

an outing to be remembered with great pleasure. There is no need to hurry a canoe trip of this kind ; there are lots of lovely spots in which to camp and some of the best pools in the Bow River to fish on the way down.

I do not wish it understood that anyone who can sit upright in a canoe may venture this trip. Far from it, one must know what swift water canoeing means before taking this run. After the high water in August and early September is the time for the trip. Then the Cut Throat rise to the fly as at no other time. Every variety of fish known in the mountains is to be taken in this river, with the exception of Lake Minnewanka Trout. The only expense entailed by this trip is that for canoe hire.

THE TWIN FALLS OF THE UPPER KANANASKIS RIVER

This lovely bit of dashing water is situated half way between the upper and lower Kananaskis Lakes and will well repay the exertion of walking there even if you do not whip the stream with cast and fly rod. The best spot is where the stream empties into the lower lake. I remember it well, for here I made connection with a whopper Cut Throat. While here do not fail to visit the Upper Lake which is only half a mile away on a good trail. If a delightful surprise does not await you there, I will never tell another fish story. This lake has no fish in it as yet but its beauties will appeal to every nature lover. I really doubt whether in all this broad land a lovelier spot is to be found. To put such a picture on a small canvas would not do it justice. Imagine a body of limpid water two or three miles square ; numerous islands, wooded to the water's edge, locked on three sides with mountains of the first class, glaciers in the distance, a glorious cascade water-fall a thousand feet in the air on the far side, and sunset wrapping the peaks and reflecting the golden warmth on the placid bosom of the lake below with only the call of the loon to break the stillness—such is the picture that breaks upon you at the turn of the trail. If you are a camera lover you will go right up to the pole with a rush and call for films.

THE LOWER KANANASKIS RIVER

This river in the early summer after the high water gives fine fly fishing, the Cut Throat being the most in evidence. A wagon road will take you for nearly twenty miles towards the head waters, a pack trail the