

WINTER SPORT AT BANFF.

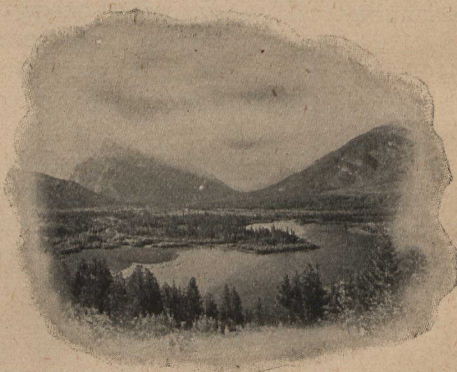
IN Europe for many years people have resorted to the Engadine in the Alps during the winter in search of health or pleasure, but it is only recently that Canadians have discovered how delightful are the mountains when the days are short and the whole world is wrapped in snow.

It is not very cold there—not nearly as cold as on the prairies of Manitoba, and the thaws that make the winter hard to bear are entirely unknown. Day after day there is a steady, dry cold; the valleys are covered deep with snow; the mountains shield them from the wind, and in the crisp, still air the smoke rises straight from the chimneys, the voice rings out clear as a bell, and the eye discerns distinctly objects miles away. To breathe such an atmosphere is to know the most exhilarating of climates, and when it may be enjoyed among the grandest of scenery it is plain a most delightful spot has been found.

Such a place is Banff in the Canadian Rockies, to which more people are resorting every winter. The Sanitarium Hotel is open the whole year round, and within its comfortable walls stay many who certainly would find it hard to be classed as invalids. They are there simply to enjoy themselves and succeed in every way. All day they skate, they ski, they sleigh and they toboggan, and in the evening they foregather by the big log fire and while the time away with jest and game, dance and song.

Banff is really an ideal spot for a winter holiday. Of course, it is accessible enough from all parts of Canada, but it puts on a certain pretence of seclusion that adds much to the enjoyment of the visitors. The mountains towering all around suggest the idea of privacy, and they seem a little band shut away by themselves for the special purpose of pursuing winter sports. The doings of the great world outside pass almost unheeded, and they devote all their energies to the pleasures of the moment.

And what sport it is! To drive round Tunnel Mt. with the whole valley of the Bow spread before one's feet; to explore on skis the course of the Spray and pass beneath the shadow of Mt. Rundle; to rush madly down the slopes of Mt. Sulphur on a toboggan, or to tread on snowshoes the moonlit woods and gaze across the silent, glistening valley to the splendid pile of Cascade Mt., is to know the winter at its best and brightest. Every day there is something to do and something to see, and the visitors find the days slip by in one continuous round of the healthiest outdoor exercise. When the snows begin to disappear they leave with regret, conscious their holiday has passed all their expectations and has given them a store of health as well as pleasant memories.



Mount Rundle and Vermilion Lake, Banff, Canada,
Canadian Rockies.



Banff Hotel, Banff, Canada, Canadian Rockies.