1927

WHAT TO DO AT

BANFF

IN THE CANADIAN PACIFIC ROCKIES

BANFF SPRINGS HOTEL
A CANADIAN PACIFIC HOTEL

BANFF SPRINGS HOTEL

A Canadian Pacific Hotel

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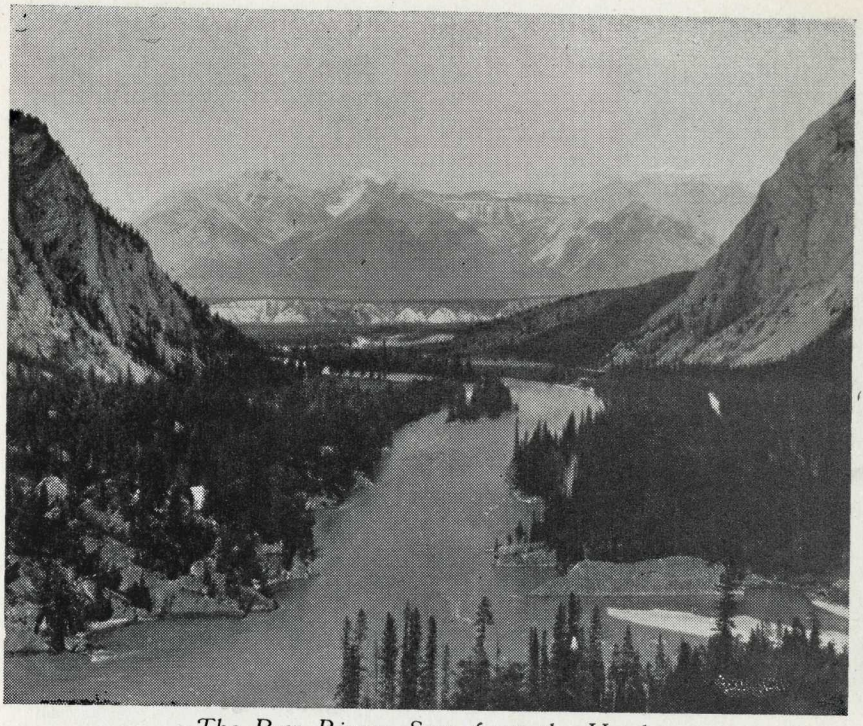

The Bow River—Seen from the Hotel

LONG AGO—forty years to be exact—an early pioneer named this spot Banff the Beautiful, and so it has been called ever since; for here Nature seems to have bestowed every imaginable scenic asset upon the region, where an exquisitely forested, flower-filled valley is watered by the blue-green Bow River, that first winds past alpine meadows in which black bear 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 two luxurious lounges of the magnificent newly-constructed wing 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 canyon.

Down this wonderful vista you gaze; there on your right lies Mount Rundle (9,665)* with its queer "writing-

* The figures following the names of mountains in this booklet are the heights of them, in feet, above sea level.

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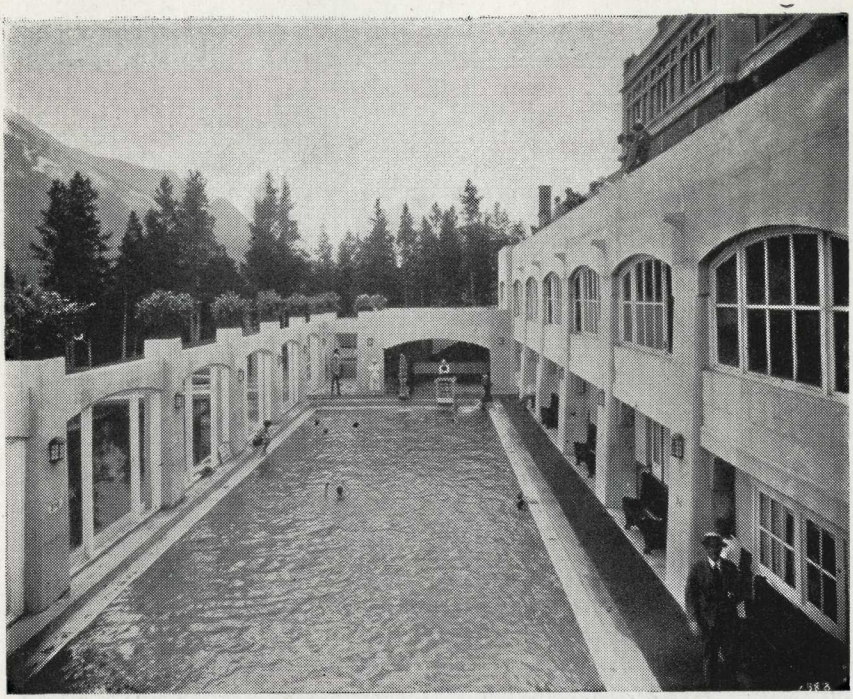
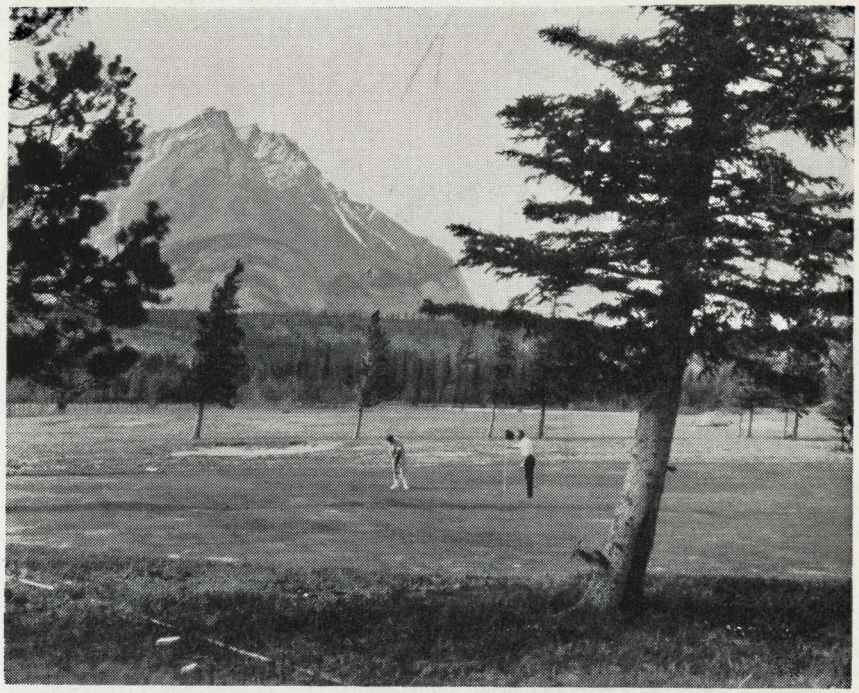


Hot Sulphur Swimming Pool, Banff Springs Hotel

desk" formation and sharp-toothed ridge of pearl-grey rock; to the left rises Cascade Mountain (9,825) with its impressive barren contours, and the 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, and runs thence subterraneously to join the Bow River; while in front of you, facing westward, towers the Fairholme Range, with Mount Peechee (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; and Mount Inglismaldie (9,715) terminating 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 funny 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. A certain number of Stonys, however, now live on the Indian Reserve at Morley, a forty-mile motor run from Banff. Each year in July the Indians hold



The Golf Course

a big Pow-Wow at Banff, when the picturesque parade of the tribes in full war-paint and feathers is followed by two days' horse-racing and other sports. Prizes for costumes are awarded at a grand assembly in the courtyard of the hotel.

