

CANADA'S  
NATIONAL  
PLAYGROUND



A GUIDE & SOUVENIR  
*of the*  
MOUNTAIN RESORTS  
BY PERCY F. GODENRATH,  
PRICE 25 CENTS.

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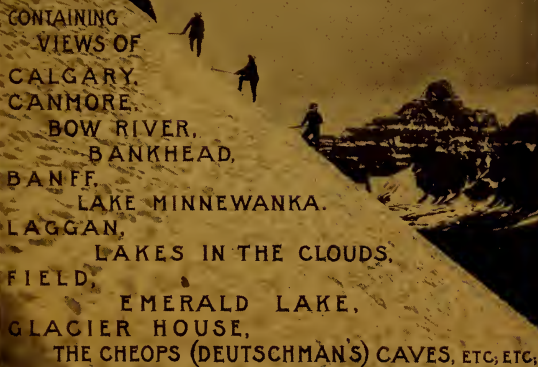
*The Canadian Pacific Irrigation  
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CALGARY, Alberta.*

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# CANADA'S NATIONAL PLAYGROUND

A GUIDE AND SOUVENIR  
OF **BANFF** AND TOURIST  
RESORTS OF THE **ROCKY**  
AND **SELKIRK** MOUNTAINS  
IN **ALBERTA** AND **BRITISH**  
**COLUMBIA**, CANADA.

PUBLISHED BY  
**PERCY F. GODENRATH**  
VICTORIA, B.C.



CONTAINING  
VIEWS OF  
CALGARY,  
CANMORE,  
BOW RIVER,  
BANKHEAD,  
BANFF,  
LAKE MINNEWANKA,  
LAGGAN,  
LAKES IN THE CLOUDS,  
FIELD,  
EMERALD LAKE,  
GLACIER HOUSE,  
THE CHEOPS (DEUTSCHMAN'S) CAVES, ETC., ETC.

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P. F. GODENRATH

ENGRAVERS  
THE B.C. PHOTO-ENGRAVING Co.,  
VICTORIA, B.C.

## THE NATIONAL PARK.

WITH an area of 5,732 square miles—3,668,480 acres—Canada's National Park stretches east and west from the back-bone of the continent into the Province of Alberta on the one side, and westward into the Province of British Columbia. Unequalled in point of attractiveness and scenic splendor, it is also the largest national park in the world. The summit of the Rockies running from northwest to the southeast forms the hypotenuse of a right angled triangle, which contains the greatest portion of the reservation. The eastern side is about eighty and the northern a hundred miles in length. A small jog occurs in the eastern boundary where the Stony Indian Reserve cuts into the Park. Contiguous to this huge triangle, which contains 4,900 square miles, or 3,130,000 acres, and on the British Columbia side of the Rockies is the Yoho Park, the second and smaller section of the enclosure. It is also, roughly, triangular in shape, the longest side running north and south being forty miles in length. It is about twenty-five miles across from base to apex. Its north-eastern boundary is the summit of the Rockies and the larger portion of the park, already described as being in the Territories. The Yoho is 832 square miles in extent, and has within its limits some of the most stupendous and magnificent scenery in the world. The Rocky Mountain Park and the Yoho join and for all practical purposes constitute one great national playground. Until the year 1902, the park was comparatively a small affair, consisting of a block of land ten miles by twenty-six, Banff—as now being the principal centre. The original park is surrounded and included in the enlarged one, the latter being in area more than twenty times larger than the first reservation.

The Canadian National Park is traversed from east to west by the Canadian Pacific Railway. At the point of entrance is the village of Banff, which is 561 miles east of Vancouver and 81 miles westward of Calgary, and is in consequence, easily accessible. The Dominion government has for several years spent large sums in the construction of excellently graded mountain wagon roads and bridle-paths in all directions from the village.

# SOME OF BANFF'S ATTRACTIONS FOR THE TOURIST

THE MUSEUM  
AND OFFICE  
OF THE  
SUPERINTENDENT  
OF THE  
NATIONAL PARK



AT THE CAVE  
AND BASIN

## “The Sulphur City.”

Banff—“The Sulphur City”—is a picturesque hamlet situated at the western extremity of the original reservation, and is the natural starting place for all points in the park. Of the many charming mountain resorts on the continent the Sulphur City is without a peer, surrounded as it is on all sides by towering mountains, rocky crags and almost inaccessible peaks. The village being the property of the Dominion government, and under the control of the Park Superintendent, the streets are well kept, there are modern waterworks and sewerage systems, telephones and electric light. The residences, for the most part rustic frame and log houses, are designed with a view to neatness and comfort. The stores, though not pretentious, have from years of experience in catering to tourists and sightseers gained a complete knowledge of their requirements in the way of camping equipment, photographic supplies, fishing tackle, curios and such like desiderata for the visitor. There are a number of summer cottages amply provided with all household necessities which may be rented by those desirous of making a stay of several weeks. Rents are from \$20 per month upwards.

### Hotel Accommodation.

Ample hotel accommodation is to be had, where persons of all tastes and means can be suited, at prices ranging from \$1.50 a day. The principal of these hostelries is the Canadian Pacific Railway's Banff Springs Hotel, commanding an uninterrupted and magnificent view of the valley of the Bow, where it joins the Spray River. The hotel has accommodation for 300 guests and is being considerably enlarged to meet the increased travel. In the comfortable refinement of its appointments, and the completeness of detail marking the whole establishment—characteristic of the C.P.R. service—the hotel ranks among the finest summer caravanseries to be found anywhere in the mountain regions of the continent. During the season an orchestra furnishes music for the entertainment of the guests.

The Sanitarium is the next largest institution for the accommodation of visitors. It is situated on the banks of the Bow River, facing the handsome steel bridge

# BANFF THE SULPHUR CITY

A BIRDSEYE VIEW TAKEN FROM  
THE OBSERVATORY ON TOP OF  
SULPHUR MOUNTAIN AT AN ELE-  
VATION OF 8,030 FEET.

NO PART OF THE  
ROCKIES EXHIBITS  
A GREATER VARIETY  
OF SUBLIME AND  
PLEASING SCENERY,  
AND NOWHERE ARE  
GOOD POINTS OF  
VIEW SO ACCESS-  
IBLE, SINCE ABOUT  
75 MILES OF ROADS  
AND BRIDLE PATHS  
HAVE BEEN MADE.



