

ANTHRACITE ROAD.

A drive leading along the edge of the Bow Valley opposite Mt. Rundle and affording a splendid view of the eastern face of Tunnel Mountain, which rises a sheer precipice of 1,200 feet. This drive is about 5 miles long.

CASCADE MOUNTAIN.

Is one of the main features of Banff's local topography. It rises to a height of nearly 10,000 feet and was named by the first white man who saw it, Sir George Simpson, the reason being the peculiar cascade that falls down its eastern face from a height of over 1,000 feet. This mountain is often climbed and gives the mountaineer a good day's work.

RUNDLE MOUNTAIN.

Is another of Banff's sentinels and is of the same height as Cascade. The climb up Rundle is less arduous than the Cascade climb, and can be done in six to eight hours. Local guides can be obtained for both these climbs, which are not dangerous, if ordinary good sense is used.

A DAY IN BANFF.

The following suggestions are made for a day's visit to Banff, also a suggestion for elderly persons who wish to spend a day on foot, without too much exertion.

BEFORE BREAKFAST—Tunnel Mountain, either to carriage road or summit.

AFTER BREAKFAST—Loop Drive.

AFTERNOON—Lake Minnewanka and trip down Lake.

EVENING—A swim in the Basin.

ANOTHER DAY.

MORNING—Tunnel Mountain, Buffalo Park and Cave and Basin (Drive).

AFTERNOON—Upper Hot Springs, taking bath; returning, visit Spray River and Bow Falls.

EVENING—Take launch trip up Bow River, or canoe or rowboat to Vermilion Lakes.

These programmes crowd about as much as possible a day, and the visitor could well afford to spend a week on foregoing programmes.

A DAY'S CUTING FOR AGED PEOPLE.

Starting at the Bow River bridge follow the carriage road along the right bank for about a quarter of a mile, here a bridle path branches off close to the bank. This path is precipitous in places, but can be safely ascended in easy stages, resting places in the form of seats being afforded at regular intervals. The view of the river and falls from this path is very fine. This route may be followed to the Spray River bridge. Returning by the carriage road a short distance, an ascent may be made by a good trail to the Banff Springs Hotel, where a magnificent view is afforded from the pavilion. Access to the town is then very easy.

In the afternoon, walk to the Cave and Basin, following the road westward from the Bow bridge for one mile. At the Basin a bath in the warm sulphur water may be taken. Close by is the Cave which will be shown on application to the caretaker who will also point out the striking features of this wonderful freak of nature. In the evening a trip may be made up the Bow River for several miles in a commodious and safe power launch. The scenic points on this trip will be duly pointed out by the captain.

This is only one of many programmes that may easily be undertaken by those who for any reason may feel unable to take the more strenuous trips.