

Refreshment Station.

Miles from Month	Trans-Contin'l Train
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STATIONS—DESCRIPTIVE NOTES

LEAVE

2653	23.42	MIDN'T.
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Confluence of the North Thompson.

Cattle Ranching.

2661	24.10	†Tranquille
2667	24.30	Cherry Creek
2678	1.09	Savonas
2684	1.30	Penny's
2698	2.19	Ashcroft
2713	3.12	Spatsum
2725	3.54	Spence's Bridge
2731	4.18	Drynock
2747	5.14	Lytton
2753	5.38	†Cisc
2763	6.18	Keefer's

A.M.

SIXTH DAY

Kamloops Lake

is one of the garden spots of British Columbia. . . . The people are comparatively old settlers, having come in from the Pacific coast, and it does one's heart good, after having passed the rude little cabins and huts of the plains and mountains, to see their neat and trim cottages, with the evidences of thrift that are all around."

Kamloops—Pop. 1,000. Divisional point, and principal town in the Thompson River valley, begun years ago around a Hudson's Bay post. The north fork of the Thompson comes down from the mountains 200 miles northward, and here joins the main stem, whence the name, which is an Indian word meaning a river-confluence. It is a beautiful spot. The broad valley is intersected by another coming into it at right angles. The rivers flow over the plain and finally join. There is both a background and a foreground of bordering hills, and fine groves line both banks of the river. The railway track, enclosed with planks, runs along the middle of the main street, and this is the footwalk and promenade. Little steamboats are on the river, and saw-mills are briskly at work. The triangular space between the rivers opposite Kamloops is an Indian reserve and the red people and Chinese form a large part of the population. The high mountain overlooking the reservation is called St. Paul's. The principal industry around Kamloops will always be grazing, since the hills are covered with most nutritious bunch-grass. Agriculture and fruit-raising flourishes, wherever irrigation is practicable. This is the supply point for a large ranching and mineral bearing region southward, especially in the Okanagan and Nicola valleys, reached by stage-lines.

Below Kamloops the Thompson enters a series of canyons, leading to the great gorges of the Fraser river, into which it pours at *Lytton*. "Startling as was the ride through the Rockies and Selkirks, the carving out of the line upon the steep banks of the deep and winding canyons of the Thompson and Fraser rivers has also called for great engineering skill, and gives for hundreds of miles a succession of

superb scenes and magnificent displays of the art of successful road-making. . . . It is at the Kamloops lake, a beautiful sheet of water into which the Thompson river widens just below the town, that the fine scenery of the canyon begins. This lake is about 20 miles long and a mile or two wide. The river above it meanders in careless crookedness through a valley that is enclosed by parallel ridges of round-topped, furrowed, and water-worn hills, the bottom-lands making a good grazing country, with many herds of cattle. The lake spreads across this valley, the bordering hills, however, changing to towering rocks, which become higher as the mountain range is entered. They bear no timber, and the sombre aspect of the cliffs, with the parched brown