Memories of the Past

INDIAN PLACE-NAMES lie thick upon the land, such as Ghost River, Devil's Gap and Stony Squaw, coupled with memories of the first coming of the White Man to the "Shining Mountains" (as the Red Men originally named the Rockies)—Pierre de la Verendrye, who first sighted the foothills beyond Banff in 1743; Sir George Simpson, who in 1841, entered the Rocky Mountains on the first overland journey ever undertaken round the world from east to west, and so passed across the site of the present-day little town of Banff; Captain John Palliser; Sir James Hector, whose monument may be seen at the Great Divide on the Canadian Pacific Railway line at the summit of the Range; and all those eminent railway builders who between the years of 1880 and 1885 toiled to the end that we might today travel in complete comfort from Montreal to Vancouver in an up-to-date train of well-appointed sleeping, observation and dining cars, drawn by one of the huge "iron horses" of the Canadian Pacific.

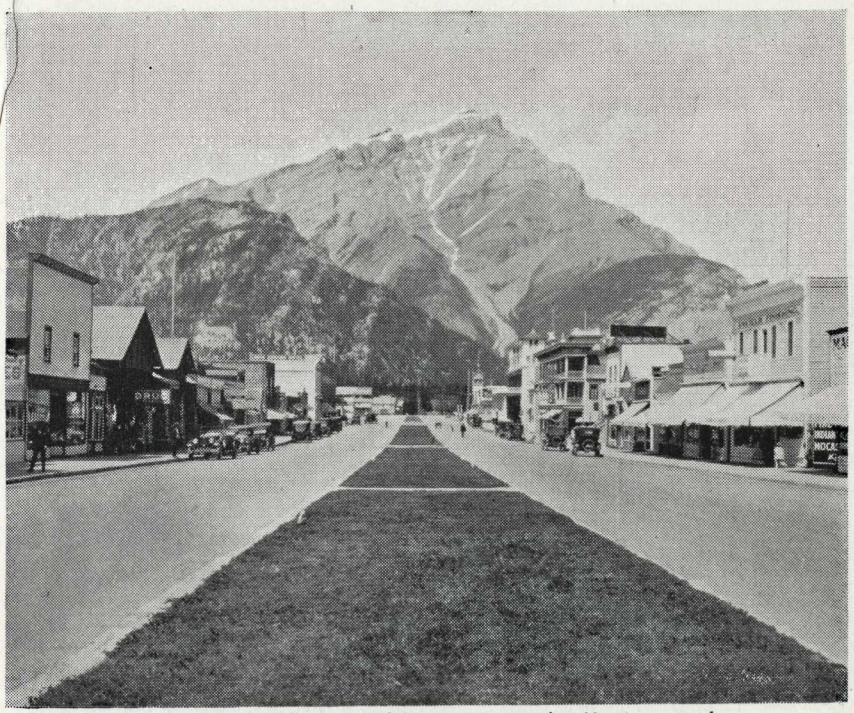
Boat Houses on the Bow River

The Banff Springs Hotel

BANFF HAS BEEN for many years one of the most popular mountain resorts on the continent—due not only to its environment, but also to the beautifully situated and splendidly appointed Banff Springs Hotel of the Canadian Pacific Railway. This season will see the opening of a new fire-proof wing, which was erected during the past winter at a cost of over one and a half million dollars. The entire first floor is given over to public rooms, which are artistically decorated and furnished, and in this wing alone there are 210 bedrooms. A similar wing will be erected on the south side of the central tower at the close of the summer season.

One special feature of the hotel is the "period" influence that dominates the atmosphere—chiefly the Tudor period. There are ten beautiful period suites—Jacobean, Tudor, Georgian, Italian and Swiss; the lower lounge is Elizabethan. .

At the hotel itself there is entertainment all the time, viewing the magnificent panorama from the verandah in the courtyard, watching the swimmers in the warm sulphur water pool, or swimming oneself, playing tennis, or studying the cosmopolitan types which one meets at this great caravanserai. There is an excellent Turkish

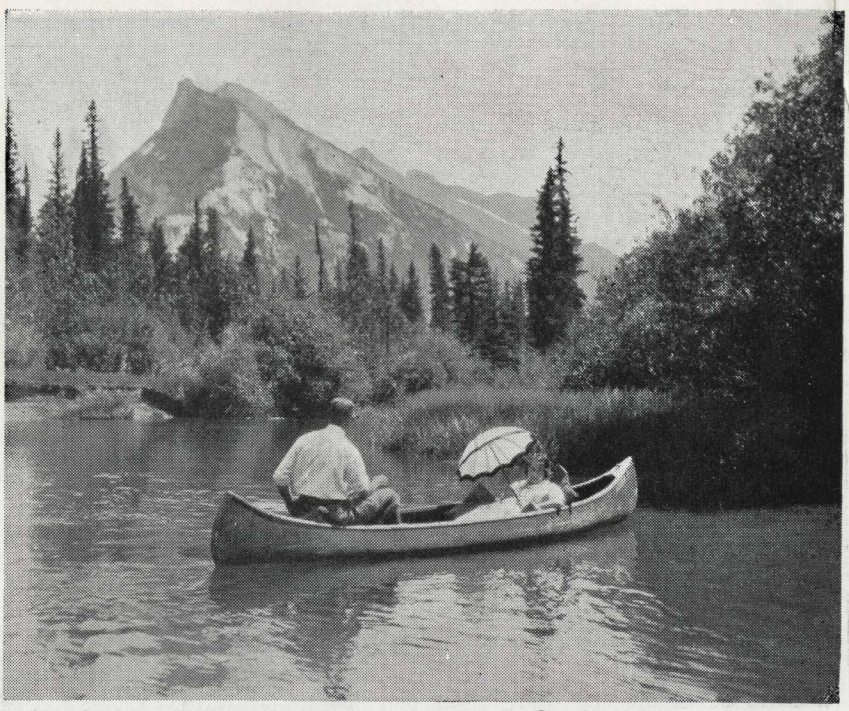


Banff, with Cascade Mountain in the Background

bath attendant to the hotel, very popular with those who come in after a game of golf or hour in the saddle. The public rooms, already spacious, will be greatly enlarged when the scheme of reconstruction now under way will be completed. An excellent orchestra plays at the luncheon and dinner hours and provides the music for dancing in the evening. A library of up-to-date fiction is available for those inclined to read.

