

the top of the peak. The mountain is practically easy of ascent on the southeastern slope, and can be made in a day. The best plan, however, as in all others, is to arrange to remain over night on the summit, the exhausting effects of the climb not then being experienced.



Mount Cheam.

Words of description cannot do justice to the delights and benefits of mountain-climbing. Every year the advantages of such trips, apart from the mere pleasure, are becoming more generally known, and British Columbia particularly is becoming the field wherein mountain climbers participate in this enjoyment. Alpine guides from Switzerland have been obtained by the Canadian Pacific Railway, in conjunction with the chalets of the company in the Rockies, and pleasure seekers from Europe are journeying westward instead of revisiting the Matterhorn and other places in the Alps. The ranges abound in unknown heights which are being discovered from year to year.

For those who fish or shoot there are other pleasures in venturing among the rugged snow caps. One has but to put foot in the hills to meet the streams where trout abound, and to travel only a short distance for furred game. To those who love the mountains no other part of the world offers such field for enjoyment. It is a land of mountains, cliffs, canyons and waterfalls, with towering pinnacles and enormous trees,—a museum of Nature where grandeur and beauty is unsurpassed.