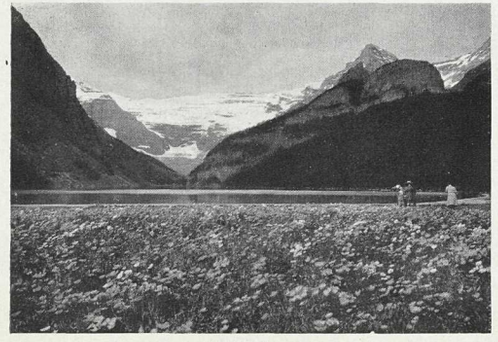
On the loop at Banff, which is a veritable flower-garden during the months of June, July and August, there follow in quick succession the big purple anemones, clematis, blue and yellow columbines, showy gaillardias, cream and mauve vetches, everlastings, red, blue and white wind flowers, goldenrod, bright blue flax and the fragrant little androsaces; while on the slopes of Sulphur Mountain and in similar regions grow purple phacelia, asters and violets; many tiny species of low-growing plants flourishing near the summits of the hills, such as dryas, moss campion, saxifrage, harebell, stonecrop and fleabane.

As you thread your way through the woods and over the open spaces in the forest, wandering from 4,500 up to 5,500 feet altitude, you will come across the big-headed betony, wintergreens of several kinds, louseworts, gorgeous orange lilies, magenta willow-herbs, scarlet Indian paint brushes, yellow arnicas and hawkweeds; and where you follow along the edge of some ice-born brook, new treasures await you on every hand, among them the fly-spotted orchis, purple butterworts, Grass-of-Parnassus, blue lobelias and lavender mints.

Very rare are the exquisite white moccasin flowers, their velvet sacs, flecked with red, gleaming among the greenery in shady places, the large, white-spotted blue Gentian, and the deep lilac Macoun's Gentian being almost equally uncommon, consequently to find a clump of any one of these three beautiful flowers marks a red-letter day in your summer calendar.

The principal trees at Banff are lodge-pole pine, Engelmann's spruce and aspen poplar, the leaves of the latter turning a wonderful clear yellow as autumn advances.

Photography Every turn of the road brings a picture in this fairyland of mountains. Films can be developed and prints supplied by the photographic studio attached to the hotel or at the excellent photographic stores in town.



Lake Louise

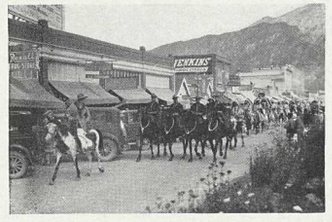
Back at the Hotel

Tartan, War Paint and Ten Gallon Hats

By The ONLOOKER

Banff Highland Gathering © A.S.N.

Terpsichorean Intricacies



Indian Days at Banff

Primitive Transportation

Thrown—at Calgary Stampede

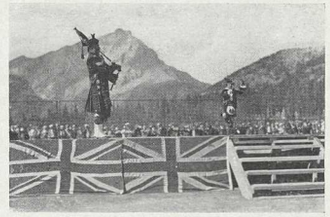
IF DIVERSITY is the soul of a vacation, you'll find it in the Valley of the Bow. Where else, for example, on the whole American continent can you find a spot where the tartans of the Scottish clans vie with the brilliance of Indian warpaint—a spot where Glengarries and Feathered Headdresses are as much at home as Ten Gallon Hats? Yet this is so around Banff, where three of the major events of the year are the Stampede at Calgary, Indian Days at Banff and the Annual Banff Highland Gathering and Scottish Music Festival.

To take the last first: Each year towards the end of August the Highland Gathering is held at baronial Banff Springs Hotel. For a few brief days the skirl of the bagpipes re-echoes through the mountain fastnesses, the tartans of the Scottish clans glint on the spacious terraces, while the stirring games and dances brought by their ancestors from the Old Country challenge the prowess and skill of Scots from every part of the continent. For this Highland Gathering is a great Scotch festival of music and sports.

A special little booklet is issued about the Highland Gathering and is obtainable from Canadian Pacific agencies.