THE HOODOOS



spanning it at the head of the rapids and overlooking the village. Hither come not only those in search of rest and pleasure, but those in search of the healing of the Banff waters, for the hot springs gushing down from the base of Sulphur Mountain are charged with qualities curative of rheumatic and kindred troubles. These waters which issue from the mountain at a temperature of 114.3 degrees are piped down to the Banff Springs Hotel and the Sanitarium, at both of which institutions bathing is reduced to an art, regular courses being taken by those requiring them. At the Sanitarium there are in addition to plain baths, steam, plunge and Turkish baths. In connection with this hotel is an hospital with a fully qualified medical staff and trained nurses

In addition to these hotels there are others in the village such as the King Edward Hotel, less pretentious and more moderate in cost. The King Edward besides catering to the tourist trade is well known for its accommodation for the commercial traveller. Two and a half miles from the Sanitarium, at the Hot Springs, is the Grand View Villa, under the same management as the Sanitarium. This hotel, situated directly at the medicinal springs, is provided with baths for the treatment of patients suffering from all ailments requiring hydriatic treatment.

## Livery Stables.

Each of the three first mentioned hotels maintains a livery where vehicles and saddle horses can be hired. There are also other private livery stables in Banff, and the below schedule of charges is fixed by the Government.

### To Lake Minnewanka

Two or three persons .....	\$5.00
All day, two or three persons.....	7.00
Four or five persons.....	6.00
All day, four or five persons.....	8.00

### To Tunnel Mountain, Cave and Basin and Sun Dance Canyon, or Loop, Cave and Basin and Sun Dance Canyon

Two or three persons .....	\$5.00
Four or five persons .....	6.00

### To Tunnel Mountain, Cave and Basin or Buffalo Park, or Loop and Cave and Basin

Two or three persons .....	\$4.00
Four or five persons .....	5.00



SULPHUR  
MOUNTAIN  
THE SOURCE  
OF THE  
FAMOUS  
MEDICINAL  
SPRINGS.



THE GRAND VIEW VILLA



THE OBSERVATORY  
ON THE SUMMIT  
OF SULPHUR  
MOUNTAIN



THE GOVERNMENT

## To Cave and Basin

Three or more persons ..... 50 cents each

## To Hot Springs

Two or three persons ..... \$3.00

Four or more persons ..... Each 1.00

Single traps, phaeton, buggy or dog-cart, without driver, ..... first hour, \$1.00

Every subsequent hour ..... 50 cents

Saddle horses same rate as single carriage

## Interesting Places Near Banff.

The following is a partial list of the many attractive points in the Park, together with their official distances from the Bow River Bridge. They are all easily reached by road or trail.

	MILES
Kananaskis, East from Banff.....	42
Canmore, East.....	17
Anthracite, East.....	4
Bankhead, North-east.....	5
Cascade Canyon, North-east.....	7
Minnewanka (Devil's) Lake, North-east.....	8¼
Hot Springs and Government Bath House, South.....	2½
Sulphur Mountain, South.....	1
Rundle Mountain, East.....	2
The Boat House, West.....	¼
Cave and Basin, West.....	1
Sun Dance Canyon, South-west.....	3½
Cascade Mountain, North.....	3
Animal Paddocks, North-east.....	3
Stony Squaw Mountain, North.....	1
Vermillion Mountain, North-west.....	2
Vermillion Lakes, North-west.....	1
Bow River Falls, East.....	½
The Loop (Drive) East.....	8
The Hoodoos, East.....	3
Tunnel Mountain (Drive) East.....	5

Government Museum at North end of Bridge

## What to see at Banff.

Natural Sulphur Springs a mile west from Bow river bridge, at the base of Sulphur mountain, *The Cave and Basin.* on the road to Sun Dance Canyon. First is reached the Cave to which the public are admitted free of charge under the guidance of the caretaker. It is approached through a small building and a short subterranean passage. The chamber within the mountain was formed partly by a subsidence of the rocks while cooling and partly by water erosion. It is somewhat conical in shape, having



THE BOW  
VALLEY



C.P.R. HOTEL  
BANFF,  
ONE OF  
THE FINEST  
MOUNTAIN  
RESORTS  
ON THE  
CONTINENT



THE BOW FALLS

a base of thirty-six feet and a height of forty-five. At the crown of the dome there is a small opening piercing the rock roof to the outer air. This opening is the only natural communication to the cave, and when first used for bathing a ladder composed of the trunk of a tree was lowered through this orifice, permitting ingress and egress to the waters of the cave. In recent years the government drove a tunnel from the mountain side to the cave, thus enabling visitors to inspect the same without making the precarious descent as formerly.

The waters of the Cave and Basin contain ingredients which have been found to be very beneficial to the health, as will be shown by the analysis made by Professor McGill, of Ottawa, in 1896, part of which is here appended.

Professor McGill says: "The supply of the Cave is from two sets of springs one set being subterranean and warm, the other coming from the sides and roof of the cave and yielding much colder water. As far as I am able to judge the amount of flow from the warm springs is greatly in excess of that from the colder ones. On two different days I found the temperature of the hot springs to be 94 F. and 92 F. respectively, while for the cold springs the temperature was 69 degrees F. This latter only contained a trace of Sulphuretted hydrogen, while the hot spring water contained 4,199 parts per million (a mean of three observations on different days). The remaining contents of the water are very similar :

	Parts per Million.	
	H. Sp'gs.	C. Sp'gs.
Chlorine (in chloride).....	6.0	6.0
Sulphuric acid (s.o.3).....	536.0	532.0
Silica (si. o. 2).....	20.0	27.0
Lime (cal.).....	350.0	340.0
Magnesia (mg. o.).....	67.0	64.0

"Carbonic acid gas is copiously evolved and a large deposit of neutral carbonate of lime has accumulated all about the springs."

Beyond the Cave is the Basin and Swimming Bath. The former is a natural oval pool of water, the latter an artificial tank. Here the government have provided every accommodation for those desirous of enjoying the mineral waters, which possess highly curative powers

# THE SANITARIUM BANFF



The Sanitarium Hotel, which is beautifully situated, overlooking the Bow River and its lovely and romantic valley, is a large 5-story building, elegantly fitted with every appointment calculated to bring pleasure and comfort to the tourist or invalid.

