



#### BANFF

**S**ITUATED in the heart of the Rocky Mountains Park of Canada, a great national playground covering an area of over 2,750 square miles and plentifully supplied with trails in every direction.

At Banff the Canadian Pacific has erected a first-class mountain hotel—the Banff Springs Hotel—with dining room capable of seating 600 people at one time. (Open May 15 to September 30.)

#### SWIMMING

Excellent swimming in warm sulphur water is afforded at the Hot Sulphur Springs, the Cave and Basin Bath House, and at the Banff Springs Hotel. The first-named, situated on the wooded slopes of Sulphur Mountain, at an altitude of 5,500 feet, is accessible by an excellent road from the Bow River bridge (2¾ miles) or by trail from the Banff Springs Hotel. The Cave and Basin is one mile from the bridge, and here the Government has erected a handsome \$150,000 swimming bath. The Banff Springs Hotel has its own beautiful sulphur pool, with fresh water pool adjoining and with expert masseurs in attendance at the Turkish baths attached. The temperature of this sulphur water averages 90 degrees Fahrenheit (at the Hot Springs 100 degrees).

#### GOLF AND TENNIS

A nine-hole golf course (now being enlarged to eighteen holes), situated on the banks of the Bow River at the base of Mt. Rundle, is open to all visitors to Banff for a small fee. A professional player is in attendance. A tennis court is free to guests at the Banff Springs Hotel.

#### BOATING

Boating facilities—rowing, canoeing and motor-boating—are available one hundred yards from the bridge. A paddle up the Bow brings one to mirror-like Lake Vermilion—one of the most beautiful lakes in the Park. A ten-mile motor-boat trip into the heart of the mountains is also offered. Another trip is up the Echo River, with two miles of excellent paddling and rowing through clear water and sylvan shade. An exciting and interesting trip can be taken by running the rapids of the Bow from Castle, sending the canoe to Castle by train. Lake Minnewanka, eight miles from Banff, affords splendid boating amidst unexcelled scenery, steam launches being also available.

#### RECREATION GROUNDS

On the shore of the Bow River, 500 yards west of the bridge, is the Government Recreation Grounds and building, with special picnic, baseball, tennis, football and cricket grounds.

#### WALKING AND CLIMBING TRIPS

There are a large number of beautiful walks, trails and roads leading from Banff, offering excellent tramping outings. Bow Falls, at the junction of the Spray and Bow Rivers, and three minutes' walk from the Banff Springs Hotel, is one of the most beautiful spots in Banff. A lovely pine-canopied avenue also runs from the Bow bridge to the foot of the falls below the hotel, passing en route the fish hatchery of the Department of Fisheries. On the east side of the Bow Falls is the road which switchbacks up Tunnel Mountain, the highest point being reached by a series of short switches called the Corkscrew. It affords splendid views of the Bow Valley and the surrounding mountains.

Sulphur Mountain, a long wooded ridge rising to an elevation of 7,455 feet, at the summit of which is an observatory, and on the slopes of which is the clubhouse of the Alpine Club of Canada; Cascade Mountain, a massive giant facing the station; Mount Rundle, the sharp, pointed edge of which forms one of the most striking features of the landscape; Mount Edith, Stony Squaw, are all within easy walking distance, and afford climbs not exceeding one day.

The Animal Paddock, 1½ miles from the town towards Lake Minnewanka, and containing buffalo, elk, moose, mountain goat and mountain sheep, the Zoo and Museum, and Sun Dance Canyon should not be omitted.

#### DRIVES OR AUTOMOBILE TRIPS

Some of the walking trips mentioned may be taken by carriage or automobile. In addition, there are others that are too far for the ordinary walker. The Hoodoos (curious giant-like forms of glacial clay and gravel formed by the weathering of the rocks), Lake Minnewanka, a lake of somewhat stern beauty with a plentiful supply of fish, Bankhead and its anthracite mines, Johnston Canyon, with a fine waterfall, westward sixteen miles from Banff, and situated in the midst of a panorama of snowy peaks, and the "loop drive"—are some of these splendid driving trips.

#### SADDLE-PONY TRIPS

There are over 300 miles of trail in Rocky Mountains Park, and many worth-while trips, from a day's to a fortnight's duration, can be made from Banff or Lake Louise. In addition to those which come under the head of walking or driving, the visitor may find his way, by pony, to Mystic Lake, in the heart of the Sawback range, to Ghost River and through the Indian Reservation to the town of Morley, the Kananaskis Lakes, forty-five miles south, Panther River, etc.

A particularly fine pony trip from Banff and one on which several days can profitably be spent, is that to Mount Assiniboine—the "Matterhorn of the Rockies." This can be reached via White Man's Pass and the Spray Lakes, and the return made by traversing the beautiful summit country in the vicinity of the mountain through the flowers of Simpson