Indian Week Indian Week at Banff is one of the most colorful spectacles on the North American continent. Between three and four hundred Stony Indians come from the Morley reserve, forty miles east of Banff, for their tribal sports. Sometimes they are joined by other tribes and the pageant is on a scale greater than ever. Each morning they have a parade in which the majority of the Indians take part; the tribe is all mounted, while many splendid horses are used, resplendent in gorgeous trappings and headpieces. The costumes of both men and women are creations of white buckskin, beadwork and ermine, their color schemes being exceedingly wonderful, and they ride with dignity and poise.

The Calgary Stampede Alberta, always a country of considerable stock-raising interests, is still one of the principal ranching sections of the West; and in the "Stampede" held at Calgary the glories of the Old West are revived annually in a week's carnival of frontier sports and contests. The Calgary Stampede has now become a famous frontier-day celebration, and contestants come from all parts of the continent. Cowboys, Indians, Mounted Policemen, Old Timers, are all to be seen in this Western epic. It is held during the second week of July, and visitors to Banff should stop off at Calgary and participate.

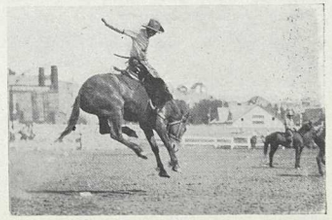


A Young Competitor

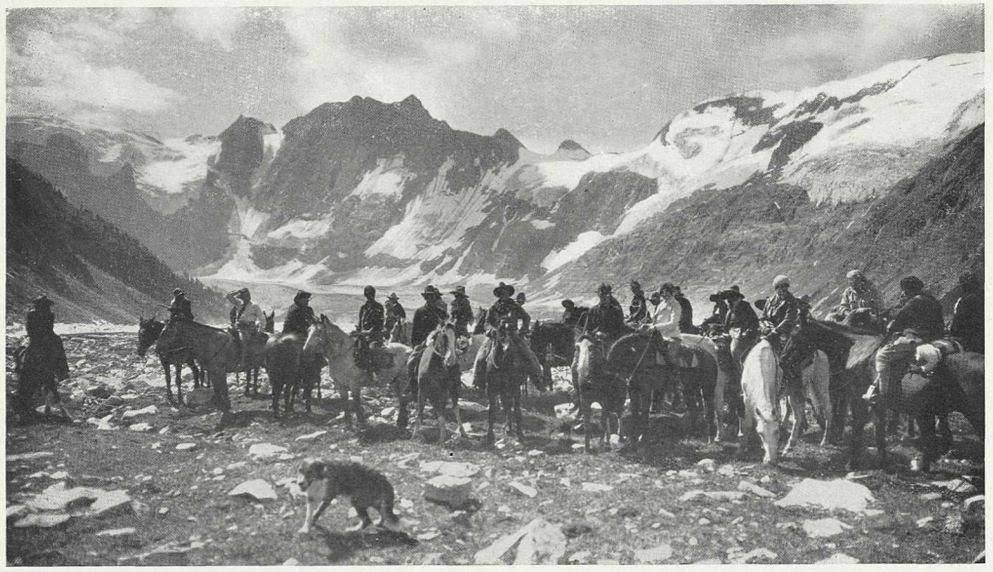
Sports at the Gathering

Peaceful, but once—

Tom-tom Beaters



"Ride 'im, cowboy!"



Trail Riders at Lake of the Hanging Glaciers

Trailing the Clouds on Horseback

By The GUIDE

YOU'VE never been on horseback? Well, that's true of everybody at some time of their life—and it's never too late to learn. Like everything else there's a period of novitiate. Once that period is passed, the going is easy. So get in touch with the livery agent of the Brewster Transport Company at the hotel right away or you will miss a lot at Banff. For numerous as are the motor drives about Banff, beautiful as are the spots reached by car, there are many places which can only be approached by trail, astride or afoot, that rank amongst the most attractive playgrounds in the Canadian Rockies.

The Mountain Pony The mountain pony, mountain-bred, foolproof, untiring, can be ridden by practically anyone, whether he or she has ever before been on a horse or not. From Banff Springs Hotel there are good roads and trails radiating in all directions, which are kept up by the National Parks Department.