A private hospital, which, though isolated, is in close proximity to the Sanitarium, is presided over by skilfully trained nurses and is also fitted out with every appliance necessary to a first class institution of its kind.

A very commodious bath-house adjoins the hotel, where Turkish, Russian, plunge, shower and douche baths are given under medical supervision, with water direct from the celebrated hot sulphur springs.

A first class livery in connection so that rides and drives through the magnificent scenery may be enjoyed.

Terms: \$2.00 a day upwards. Special rates by week or month. Open all the year.

W H. SCARTH, Manager.

Medical Staff:

R. G. BRETT, M.D.; G. M. ATKIN, M.D.;  
R. H. BRETT, B.A., M.D.

but are not as hot as at the Hot Springs, further up the mountain. Single baths can be had for 25 cents, or a ticket of six for \$1.00 may be purchased from the office of the Superintendent of the Park.

Two and a half miles beyond the Cave and Basin, and on the same road, is one of the most *Sun Dance* fairy-like and fascinating spots at the foot *Canyon.* of Sulphur mountain—Sun Dance Canyon. It is a remarkable cleft in the mountain through which tumbles and roars the creek of the same name. The falls, which are some hundreds of feet high, can be followed up to the summit by a bridle-path cut in the solid rock. It is said, that in olden days the plateau above was a favorite camping place of the Indians. It was here that the copper-colored aspirant to tribal honors passed through the final ordeal of courage—the suspension by the skin of the shoulder-blades, and other tests of endurance—before being admitted to the symbolic rites which signified that the Great Spirit had endowed him with the powers essential to the full-blooded brave.

A beautiful drive round the valley of the Bow, skirting the base of Mt. Rundle (named *The Loop.* after a goodly Methodist missionary, Mr. Rundle, who ministered to the needs of the Indians on the Stony Reserve) to the banks of the Bow river, a distance of about eight miles. On this drive a splendid view of the Bow falls is obtainable. The rapids are eighty feet wide at the confluence of the Spray and Bow rivers.

On Sulphur mountain, two and a half miles by road from the bridge, are the head-waters of *Hot* the Hot Springs, situated about 800 feet *Springs.* above Banff. At this point the Dominion government has erected a most complete bathing establishment, including hot tub baths, steam rooms, hot and cold showers, sweat rooms, and a large swimming pool. The sulphur water gushes from the side of the mountain, fifty or sixty feet above the level of the road, whence it is supplied at a natural temperature to the bath house and the two hydropathic establishments located here. The water is of greater medicinal strength than at the Cave and Basin. The government charge for a bath is 35 cents.



RIMMEL MOUNTAIN A ZEPHYRUS DRIVE

A TRIO  
OF BANFF'S  
MAJESTIC  
PEAKS



CASCADE MOUNTAIN



RUNDLE MOUNTAIN

IF YOU ARE INTERESTED IN THE NEWS  
OF CANADA'S NATIONAL PLAYGROUND  
SUBSCRIBE FOR

**CRAG AND CANYON**

WHICH IS PUBLISHED IN THE  
INTEREST OF THE PARK.

SUBSCRIPTION \$1.00 PER YEAR

W. H. KIDNER MANAGING EDITOR

Mr. McGill, assistant analyst of the Canadian Government, who made a full examination of the Banff water supplies, reports :

“The water is very free from organic impurities and gives no albuminoid nitrogen. \* \* \* Each gallon contains dissolved sulphuretted hydrogen to the amount of 0.3 grains (equivalent to 0.8 cubic inch.)

“The dissolved solids are as follows:—

Chlorine (in chlorides).....	0.42 grains
Sulphuric Acid (SO <sub>3</sub> ) .....	38.50 “
Silica (SiO <sub>2</sub> ).....	2.31 “
Lime (CaO).....	24.85 “
Magnesia (Mg).....	4.87 “
Alkalies (As Soda, Na <sub>2</sub> O) .....	0.62 “
Lithium.....	A decided trace.

“The temperature of the spring is 114.3 degrees Fahrenheit.

From the Hot Springs a switch-back bridle path among the pines leads to the Government Observatory on the summit of Sulphur Mountain, at an elevation of over 8,000 feet. The Observatory building is a stone structure, 14 feet by 14 at the base, and 10 feet high, having a 26 foot tower. The delicate meteorological instruments installed here register their report at the Government Museum in the village below, being connected therewith by a cable. An extensive view of the Bow Valley, and distant snow-capped peaks may be had by the visitor, who is amply rewarded for the labor of attaining this altitude. The total length of the bridle-path from the Hot Springs to the summit is about four miles.

One of the seven hot springs that flow out of Sulphur mountain is just west of the road leading up to the Hot Springs, as will be noted by a sign-board. The spring is as yet unimproved, and the Government Analyst reports that the quantity of lithium in the spring is at least one hundred times greater than in some of the so called lithia waters.

Located just above the middle springs half way up the mountain side. The cave runs some thirty feet into the solid rock, and is to-day in stormy weather inhabited by both sheep and goats, from which it derives its name. No doubt it was once the outlet of a hot sulphur stream, for along its walls, roof and floor are crystals formed from the sulphur water, some of the finest specimens having been found here.





## THE BANFF CURIO STORE

DEALERS IN SOUVENIRS, PHOTOS  
& POSTAL CARDS, INDIAN CURIOS  
EASTMAN'S KODAKS & SUPPLIES



**G & W FEAR**  
**THE PIONEER CURIO STORE**

MAIN STREET NEXT TO POST-OFFICE

**B A N F F**

One of the principal attractions of the village is the *The National Park Museum.* Museum maintained by the Government, situated at the north end of the Bow bridge. It is a handsome frame and log structure, finished in rustic design on the outside, and the inside with British Columbla fir and cedar. The building contains the museum, the offices of Mr. Howard Douglas, the Park Superintendent, a public reading and writing room and a dark room with necessary appliances for the amateur photographer. Within the Museum are many fine specimens of the flora, fauna and mineralogy, etc., of the mountains, besides private collections of Indian relics, specimens of Indian workmanship and curios. Here too are kept the meteorological records. Adjacent to the Museum are the Aviary where a collection of imported pheasants is to be seen, and the Royal North-West Mounted Police barracks.

