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The Mountain Guide

Banff National Park

Summer/Fall 1986

Moraine Lake – a little known jewel



Moraine Lake

The very words "Lake Louise" conjure up images of unsurpassed beauty – glaciers, snow-capped mountain peaks and blue-green waters. Yet only a 15 minute drive away lies a far lesser known, but no less lovely mountain wonder - Moraine Lake.

The back of the Canadian \$20 bill provides a green, white and pink inkling of what to expect at the lakeside.

Walter Wilcox visited Moraine Lake in 1899 and had this to say: "I stood on a great stone of the moraine where, from a slight elevation, a magnificent view of the lake lay before me, and while studying the details of this unknown and unvisited spot, spent the happiest half-hour of my life."

He'd actually seen it some six years earlier in 1893, but from a great distance and he was at the time impressed with its surroundings. The lake lies at one end of a great valley, so bleak and rugged, so rock-strewn that he christened it Desolation Valley.

Wilcox named many of the areas around Lake Louise and displayed his romantic bent in the process: Consolation Valley, Paradise Valley, Panorama Ridge, Sentinel Pass and Eagle Eyrie are just a few.

Ironically, the one name that may have been inappropriate was the name he gave the lake that so enthralled him. Wilcox concluded that Moraine Lake was formed the same way as Lake Louise: by the gouging action of a glacier that hollowed out the lakebed picking up and pushing rock debris before it, then receding and leaving behind the huge debris pile of great boulders known to geologists as a terminal moraine. This moraine blocked the end of the valley and held in the waters of the lake.

Today some geologists think the enormous rubble pile at Moraine Lake was not created by a glacier at all but by rocks spilling down from the nearby 2,360 metre (7,590 foot) Tower of Babel in a huge landslide.

(cont'd p. 2)

Another current theory holds that landslides farther up the valley to the west dropped the boulders on top of the glacier which then carried them to their present position. The glacier then receded and left them there to hold in the waters of the lake. However it came to be there, the rock pile is impressive.

The lake is surrounded by an array of massive peaks that provide a perfect background for the deep blue waters. No wonder the valley, now seen most often from the east end, is no longer called Desolation Valley but instead, the Valley of the Ten Peaks.

Perhaps Moraine Lake's most fascinating tale is found in the boulders themselves. Looking around in just about any direction, fossil evidence can be seen in the rocks — signs of sea creatures from a time so remote in history that it jars the imagination. Here is visible proof of underwater life. There are hollows made by a kind of water worm, the tracks of trilobites (ancestors of our present-day horse-shoe crab) who scudded across the bottoms of a great sea 560 million years ago and of sea anemones who anchored themselves to the muddy bottom.

These rocks, now 1,885 metres (6,190 feet) above sea level, were once on the bottom of a great sea more than half a billion years ago. The tracks and burrows were covered and preserved by subsequent mud slides that flowed across the bottom of their ancient shallow sea home. Over time, starting roughly 160 million years ago, the sea floor was squeezed and raised upwards as the result of the crunching together of two continental plates. It did not happen suddenly. The uplift took place at a speed of only a few centimetres a year. Over all those millions of years, the fossils in the rock were carried up to the altitude where they now lie.

Well laid-out walking paths, clear, easy-to-understand signs and special viewpoints leave the splendor unimpaired, making a trip to Moraine Lake informative as well as breath-taking.

The Moraine Lake signs and paths are just a small part of the Lake Louise development program which is bringing improvements to the area. Improvements and additions to existing campgrounds, highway, hotels, motels as well as a new

shopping mall, a planned visitor reception centre, and a new hostel are fast turning the Village of Lake Louise into a cozy mountain community with something for just about everybody.

Kayakers, canoeists, backpackers, trailriders, cyclists, rock-scrabblers, technical climbers, photographers or simply lovers of untamed wilderness will find the pace relaxed and the people friendly. It's easy to understand how Lake Louise has lured people from all over the world for more than a century.