Your First Day at Banff

ON THE MORNING of your first day at Banff, and particularly if it should happen to be your only day there, 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. Longer trips, and all such delightful recreations as hiking, riding, climbing, boating, fishing and hunting are for those furtunate people who plan to spend several days, or weeks, at the Banff Springs Hotel, but for the one or two-day visitor here are a few useful suggestions. A morning motor drive (either in a private car, or one of the many comfortable touring buses) through the quaint little mountain town of Banff, where as you drive along the main street you will find churches, shops, cinemas and modern dance-halls interspersed with



Canoeing on Vermilion Creek

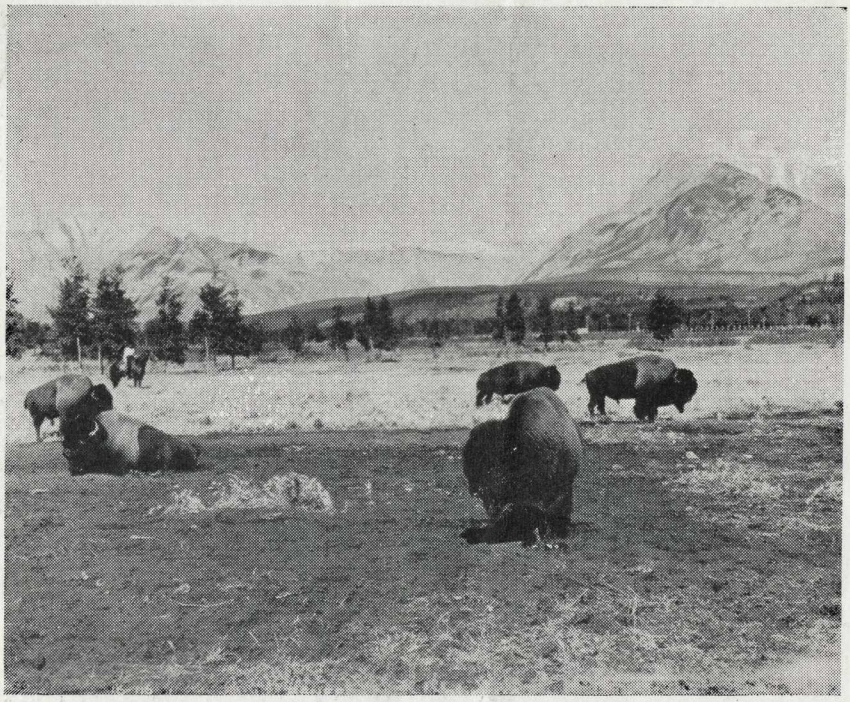
groups of cow-boys in woolly chaparejos and gay-colored "neckerchiefs," sloe-eyed Indians in buckskin coats and moccasins, packers, trappers, guides and other truly mountain men, for here western conditions and eastern civilization meet at the edge of the Rockies, and the combination is extraordinarily attractive.

The Museum and Zoo

SITUATED IN the middle of the town is an excellent Dominion Government Museum of flora, fauna, geology 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. 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 Cave and Basin

IN THE COURSE of your drive you should 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 swim-



In the Buffalo Paddock

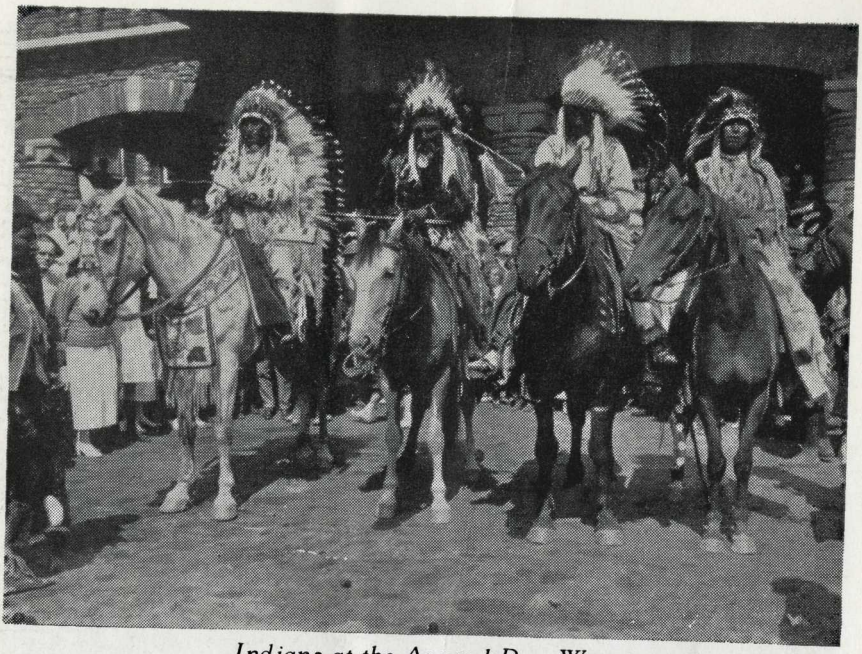
ming, and drinking the beneficial waters. A short distance farther on is the Sundance Canyon, a narrow rift in the towering cliffs where many rock-plants bloom in the crannies, watered by the melting snows that trickle down from the ice-fields above.

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 rail, 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 (5 miles from the hotel, requiring four to six hours for the return trip).

The Animal Corral

THIS IS an immense fenced-in area where a herd of buffaloes, 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 buffaloes, 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



Indians at the Annual Pow Wow

Range with the lovely chain of Vermilion Lakes in the foreground, and the Massive Range rising up to 9,780 feet into the sky. A motor run to the top of Tunnel Mountain (5,550), so called because the Canadian Pacific once thought of boring a tunnel through it, but later abandoned the idea, will give you a wonderful view of the whole surrounding country, and you will find yourself well repaid for spending an hour on this trip.

Golf and Tennis

MANY OF the famous golf courses of the world are very beautifully situated, some on lovely meadow-lands, others sea-girt, or set beside a stream, but the Banff 18-hole golf links, laid out on The Loop, with the Bow River running by, while around about the course huge bastions of rock, turreted and pinnacled like the fortified castles of old, rise up as if to guard the spot from unfriendly winds, is almost without parallel for superb location; and being situated quite near the Hotel is within easy reach of all visitors. The fees are small, and a first-class professional is always in attendance. For tennis players there are several admirable courts, and the exquisite summer climate of Banff being very conducive to both golf and tennis, there are always a number of people to be seen enjoying the games.