One of the finest drives in the park—distance five miles. *Tunnel Mountain.* From the roadway, at the highest point, a bridle-path has been cut to the summit, where a superb view is to be had from its southern front. Here the mountain is a sheer precipice dropping almost a thousand feet into the valley of the Bow. A spiral drive, known as the “Corkscrew,” leads along the side of the mountain. Tunnel Mountain is 1,110 feet above the village, but its position in the centre of the valley gives the spectator a panoramic view of the mountains that is hard to surpass, and the driveway and bridle-path are much frequented for photographic purposes. The summit of Tunnel mountain is some acres in extent, and there is a saddle or hollow running across it. In this saddle on the mountain the Masonic Order some years ago held their Grand Lodge, and the rocks used for the altar and to mark the positions of the officers can still be seen.

Situated three miles from the village, and enclosed on three sides by a twelve foot rail fence, and on the fourth by Cascade mountain. Within the corral will be found a magnificent herd of buffaloes and calves—the last remnant of the countless thousand bisons which once roamed the adjacent prairies. There are also bands of elk, moose, antelope, deer and angora goat. In small cages are specimens of bear, mountain lions, coyotes, timber wolves, foxes, etc. The Paddock was made

# BANKHEAD

A MODEL COAL MINING TOWN



BANKHEAD



THE OFFICE

**THE PACIFIC COAL  
COMPANY LIMITED**  
MINERS AND SHIPPERS  
OF BANFF HARD COAL  
LEWIS STOCKETT  
GENERAL MANAGER

**AGENCIES**  
C.S. LOTT  
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NELSON FREIGHTING & TRANSFER CO  
NELSON, B.C.  
F. W. BRANSON  
SPOKANE, WASHINGTON



THE PLANT

possible by a gift to the nation from Lord Strathcona of his herd of sixteen buffalo shipped from Silver Heights near Winnipeg in 1898. The total number of animals in the Park (1906) is as follows :

Buffalo.....	51
Elk .....	12
Moose .....	7
Deer.....	14
Angora goats.....	17
Persian sheep .....	4
Coyotes .....	3
Timber wolf.....	1
Cougars or mountain lions .....	2
Red foxes .....	3
Cross foxes.....	2
Badgers .....	2
Black bear .....	3
Great horn owls .....	2
Total.....	123

Visitors are warned against entering the paddocks on foot as at certain times of the year the buffalo, elk and moose are wild and are liable to turn on pedestrians.

A model coal-mining village five miles from Banff.

*Bankhead* The Pacific Coal Company, a subsidiary corporation of the C.P.R. owns the mines. The village, instead of being a detriment to the beauty of the Park, is on the contrary one of its attractions, from an industrial point of view. Set almost directly on the road to Lake Minnewanka, and nestling under the shade of the Cascade Mountain, its well laid out streets and pretty homes have made it a popular stopping place for tourists.

Distance eight and a quarter miles from Banff, it is reached by one of the most popular drives in the Park, passing the Buffalo Corral, *Lake Minnewanka* head, Cascade Mountain and Cascade Canyon. The lake is sixteen miles long with a width of from one to two miles, and is a favourite one-day excursion trip from Banff, and is also famous for its big lake trout, ranging in size from one and a half to thirty-four pounds. Minnewanka, or Devil's Lake, for that is the English equivalent of its Indian name, is faithfully described as a bit of the Mediterranean. A chalet has been built at the near end of the lake, where accommodation is provided for tourists and the disciples of Izaak Walton desirous of trolling in the deep blue waters. Boats can be hired, and fishing tackle and bait

# LAKE MINNEWANKA

WHERE DEEP TROLLING FOR  
TROUT IS UNRIVALLED.



MINNEWANKA  
CHALET



THE STEAM LAUNCH  
"LADY OF THE LAKE"

ICE BOATING  
ON THE LAKE  
A THRILLING  
WINTER  
PASTIME



AN  
AFTERNOON'S  
CATCH

also obtained. On Minnewanka has been placed the steam launch "Lady of the Lake," which can comfortably carry sixty passengers. During the season the boat makes a round trip of twenty-five miles, leaving its wharf at two o'clock each afternoon. The fare is one dollar. The launch may also be chartered by private parties. Near the upper end of the lake is to be seen a cluster of Hoodoos, curious monuments made of natural concrete or pudding-stone, in shape like an elongated cone or sugar-loaf. At the head is The Gap, and beyond in the plains is the Devil's Head, a peculiar shaped mountain top, which always stands snowless and black the whole year round. Close by is the valley of the Ghost's River, a strange vale of limestone formation, where no stream flows. It is a weird country, with many uncanny natural features, studded with the curious Hoodoos, and being on the borderland of plain and mountain, was supposed by the Indian to be the home of the Spirits. These they sought to placate with gifts. Whensoever they came to these wilds they knew that the gray, grim, impassive Devil's Head was watching them. To Him therefore, they made offerings, so that up to within fifty years ago one might find tobacco, pipes, tomahawks and bead ornaments lying upon the rocky ledges, lest the Mighty One be angry and spoil their hunting. Along the shore of Lake Minnewanka is one of the great Indian highways, which at the eastern end of the lake passes through the cleft in the mountains (The Gap) to a naturally graded valley, leading down to the plains and passing Devil's Head.

A very pleasant four-mile drive through an extensive open park-like country, following the bend of the Bow river, passing near many peculiarly formed Hoodoos, standing as high as seventy feet. The driveway may be followed to Canmore 17 miles, Kananaskis 38 miles and down the foothills to Calgary, 80 miles from Banff.

