

GLACIERS OF THE ROCKIES AND SELKIRKS

rope and most of their experienced climbers are members of the Alpine Club of Canada.

Canadians themselves are often not aware of the splendid scenery and the unsurpassed opportunities for climbing of all grades of difficulty offered by their own mountains. There is no more exhilarating sport than that of the mountaineer, and there is no more interesting region for the geologist, the botanist or the zoologist than the grand ranges of mountains that run parallel to the Pacific in our western territory. While tourists from all over the world are being attracted more and more to our glorious alpine region it is especially important that our own people should seek a delightful holiday and gain health and vigor in our mountain parks. As good roads and trails and cabins for shelter are extended to the wilder and more impressive parts of the mountains it becomes easier for the ordinary visitor to study the sublimities of valleys, glaciers and mountain peaks once out of reach without an expensive camp equipment.

A few good Swiss guides are available at the more important centres in the mountains and the inexperienced climber should not undertake any difficult glacier work nor bad rock climbing without the aid of a guide. There is of course a wide range of less difficult walks and climbs that brings one without risk into the heart of the mountains where one may study the ways by which snowfields and glaciers and glacial rivers do their work of shaping the mountains.