On the Tennis Court, Banff Springs Hotel

Swimming

A VERY favorite amusement, that may be enjoyed daily during a visit to Banff, combines swimming, diving and water games in the large open-air warm sulphur bath, where the temperature of the summer air and of the water is delightfully blended, and spring diving-boards offer opportunity for sport to expert swimmers, the sloping depth of the bath giving confidence to beginners at the shallow end; while the cold fresh-water pool, adjacent to the warm bath, provides an invigorating plunge for the more adventurous.

Some people prefer to swim before breakfast, others like a dip in the afternoon when they return from some long expedition, but all agree that to dive in and swim about in the delicious warm water under the light of a midsummer moon is perhaps the most wonderful experience of all. The health value of this warm sulphur bathing is great, as is also drinking the boiling hot radio-active waters of the Banff springs, piped into the Hotel, whose medicinal value is extremely high owing to their chief component parts, which are calcium sulphate, magnesium sulphate and calcium bicarbonate. The amusement of swimming in such a luxurious pool, enjoying, if desired, first-class massage in connection with it, forms one of the finest attractions of a holiday spent at Banff.

Mount Rundle

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 (4,625) 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.

Motoring

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, such as those already referred to, also drive to the Upper Hot Springs and round The Loop, 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

Fishing at Lake Minnewanka

in one of the many sight-seeing buses, 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, pass through forests beneath whose fir-trees dainty wild-flowers blossom in profusion, and thus enjoy a thousand sweet scents and radiant sights that would otherwise be out of your reach. 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 of eight miles from Banff brings you to the shores of Lake Minnewanka, that splendid sheet of steel-blue sheen, some fourteen miles long, where row-boats and a big motor-launch tempt you to take a trip on the water, and perhaps to throw out a line and troll for the huge lake trout that lurk beneath its surface. This is the only lake in the Rocky Mountains where these enormous fish, whose weight runs sometimes up to forty pounds, are caught. A Tea House on the shore offers the tourist rest and refreshment.

Johnston Canyon

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 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.

Lake Louise and Moraine Lake

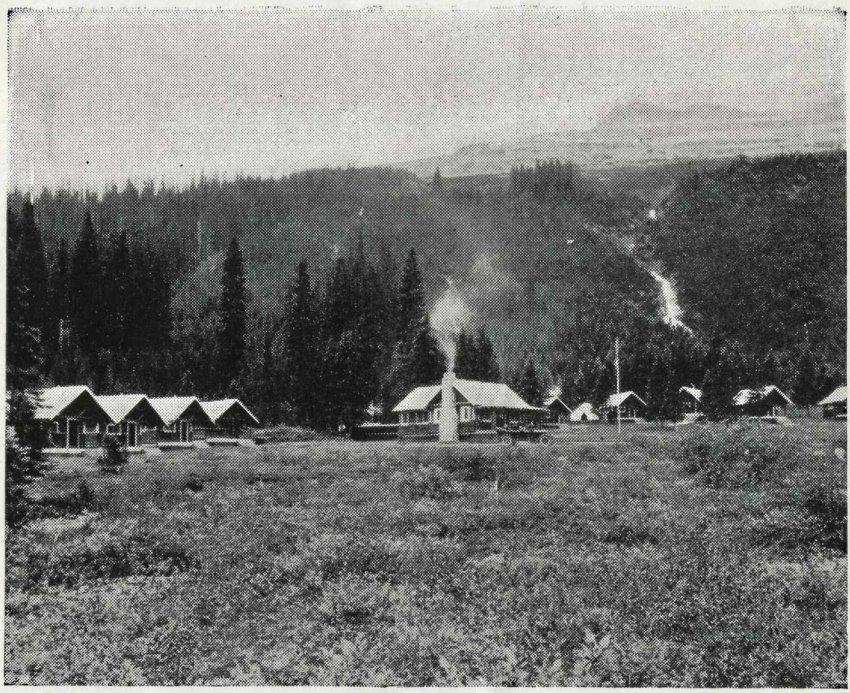
PAST Johnston Canyon the road runs on for another twenty-five miles past the imposing battlemented and serrated cliffs of Castle Mountain on the right, and the snow-capped dome of Mount Temple on the left, to Lake Louise, a spot so beautiful that no one who visits the Canadian Rockies can afford to miss 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 hills which rise up around it—Fairview (9,001), Aberdeen (10,340), Lefroy (11,220), Victoria (11,355), Whyte (9,776), Devil's Thumb (8,066), and a dozen other glorious peaks sentinelling the valley that leads from the Chateau Lake Louise at its northern end (a fire-proof palace built in a wilderness of mountain crags and crests), right up to the Plain of the Six Glaciers, where the ice-streams flow down between the lofty battlements.

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. These mountains were discovered in the late nineties by Mr. W. D. Wilcox of Washington, D.C., and Mr. Sam Allen, also an American, who named them after the ten numerals in the Stony Indian language.

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 view-points and fragrant wildflowers 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