At the Bow river boathouse, half a mile above the Bridge, the waters of the Bow are navigable for about nine miles, and boating and canoeing may be indulged in to the heart's content. Two roomy and comfortable launches can be utilized for excursions, for which a charge of one dollar is made on regular trips, or they may be engaged by private parties. A favorite

*Anthracite.*

*The Bow  
River.*



DRIVING  
RIDING  
AND  
CAMPING  
IN THE  
PARK

THE BUFFALO  
PADDOCKS

THE BOW LIVERY  
MAKES A SPECIALTY OF  
SUPPLYING COMFORTABLE  
RUBBER TIRED CARRIAGES,  
BUGGIES AND SURREYS  
FOR DRIVING IN THE PARK,  
AND THOROUGHLY  
BROKEN AND RELIABLE  
SADDLE PONIES. HUNTING  
AND FISHING PARTIES  
ORGANISED AND  
FURNISHED WITH  
ALL NECESSARIES.  
EXPERIENCED GUIDES  
PROVIDED.

RATTRAY & M<sup>c</sup>DOUGALL  
B A N F F.



ASPEN AVENUE IS ONE OF  
BANFF'S PRETTY DRIVEWAYS  
ALONG THE BOW RIVER.



OUTDOOR LIFE AND  
CAMPING IS THE  
BEAU-IDEAL OF A  
REAL VACATION

canoe trip is that up Echo Creek to the Vermillion lakes. At the boathouse visitors may hire light row-boats and Peterborough canoes with which to explore the Bow, Echo Creek and Vermillion lakes. Fishing tackle and bait may be procured here, and bicycles can be rented at the same establishment. There is good fishing in the Bow and its tributaries, chiefly trout and grayling.

*Up the Spray.* A "tote-road" follows up the Spray valley past the old lumber camp, and through the virgin forest to the Spray Canyon at the foot of Goat mountain, a distance of sixteen miles from Banff. The Upper Spray Lake, more familiarly known as Trout Lake, is a beautiful sheet of water, a mile long by one-third of a mile in width, and is the home of several varieties of lake trout. The route affords many fine views of the Rundle system, and also of the Goat range, which is thrust between the southern extremities of the Rundle and the Sulphur ranges, like a wedge. To those desirous of camping, a pack outfit is necessary on this trip to the lake.

*Mountain Climbing.* Tunnel Mountain, the island knob of rock lying between Cascade and Rundle on the east side of the Bow Falls, is an easy walk for the most unambitious climber. Sulphur Mountain, either by way of the Hot Springs or up the northern end, is not a difficult climb, and offers a splendid view of the whole Bow Valley. Both Cascade and Rundle Mountains are steep enough to afford arduous work, but both have been ascended frequently, comparatively easy routes having been found by the Swiss Guides. Cascade has been traversed from the village to the summit and back from 9.00 a.m. to 4.00 p.m., Rundle from 1.00 p.m. to 5.30 p.m. On Cascade mountain are some very fine fossil beds. Behind Stony Squaw mountain, northwestward, is a sharp, lofty pinnacle. This is Mount Edith, affording a splendid dolomite climb, equal to anything in the Tyrolese Alps, and within easy reach of Banff. Twenty miles south of Banff, along the Spray valley, is the Matterhorn of the Rockies—Mount Assiniboine, a sheer pyramid of almost vertical rock towering high above vast glacial fields and other lofty peaks. Height 11,860 feet. Its northern slope presents three perpendicular faces, ice-glazed, over-hanging and precipitous, attaining an angle of 80





THE "SIGN OF THE GOAT"  
CURIO STORE AND MUSEUM  
N. K. LUXTON PROPRIETOR

AT THE "SIGN OF THE GOAT" CURIO STORE, VISITORS TO BANFF WILL FIND ON EXHIBITION \$30,000 WORTH OF FURS, INDIAN CURIOS, PHOTOGRAPHS ETC. THE DISPLAY OF THE GREAT GAME PRODUCING AREAS OF THE ROCKIES IS UNEQUALLED IN ANY PRIVATE COLLECTION.

AT THE END OF THE  
BOW RIVER BRIDGE  
BANFF



degrees where the three faces converge into the final spire. The west side is a beetling buttress, down which avalanches pour all the year. The east side is a sheer precipice, the south walled masonry.

Complete outfits, including guides, servants, saddle and pack horses, provisions, tents, etc., may be obtained in Banff for parties of alpine explorers.

*Hunting and  
Exploration.*

No one is allowed to kill game within the Park limits. Hunters have been known to comply with the letter of the law, while breaking its obvious intention, by driving game outside the limits and killing it there. It is impossible to do this now in a track more than seventy miles across, the enlarged area being so great that it is expected that many kinds of game will be found here for all time to come. In the Park there live in full enjoyment of their liberty, bear, moose, elk, antelope, red deer, mountain sheep and goats, wolves, coyotes and minor fur-bearing animals.