There are short jaunts out from Banff which may be taken in a single afternoon, or in one day—to The Loop, Mount Edith Pass, up to the summit of Stony Squaw, or Sulphur Mountain, the top of Tunnel Mountain, over to the Animal Corral, along to the Cave and Basin and on to the Sundance Canyon, or to the Upper Hot Springs. 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.

Mount Assiniboine Mount Assiniboine — aptly termed the "Matterhorn of the Canadian Rockies"—rises in impressive grandeur to a height of 11,860 feet in the centre of one of the most magnificent mountain regions in the world. At the foot of this peak, and near the shore of Lake Magog, is situated a comfortable and well-equipped log cabin camp operated by Mrs. W. A. Brewster, well-known for her Dude Ranch at Kananaskis.

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

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

Six Day Circle Ride Under the auspices of the Trail Riders' Association, a six day circle ride is operated round the Bungalow Camps in Yoho National Park during July and August. The ride may be started any day, accompanied by a guide, provided there is a minimum of three persons. The itinerary follows:

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

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

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

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

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

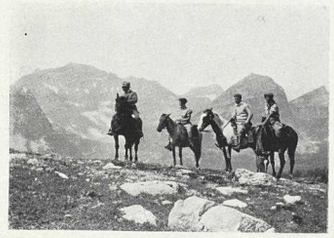
Sixth Day—Ride over Burgess Pass to Field, and motor or ride back to Emerald Lake.

The rates for these Circle Trips are $10.00 per day, inclusive of pony, food and sleeping accommodation in either tents or bungalow camps (except for the Emerald Lake day, which is $13.00).

Encamped at Mt. Assiniboine

On the Wolverine Plateau

Through Gibbon Pass



Simpson Summit

Walter Nixon Leads the Way

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

Membership is of several grades, according to the distance ridden—50, 100, 250, 500, 1,000 and 2,500 miles. There are now over 1,300 members.

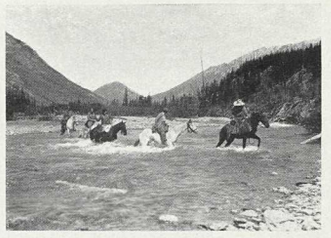
Official Trail Rides Each year official rides are held, the first being rounded out with the annual Pow-wow. The official ride this year starts from Bankhead on July 30 with first camp at Stoney Creek, second camp at Block Mountain, third camp at the head waters of Baker Creek, and the Pow-wow near the junction of Baker Creek with the Bow River. Shortly after this four day ride, Pat Brewster is organizing a ten day camping and fishing ride.

Rates for the four-day ride, including horse, food and share of tent, is $50.00. Riders are required to bring their own sleeping bags, or at least three blankets. Reservations should be made as early as possible in advance, as follows—Until July 1st to the Secretary-Treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Que.; thereafter to the Western Secretary, Mr. L. S. Crosby, at Banff.

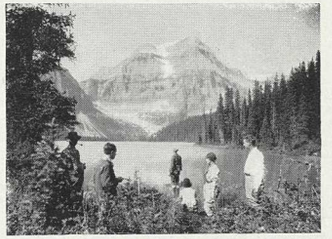
Mountain Climbing The Canadian Rockies present to the mountain-climber one of the most extensive and interesting fields of any easily accessible ranges of the world. Noted climbers make their way thither from all parts of the world. But if you are a novice, don't be daunted; there are easy climbs aplenty from which to graduate.

For real alpine climbing the services of a skilled mountain guide, preferably one of the Swiss guides attached to the Canadian Pacific Hotels, are indispensable, and such may be obtained by application at the Hotel Office. There are a number of fine ascents in the vicinity of Banff, some of which are visible from the verandas of the Hotel, such as Mount Peechee, Inglismaldie, Edith, Rundle, Three Sisters, Pilot, Brett, Cascade, Aylmer and Assiniboine. Some of these climbs are well within the reach of any person of good physique, while a few, such as Mount Aylmer, Mount Edith and Mount Assiniboine are much more difficult peaks.