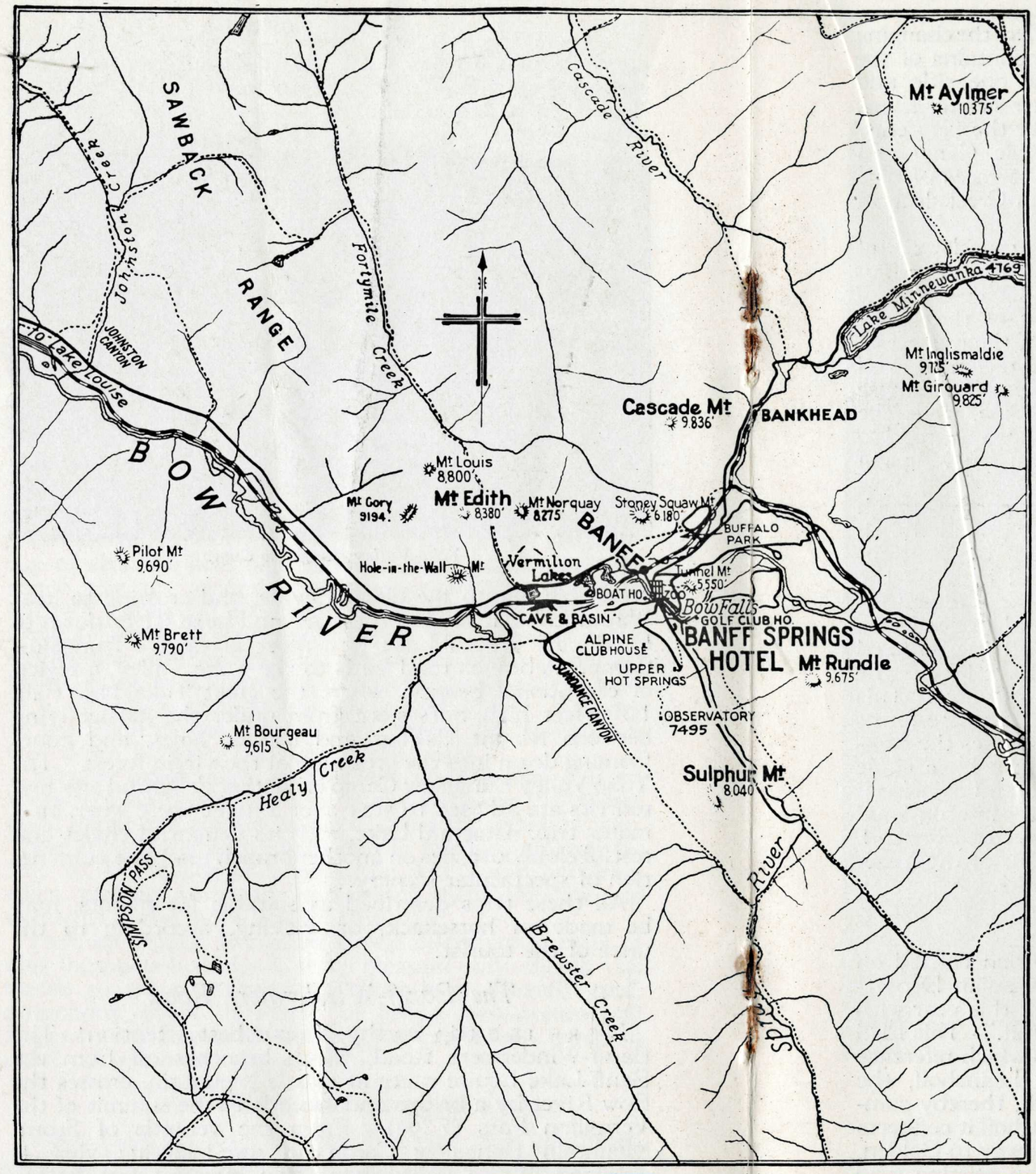
Yoho Valley Bungalow Camp

on a high line to the Great Divide, and crossing 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 Fall, 1,300 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 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 clubhouse, lies on another branch road, the culmination of spectacular scenery.

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, which branches off from the Banff-Lake Louise route at Castle Mountain, crosses the Bow River by a bridge and ascends to the summit of the Vermilion Pass (5,264). From the veranda of Storm Mountain Bungalow Camp an awe-inspiring view is obtained of the valley lying five hundred feet below,



BANFF

and its vicinity

Motor roads shown thus———

Trails shown thus.....

Canadian Pacific Railway- - -

Banff-Windermere Road.

A very wonderful trip is the Banff-Windermere run of 104 miles, through Rocky Mountains Park and Kootenay Park to Lake Windermere, in the beautiful Columbia Valley. This new road, of firm stable construction, penetrates some of the very finest mountain scenery of the entire continent. Along its route are three convenient bungalow camps — Storm Mountain, Vermilion River and Radium Hot Springs— to serve as stops for meals or for lodging; at the southern end is Lake Windermere Camp. At Radium Hot Springs the road connects with the Windermere-Golden road, providing the three-day Circle Tour (see page 18 of this booklet).

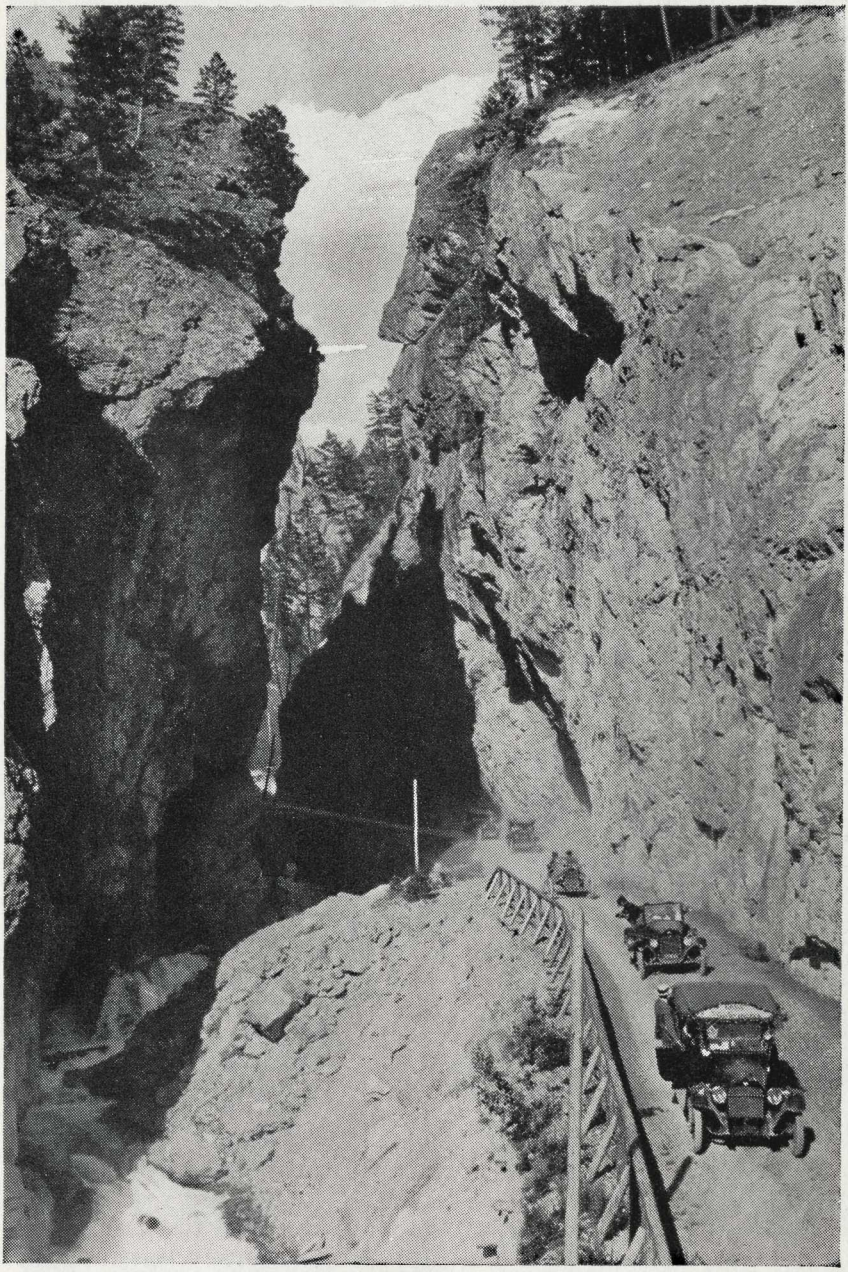
jewelled with lakes that, chameleon-like, reflect the changing colors of the sky, where the pinnacled mountains of the Divide—the Province of Alberta on the one side and British Columbia on the other—point their slender snow-white fingers up to heaven. Here you enter the Kootenay National Park, and pass 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.