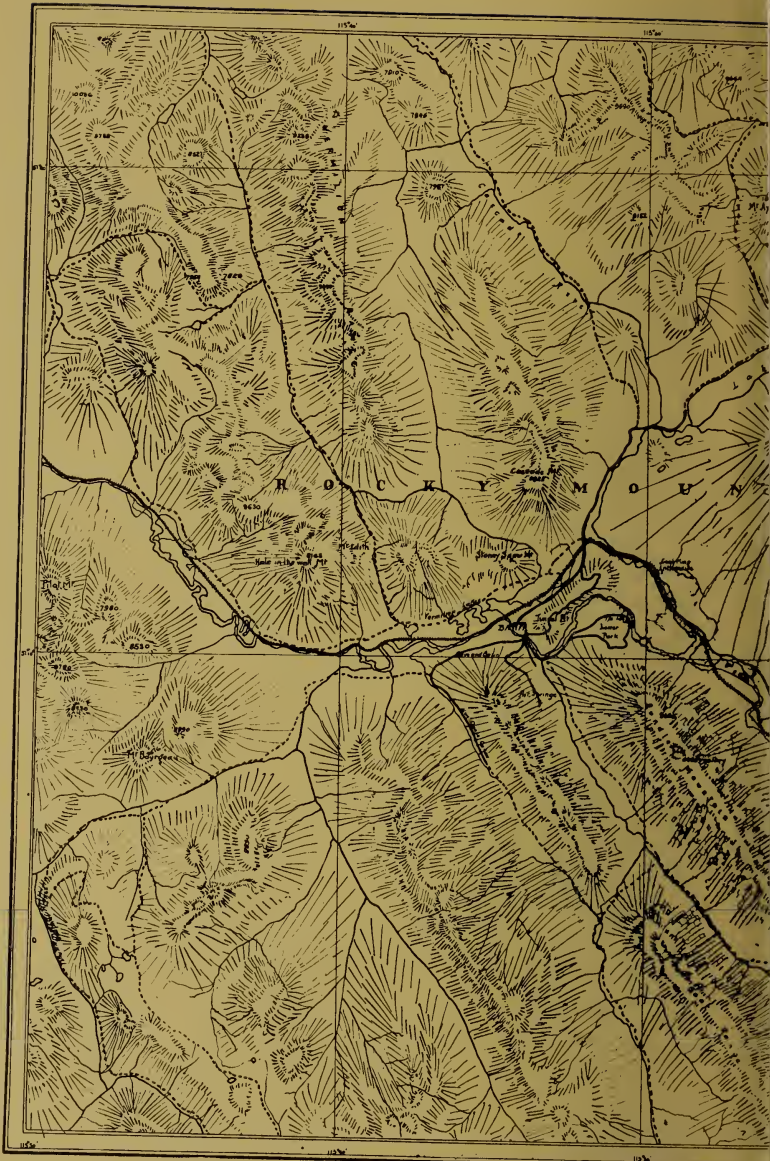
*Game  
Protection.*



## LAGGAN.

Thirty-five miles westward from Banff, Laggan is reached, whence a carriage drive of two and a half miles brings the traveller to one of the trinity of lakes nestling high up in the bosom of the mountains—Lake Louise—on the shores of which is the C.P.R.'s Lake Louise Chalet, where excellent accommodation is provided. This chalet forms a desirable centre for exploration, and sure-footed ponies or rigs may be taken to the two other "Lakes in the Clouds," famed the world over for their intrinsic beauty. Perched on the mountain side these stretches of water—Lake Louise (altitude 5,645), Lake Mirror (altitude 6,550), and Lake Agnes (altitude 6,820)—hidden from the general view, amidst the most romantic environments, are rare gems whose loveliness and charms defy all description. Picturesque chalets have been erected at Lake Agnes and Saddleback Lookout. Swiss guides, provided by the C.P.R., are stationed at Lake Louise, and their services can be secured by mountain climbers. Good bridle-paths radiate from the Lake Louise Chalet in every direction.

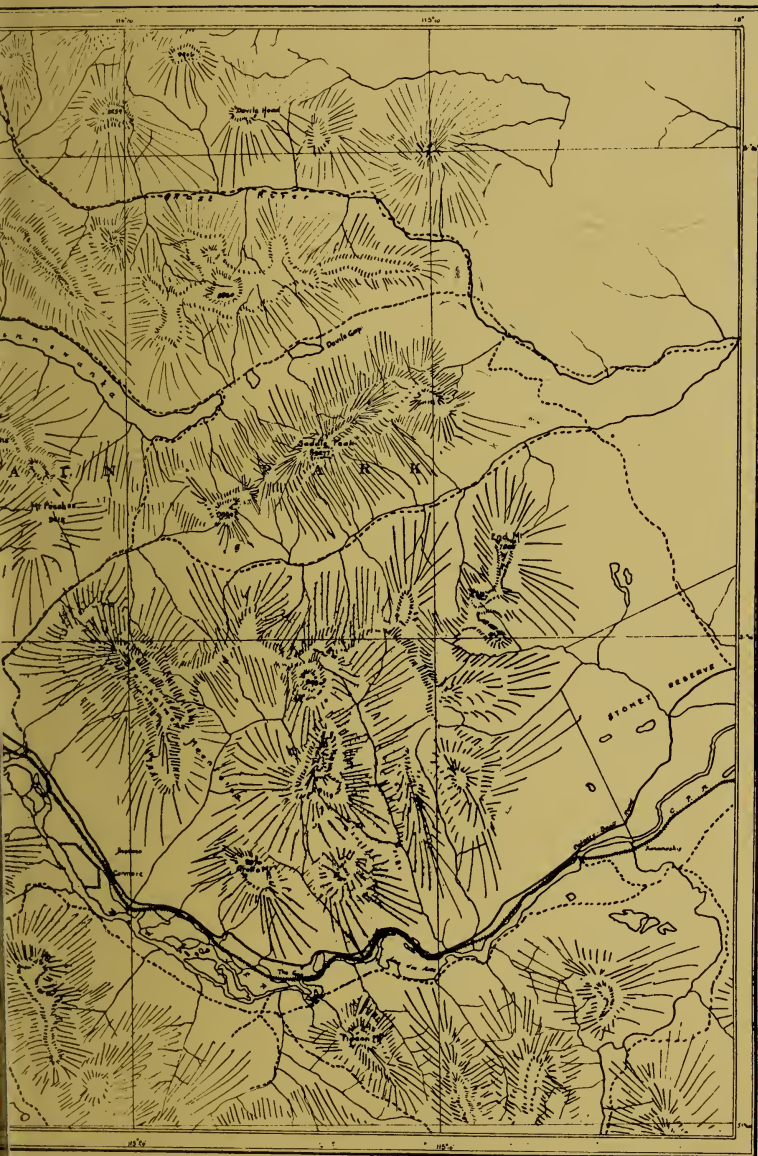




Drawn for  
 The Publisher of  
 'CANADA'S NATIONAL PLAYGROUND'  
 by H. C. RICHARDS

TOPOG  
 ROCKY





TOPOGRAPHICAL MAP  
OF THE  
MOUNTAIN PARK

ROADS Thus: ———  
TRAILS - - - - -





# BOW RIVER BOAT HOUSE

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PROPRIETOR

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EIGHT MILES UP  
THE BEAUTIFUL  
BOW RIVER AND  
RETURN.



MOUNT-EDITH  
AS SEEN  
FROM THE  
BOW RIVER



CANOING AND  
TROUT FISHING ON  
VERMILION LAKES



## Points of Interest Around Laggan.

Reached by a ten mile carriage road from Laggan or Lake Louise. In this region for tourists, camping facilities are afforded on the shore of Lake Moraine, in the midst of scenic surroundings of more than ordinary grandeur and beauty. Here excellent trout fishing is found. A branch of this trail leads up Mount Fairview, and yet another up Saddleback, whence the aptly named Paradise Valley may be viewed.