The Alpine Club of Canada The Alpine Club, of Canada, with considerably over 600 members, and headquarters established in a singularly handsome Club House at Banff, holds a Camp each year in the



Fording the Cascade River



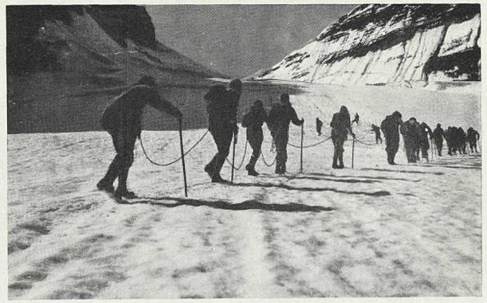
Shadow Lake and Mt. Ball

"—a long, long trail awinding—"

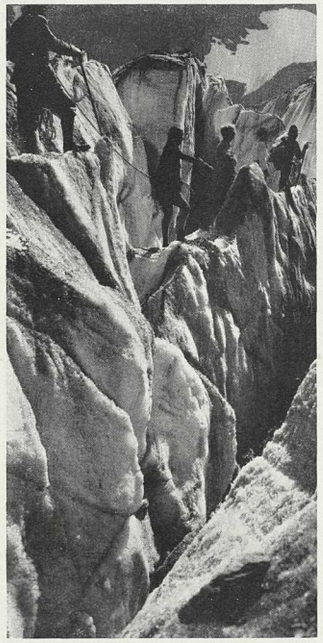
Chaps Preferred

Sing-song at the Pow-wow

Ice Field—Lake of the Hanging Glaciers © A.S.N.



Between Mts. President and Vice-President © A.S.N.

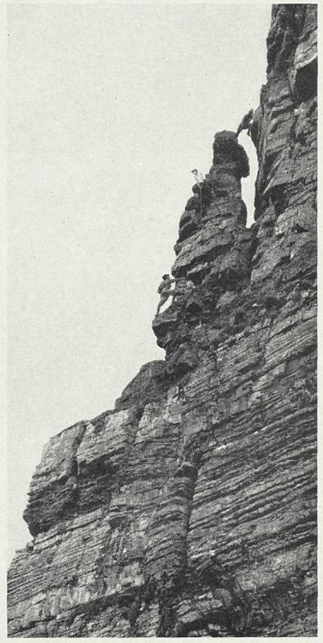


Take a Swiss Guide © A.S.N.

Canadian Rockies, and welcomes all who have the ambition to climb or are interested in any way in the mountains. The 1931 camp of the Club will be held at the head of Prospectors Valley from July 20 to August 3.

What to Wear For real comfort when either riding, or walking on the trail, the clothing of men and women is practically the same, the weight of garments worn being regulated by the season and the altitude to be ascended. On general principles the following is a common-sense outfit for expeditions: breeches and coat of closely woven tweed, a flannel shirt and silk neck-handkerchief, thin merino undergarments, straw or felt hat with a brim, woollen stockings (a pair of cashmere socks worn under them on long tramps), stout boots with lightly nailed soles, and a thin slicker.

When on riding or walking expeditions of more than one day's duration, it will, of course, be necessary to add certain things to this list, such as a change of undergarments, sleeping-suit, an extra thick coat (preferably of blanket), canvas shoes and toilet articles reduced to a minimum. If possible always carry a pair of field-glasses and a small camera; they will add enormously to your pleasure. Women making their first long tramp will be well advised to strap up their heels with adhesive tape; to do so may save them from blisters.



With the A.C.C. near Lake O'Hara © A.S.N.

Pictures on this page suggest a few of the thrills and joys which await you.

Lake of the Hanging Glaciers © A.S.N.

Headquarters of the Alpine Club of Canada, Banff is the recognized climbing centre of the Canadian Rockies.

CANADIAN PACIFIC AGENCIES
THROUGHOUT THE WORLD

CANADA AND THE UNITED STATES

Atlanta, Ga.	K. A. Cook, General Agent Passenger Dept.	1017 Healey Bldg.
Banff, Alta.	J. A. McDonald, District Passenger Agent	Canadian Pacific Station
Boston, Mass.	L. R. Hart, General Agent Passenger Dept.	405 Boylston St.
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Dallas, Texas	A. Y. Chancellor, Travelling Passenger Agent	906 Kirby Bldg.
Detroit, Mich.	G. G. McKay, General Agent Passenger Dept.	1231 Washington Blvd.
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