A little farther on are the Paint Pots, round wells of color once prized by the local Indians. Soon Vermilion River Bungalow Camp comes into sight set deep in the forest, and as you approach the crossing of the Kootenay River you have a magnificent view of the pyramidal peaks of Mount Assiniboine. 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 onto the road to stare in wonder at your car, and greedily eat any lumps of sugar or cake you may throw to them.

Soon 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 there is a swimming pool built by the Government. Just beyond is the great sword-cut of Sinclair Canyon. And then one wheels and circles like a lazy leaf, by easy stages down to Windermere, cradled in the Columbia Valley. On the shore of the lake is the fourth of this series of delightful Bungalow Camps. This motor run of 104 miles from Banff to Windermere forms part of the Circle Road of 600 miles that crosses the summit of the Rockies twice, 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.

To Golden

THE PROGRAMME of road construction carried on by the National Parks Branch of the Canadian Department of the Interior will reach a high point this year with the opening of the new "Kicking Horse Trail." This road continues the existing Banff-Field road, to which reference has been made already, from Field to Leanchoil, the Western boundary of Yoho National Park, thereby completing the traverse of that Park. At Leanchoil it connects with a new British Columbia province highway to Golden, on the Columbia Valley. From Golden an existing road



Iron Gates, Sinclair Canyon,
Banff-Windermere Road

Storm Mountain Bungalow Camp

leads south to the Windermere Valley, joining at that point the Banff-Windermere Road.

The Circle Trip

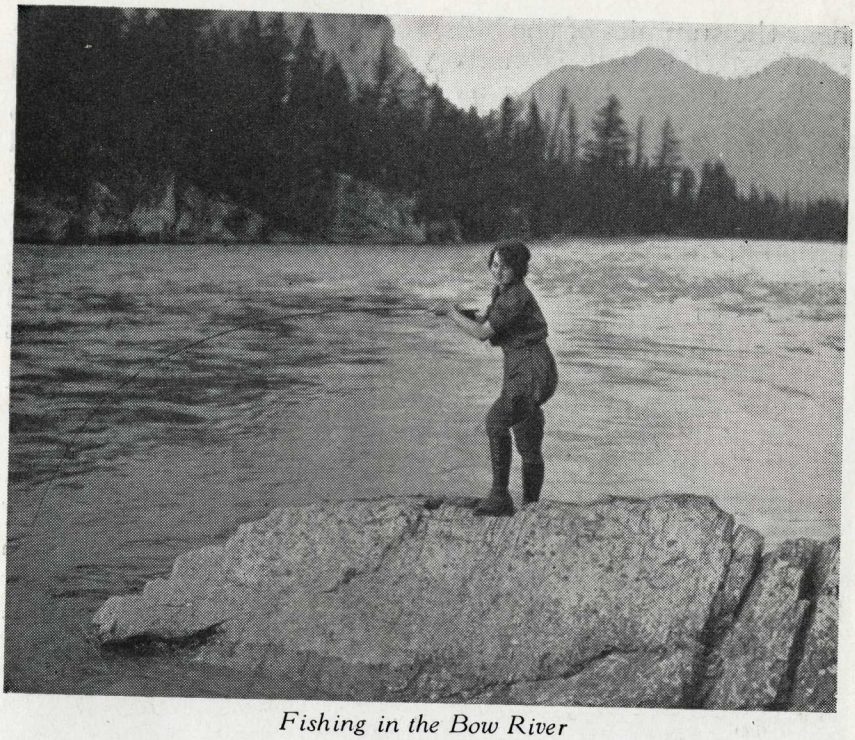
A COMPLETE circle trip through the most magnificent scenery of the Canadian Pacific Rockies, from any point back to the starting place without once traversing the same ground, will thus be possible. The Bungalow Camps en route offer convenient sleeping or dining accommodation.

A Three-Day Circle Trip will be operated during July and August over this route in 1927, commencing June 30th, leaving Banff or Lake Louise every Tuesday and Thursday. The itinerary is as follows:

First Day—Banff to Storm Mountain Camp, Marble Canyon, Vermilion River Camp, and Radium Hot Springs Camp.

Second Day—Radium Hot Springs Camp to Columbia River Valley, Golden, Kicking Horse River and Emerald Lake.

Third Day—Emerald Lake to Yoho Valley Camp, Wapta Camp, the Great Divide, Lake Louise, Johnston Canyon and Banff.



Fishing in the Bow River

The trip can be commenced equally well from Lake Louise or any intermediate point. The rate is $30.00 per person, not including meals or sleeping accommodation en route.

Alpine Wildflowers

THE ALPINE wildflowers of the Canadian Rockies are beautiful beyond all description, and vary according to locality and altitude, so that the tourist will each day discover new and lovely blossoms in the course of his various trips, 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 windflowers, 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.