Another trail from the Lake Louise chalet skirts the border of the lake, emerging on the Moraine, *Other Trails* formed by the Victoria Glacier at the further end of the lake. Trails also lead via the Bow and Mistha Rivers, or the Pipestone and Siffleur, to the Saskatchewan River, and thence to Athabasca and the Yellowhead Passes, the former being near the culminating point of the Rockies, where the mountains are highest and the glaciers and snow-fields are largest. Another shorter but not less interesting trip may be taken from the Lake Louise Chalet, via the Abbot Pass, or Death trap to Lake O'Hara and thence to Field. This excursion is one requiring the services of a Swiss guide until Lake O'Hara is reached.

Bow Lakes—A most picturesque region that can be reached by a bridle-path from Laggan, eight miles.

## Livery Tariff at Laggan.

(Lake Louise).

Between Station and Chalet, each person each way .....	50c.
Pony from Chalet from Moraine Lake and return .....	\$4 00
Saddleback and return .....	1 50
Lake Agnes and return .....	1 50
Glacier and return .....	1 50



## FIELD.

Fifty-one miles west of Banff, and ten miles beyond the Great Divide—where a little stream bifurcates, one travelling westward to the Pacific and the other eastward to Hudson Bay—is Field, where is located the



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TION.

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WM S. ROSE  
MANAGER  
N. K. LUXTON  
PROPRIETOR



C.P.R.'s Mount Stephen House at the base of Mount Stephen, which rises 10,450 feet above the sea level. This station is the point from which is reached a great glacier field, and only, as it were, a stone's throw from all the mysteries and wonders of an upper ice world. Trails radiate from this point in several directions, and Swiss guides are stationed here for those who seek to find excitement and adventure in climbing the neighbouring peaks.

## Points of Interest Around Field.

*Mount Stephen.* The ascent of Mount Stephen is a fine climb culminating in a superb panorama of peaks, glaciers and snow-fields which is obtained at the summit.

*Fossil Beds.* A little over two miles from Field, on the lower portion of the route to the summit of Mount Stephen is a good trail leading over glacial moraines, and terminating at an interesting geological formation known as the Fossil Bed. This is a rock slide, 300 or 400 feet in vertical height, where every piece of shale or flat slab of rock contains fossil remains of trilobites,

*Natural Bridge.* Three miles down the Kicking Horse river is the Natural Bridge, reached by a trail that leads to it from the Emerald Lake road. Here a series of ledges of rock, standing nearly vertical, has been undermined and cut through by the action of the water, which dashes and foams in its narrow channel, whilst an overhanging mass of rock forms the bridge itself.

*Ottertail.* A new road, extending westward from Field for a distance of nine miles, to Ottertail Station, whence a bridle-trail has been made to Leancoil, to connect with the Ice River Valley trail, which extends for a distance of forty miles up one of the most beautiful valleys in this region.

*Emerald Lake.* A delightful resort seven miles from Field, reached by a good carriage road down the bank of the Kicking Horse river and thence round the base of Mount Burgess. A spacious chalet is erected at the lake with excellent accommodation. The glimpses of the snowy peaks of the Emerald range, of Mount Field, Mount Burgess, the

# LAGGAN AND FIELD



LAKES IN  
THE CLOUDS  
NEAR LAGGAN



LAKE LOUISE  
CHALET  
NEAR LAGGAN



MT. STEPHEN  
HOUSE  
FIELD



CATHEDRAL ROCK  
NEAR FIELD



EMERALD LAKE  
NEAR FIELD

Ottertail Range and other great mountains, as seen across this charming sheet of water and through the magnificent forests, are not to be excelled. There is good fishing in Emerald Lake, and boats are procurable. Tents, with outfits of packers, cooks and ponies, can also be secured.

The famed Yoho Valley is reached from Field by Emerald Lake, from which there is a capital *Yoho Valley* trail up the mountain steeps to Yoho Lake.

Half an hour's walk brings one to Look Out Point, where a superb view of the Takakkaw Falls, dropping 1,200 feet, is obtained. A zig-zag trail leads to the floor of the valley and to the foot of the cataract. Continuing up the valley past the Laughing Falls and remarkably deep canyons, a trail leads up to the great Wapta Glacier and to another magnificent canyon, near which are the curious Twin Falls. The return to Field may be made by way of the high trail which, leaving Yoho Lake, skirts the cliffs of Wapta Peak and Mount Field and crosses the Burgess Pass to Kicking Horse. There are resting places conveniently placed throughout the valley. A carriage road is now under construction from Field to the Yoho Valley.

## Livery Tariff at Field.

### Between Field and Emerald Lake

Minimum charge for single carriage .....	\$3.00
Minimum charge for double carriage .....	4.00
The rate of \$1.00 each way per passenger.	

### All Day

Two or three persons .....	7.00
Four or five persons .....	8.00
The seating capacity of the carriage, over five persons .....	8.00

### To Monarch Cabins

One, two or three persons .....	3.00
Four or more persons (each) to the seating capacity of the carriage .....	1.00

### To Look off, via Emerald Lake, and return

Carriage, Field to Emerald Lake, pony beyond—	
Each person .....	5.00

### To Look off, via Burgess, and return

Carriage, Field to Emerald Lake, pony beyond—	
Each person .....	6.50

### To Natural Bridge and return

Minimum charge, one, two or three persons .....	2.50
Each person additional .....	1.00

### Ottertail Drive and return

Minimum charge, one, two or three persons .....	3.00
Each person additional .....	1.00

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To Fossil Beds and return.....	3.00
First Hour.....	.75
Subsequent hours.....	.50

## Packer

Per day.....	2.50
Saddle and pack ponies for trips not before specified, per day....	2.00
For long trips of week or more, special arrangements will be made.	



# GLACIER.

Glacier House Station is a run of about ten hours from Banff, when the traveller nears the summit of the Selkirks, the range of mountains parallel to the Rockies on the west, and is now in the neighbourhood of the Great Illicillewaet and Asulkan glaciers. No region offers a wider field for exploration than that around these glaciers; and of mountain peaks, there are plenty as yet unscaled. Near the foot of the Great Glacier is Glacier House, one of the Canadian Pacific's chalet hotels, which affords the same comfort to the traveller as can be found at the other mountain hotels of this system. The hotel is open throughout the year. At Glacier House is an observation tower in which is a large telescope.

## Points of Interest Around Glacier.

About three-quarters of an hour's walk from the hotel by a good trail. En route can be seen the markings of the glacier's forefoot in 1887, showing the recession since that date. *The Great Glacier.* There is no difficulty in reaching the foot of the glacier, and it can be climbed easily, with many rewards in the way of massive pinnacles, yawning crevasses, and the vastness of ice fields. A guide is necessary and it is desirable that the climber should have spiked boots and thick gloves if it is intended to venture any distance on the ice. Axes and ropes are supplied at the hotel.

Glacier Crest trail may be made without a guide. A sharp green peak lying between the Great Glacier and the Asulkan affords a magnificent panorama of both



"On every hand are natural wonders and beautiful nature. Snowy mountain peaks tower up along the horizon, glaciers glitter in the sun, green meadows filled with flowers are at your feet, and fringing them stand the brotherhood of balsam firs, solemn-hued and sweetly fragrant, while the gleam of the cascades and the cool rushing waters of Cougar Creek lend life to the scene."

—The Globe, Toronto.



### THE MARVELLOUS MARBLE CAVES

THE CHEOPS CAVES IN THE GLACIER PARK PRESERVE, SEVEN MILES FROM GLACIER HOUSE, DISCOVERED BY C. H. DEUTSCHMAN IN 1905. ONE OF THE WONDERS OF THE SELKIRKS.



glaciers from the summit. The Illecillewaet Valley stretches to the fore, and the Hermit Range closes it in as the background to one of the greatest of nature's theatres.

Perley Rock, a round outcrop of rock, well up and to the left of the Great Glacier, makes a delightful short climb, and affords a good point of interest.

Famous for its symmetrical beauty, towers above all surrounding peaks in the immediate vicinity. Looming 10,645 feet above sea level, he silently tempts those who can to come to him. This climb must not be attempted without guides; glaciers, crevasses, avalanches and falling rocks are only to be overcome by the most experienced. The ascent may be made in from 12 to 18 hours, according to the ability of the climber, and no one has ever returned with anything but enthusiasm.

*Mount  
Sir Donald.*

Winding up the mountain opposite the hotel, carries one through some of the finest fir growth in the Selkirk range. The first view is from the Elbow, looking directly on the long sloping face of the Great Glacier. Doubling back on the trail, the hotel and valley come in sight, and finally the green meadows above. Here the wild flowers grow in greatest profusion. A short climb down the slope brings one to the tiny pavilion in sight from the valley. No guide is needed for this climb, which can be made in four hours.

*The  
Cascade  
Trail.*

Lying back of the Cascade Mountain, named for the rock on the right hand side, which resembles a resting eagle, may be classed as less difficult in ascent to Sir Donald, but difficult enough to afford pleasure to the climber. A guide is necessary here. Hence one obtains a magnificent view of the famous Mount Assiniboine, which lies 20 miles south of Banff.

*Eagle Peak*

The trail to the Asulkan Glacier leads through scenes of Alpine splendor. Emerging from great forests of fir, Menotah Falls, fed from the Asulkan Glacier, meets the eye. Six ribbon like streams tumble over a broken precipice 300 feet high. A good horse trail ends five miles up the valley, by a roaring torrent. An hour's work and the summit of the pass brings a magnificent panorama—four

*The  
Asulkan  
Valley*



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miles of glacier to the right; and Mounts Donkin and Dawson, with Fish Creek Valley lying below. The trip to the glacier can be made in one day. There is a resting place at the end of the horse trail in Asulkan Valley.

**Mount Abbott.** A good day's climb. Little Lake Marion is a very small body of water nestled in a pocket of the mountain side. To the right of Marion a five-minute walk brings you to Observatory Point. Returning to the lake, a blazed trail leads to the summit of the mountain, from which point 37 moving glaciers may be seen. This is one of the easiest trails about Glacier for the views obtained. A trail 200 feet above Lake Marion, leading to the left towards the base of Mounts Afton, Rampart, etc., is said to be the finest bit of work on any of the mountains in this valley.

Avalanche Crest is within easy reach of the hotel by an excellent trail. From the lower portions of the Crest the best views are obtained, and from the higher rocky *arete* one can peer into some awful chasms. The time from the hotel to the base of the crest is three hours.

**Rogers' Pass and Swiss Peaks.** It is an interesting walk to Rogers' Pass, three miles along the railway track above the snow-sheds. From the Pass, the trail continues to the flank of the Swiss Peaks. The time occupied in walking to the Pass is one hour, and the return can be made by train, or vice-versa. A specially easy walk is the Old Tote Road trail. Winding around the base of Mount Cheops, it was originally intended as the line of the railway; but owing to the grade it was abandoned for the present horse-shoe at the base of the Great Glacier. From the Tote Road magnificent views of the Great and Asulkan Glaciers may also be seen.

**The Loops.** A pleasant walk down the railway track west from the hotel brings one to the Loops. The railway line makes a number of startling turns and twists, doubling back on itself to cross the Illecillewaet Valley. This is one of the marvels of railway engineering in the mountains. Views of Mounts Bonney, Ross Peak and Cougar Peak are had by descending the Watchman's Trail on the near side of the first trestle. The Bonney Glacier is one of the most brilliant in the range.



**THE THREE SISTERS AT CANMORE**



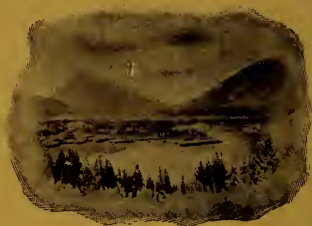
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Whose recesses have not yet been fully explored, are reached by a good bridle trail from Glacier House, a distance of  $7\frac{1}{2}$  miles, or by taking *The Caves of Cheops* train to Ross Peak Tank. Pack ponies to take visitors, who prefer to ride, may be hired. The caves are two miles from the railway track at Ross Peak Tank.

Swiss Guides are stationed at Glacier House, and can be engaged by those wishing to indulge in the delights of mountaineering. Ponies, which are chiefly used here as pack animals, are obtainable, the charge being \$1.00 for short trip or \$2.00 per day.



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