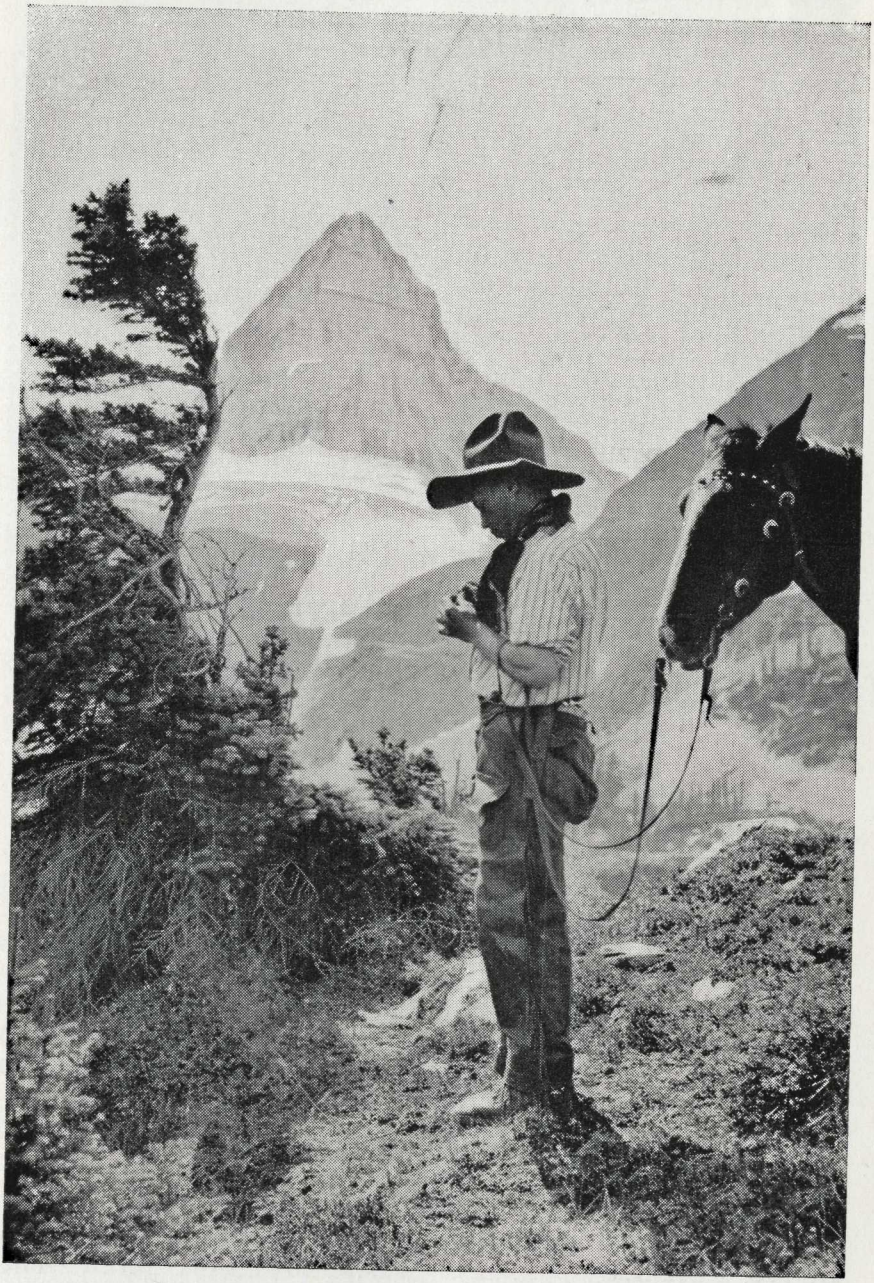
As you thread your way through the woods, and over the open spaces in the forest, wandering from 4,500 up to 5,500 feet altitude, you will come across the big-headed betony, wintergreens of several kinds, louseworts, gorgeous orange lilies, magenta willow-herbs, scarlet Indian paint brushes, yellow arnicas 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.

Fishing

THERE IS no better centre in the Rocky Mountains for fishing than Banff. 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 juncture of the Bow and Kananaskis Rivers being equally good spots in which to cast; while in the Vermilion Lakes are many small fish sufficiently gamey in play to give you capital sport. Farther away in Forty Mile Creek, Mystic Lake (17 miles from Banff), and the Sawback Lakes (24 miles away), there is excellent fishing for cut-throat trout during the summer months, and 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. Information about fishing trips is readily accessible in the Trail Riders' Guide, which may be consulted at the Information Bureau in the Hotel. It is advisable for fishermen to 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 opens on July 1st. There is no



Mount Assiniboine

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 the Rocky Mountain Parks, in which Banff is situated, 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. For some years past there has been a perpetual "close season" for wapiti (or elk), these magnificent creatures, now to be seen in large herds, having formerly been almost exterminated. 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.

Boating and Canoeing

DESPITE THE fact that the rapid rivers of the Rocky Mountains do not lend themselves to much indulgence in boating, there are several beautiful places near Banff where this pastime may be richly enjoyed. On Lake Minnewanka, for instance, you can take a tour in a motor launch, or a shorter trip in a rowboat, through scenery which resembles that among the most exquisite fiords of Norway; while the Bow River above the Banff Bridge is a smooth-running piece of water out of which you can "paddle your own canoe" into Vermilion Creek, a fascinating little winding stream overhung with arching trees, which eventually leads you into the Vermilion Lakes, where the views at sunset are ravishing. Very attractive trips by electric launch are run on this stretch of water several times a day.

Astride a Pony

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 play-grounds in the Canadian Rockies. 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 and back to the Hotel by way of the "corkscrew" road, along to the

Vermilion River Bungalow Camp

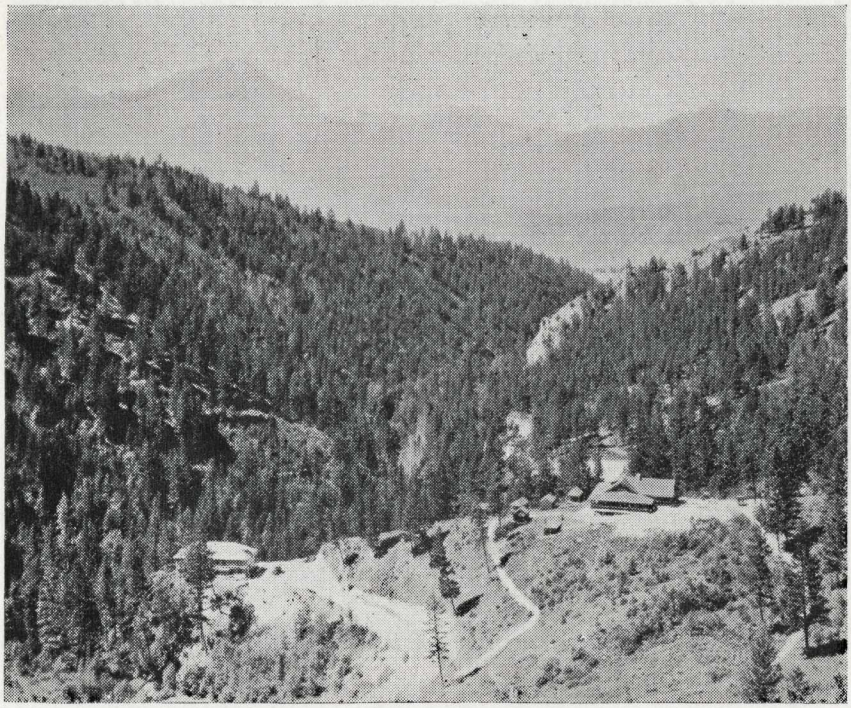
Cave and Basin and onto the Sundance Canyon, or to the Upper Hot Springs, whence the bird's-eye view of the valley is superb, and so on to the Observatory.

All these are extremely enjoyable outings, and since the ponies obtainable at Banff are all very gentle and quiet even the most timid and inexperienced rider need not fear to mount one of them. The services of guides to accompany tourists on long or short trips are always available. Take, for example, the expedition to Mount Assiniboine; it is an enchanting ride through pine forests and over alplands ablaze with anemones, sunflowers and asters, across carpets of red heather and creeping barberry, by tumbling waters and the shores of turquoise lakes, the trip entailing a camp of a week en route.

The livery agent of the Brewster Transport Company has an office in the Hotel and can arrange for ponies.

Trail Riders' Association

THOSE WHO have ridden 50 miles or upwards in the Canadian Rockies are qualified for membership in the Trail Riders of the Canadian Rockies, which, by its annual pow-wow, 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



Radium Hot Springs Bungalow Camp

foster the maintenance and improvement of old trails and the building of new trails; to advocate and practice consideration for horses, and to promote the breeding of saddle horses suitable for high altitudes; to foster good-fellowship among those who visit and live in these glorious mountains; to encourage the love of out-door life, the study and conservation of birds, wild animals and alpine flowers; to protect the forests against fire; to assist in every way possible to ensure the complete preservation of the National Parks of Canada for the use and enjoyment of the public; to create an interest in Indian customs, costumes and traditions; to encourage the preservation of historic sites as related to the fur-trade and early explorers, and to co-operate with other organizations with similar aims."

Membership is of several grades, according to the distance ridden, viz.: 50, 100, 500, 1,000 and 2,500 miles.

The annual official ride of the Trail Riders of the Canadian Rockies will be from Banff to Mount Assiniboine and returning via the Simpson Pass. It starts on August 4th and lasts six days. Rates $70.00. Reservations must be made at least 14 days in advance to the Secretary-Treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, or to Col. Phil A. Moore, Chateau Lake Louise, who will be in charge of the Trail Ride.

Fishing in the Spray Lakes, near Banff

To Mystic Lake

IN ADDITION to the official ride, Circle Trips will be operated weekly from Banff to Stoney Creek, Sawback Lakes, and Mystic Lake, with good fishing en route. Riders on this trip must bring their own sleeping bags and blankets. Trail Riders' cabins, supplemented by teepees, will be at each camp.

These tours, which will last four days, will be under the auspices of the Trail Riders' Association, and under the direction of Colonel Phil A. Moore. The rates are undecided at the time of going to press, but will probably be about $10.00 per day. Col. Moore's office is at the Chateau Lake Louise.

Bungalow Camps Circle Tour

ALSO UNDER the same auspices and direction as the last, are the six-day pony circle tours from Lake Louise to the Bungalow Camps, situated in Yoho Park, Wapta, O'Hara and Yoho, and to Emerald Lake Chalet.

Alpine Climbing

FOR REAL alpine climbing the services of a skilled mountain guide, preferably Swiss, is 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 verandahs of the Hotel, Peechee (9,615) Inglismaldie (9,715), Edith (8,370), Rundle (9,665), Three Sisters (9,733) Pilot (9,680), Brett (9,750), Cascade (9,825), Aylmer (10,364), and Assiniboine (11,870). 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 headquarters of The Alpine Club of Canada are located at Banff, in a charming Club House built on the side of Sulphur Mountain, and visiting alpinists from other parts of the world are always welcome there.

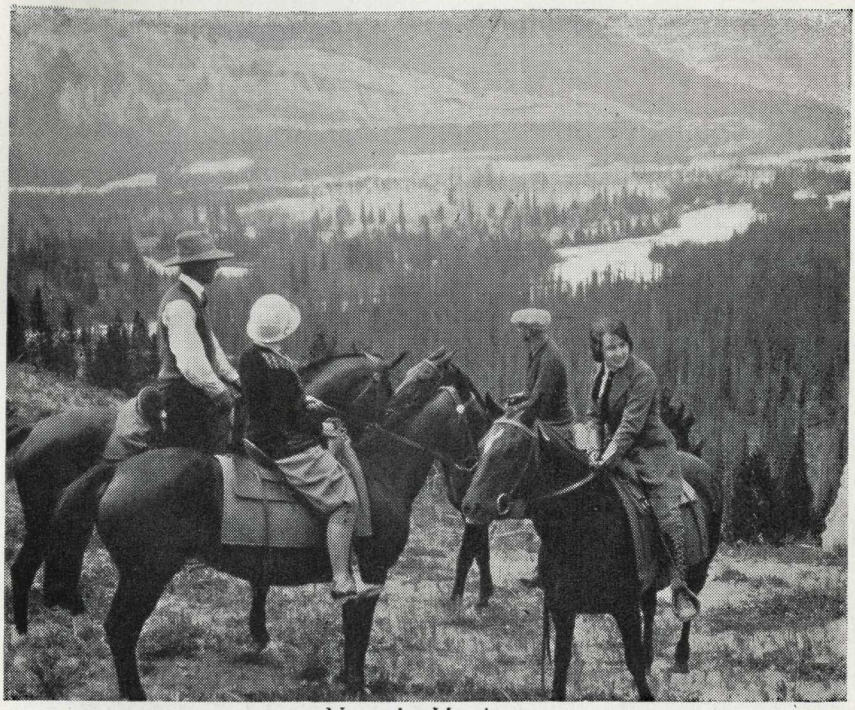
What to Wear

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: knickers 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.

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 (apply at the Curio stand) or at the excellent photographic stores in town.



Near the Hoodoos

Hail and Farewell!

IT WAS Sir Francis Younghusband, formerly President of the Royal Geographical Society of England, who said: "The picture and the poem are as legitimate a part of geography as the map." Even so.

"What if I live no more those kingly days?
Their night sleeps with me still.
I dream my feet upon the starry ways;
My heart rests in the hill.
I may not grudge the little left undone;
I hold the heights, I keep the dreams I won."

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).

Banff and vicinity, including Bow Falls, Tunnel Mountain, Buffalo Park, Zoo, Cave and Basin, Golf Links, etc., 22 miles—$3.00.

To Lake Minnewanka—combined auto and launch trip—$3.25.

To Lake Louise—one way, $5.00; round trip, $8.25. Hand baggage extra.

To Lake Windermere—one way, $10.00; round trip (two days), $18.00. (Minimum six passengers).

To Radium Hot Springs, Golden, Field and Banff—a three-day circle tour, $30.00 per person.

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 eay—50c. Ordinary hand baggage free; trunks and heavy baggage, each way—25c per piece.

Pony Trips and Guides

Saddle Pony, per day, $4.00; Saddle Pony, per half day or part thereof, $2.50; Guide with Saddle Pony, per day, $6.00; Guide with Saddle Pony, per half day or part thereof, $4.00.

The above rates are not guaranteed by the Canadian Pacific Railway. Any adjustments required should be reported to the Superintendent, Rocky Mountains Park, Banff, Alta.

WHAT TO DO AT

BANFF

IN THE CANADIAN PACIFIC ROCKIES

BANFF SPRINGS HOTEL
A CANADIAN PACIFIC HOTEL