To reach Moraine Lake, take the Trans-Canada Highway west to Lake Louise turn off, follow the signs to Lake Louise and watch for the left turn sign to Moraine Lake about half-way up the mountain.

Park facilities, services

Information Centres:

Banff townsite, 224 Banff Avenue	762-4256
Up until June 1	10-6 p.m.
June 2 - Sept. 1	8-10 p.m.
Sept. 2 - May 31, 1987	10-6 p.m.
Lake Louise Information Centre	522-3833
May 9 - June 15	10-6 p.m.
June 16 - Sept. 1	8-10 p.m.
Sept. 2 - Oct. 13	10-6 p.m.
David Thompson Gate	June 13 - Sept. 1

Park Warden Offices:

Banff	762-4506
Lake Louise	522-3866
Saskatchewan River Crossing	No phone

Park Interpreter Offices - Banff	762-3229
Lake Louise	522-3873

Upper Hot Pool, Mountain Avenue:

Until June 15	2:30-9 p.m.
June 16 - Sept. 1	8:30-11 p.m.
Sept. 2 - June 15, 1987	2:30-9 p.m.

Cave and Basin Centennial Centre:

Until June 8	10-5 p.m.
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June 9 - Sept. 1	10-8 p.m.
winter hours	10-5 p.m.

Cave and Basin Swimming Pool:

June 9 - Sept. 1	10-8 p.m.
(closed in winter)	

Banff Park Museum (no charge),

Central Park	10-6 p.m.
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Banff National Park Administration Building:

South end of Banff Avenue	762-3324
Mon. - Fri.	8 - noon
	1-4:30 p.m.

Emergencies

R.C.M. Police, Banff	762-2226
R.C.M. Police, Lake Louise	522-3811
Mineral Springs Hospital,	
Spray Avenue	762-2222
Ambulance	762-4333
Doctor, Lake Louise	522-3807
Fire Dept., Banff	762-2000
Fire Dept., Lake Louise	522-2000
Veterinarian, Canmore	678-4425
Alberta Motor Association (A.M.A.) ...	762-2711

Take a walk on the wildside

One of the best ways to enjoy Banff National Park is on foot - either a leisurely stroll around town or a more ambitious trip into the park's backcountry.

With more than 1,300 kilometres of trails in the park, the hardest task could be choosing a trail to follow. Trails in the valley floors are often clear of snow from April to November, making Banff's hiking season a long one.

A good way to explore and learn about the park is to walk one of Banff's self-guiding interpretive trails. Brochures available at some of the trailheads and signs along the trails explain the area's natural or historical significance.

Cave and Basin trails — two short boardwalk trails start at the Cave and Basin Centennial Centre. The Discovery Trail highlights the history and geology of the hot springs while the Marsh Trail looks at plant and animal life associated with the warm sulphur water.

Fenland Trail — early evening is a good time to look for beaver along this two kilometre loop trail through wetlands and spruce forest. The trailhead, located at the Forty Mile Creek bridge off the Norquay Road, is within walking distance of the Banff townsite.

Bankhead — explore the ruins of Bankhead, a turn-of-the-century coal mining town in Banff National Park. This one kilometre loop trail starts from the Lake Minnewanka Road, 9.5 kilometres from the Banff townsite.

Rock Isle Lake Trail — stroll through rolling meadows rimmed by mountain peaks to a rocky alpine lake. Allow a leisurely two hours for the 3.5 kilometre round trip. The trail begins at the top of the Sunshine gondola.


Johnston Canyon — waterfalls, rapids and glistening rock walls . . . A suspended catwalk allows walkers to explore this canyon from the inside. Distance to the Lower Falls: 1.1 kilometres or to the Upper Falls: 2.7 kilometres. Johnston Canyon is located on the Bow Valley Parkway, 25 kilometres west of the Banff townsite (35 kilometres east of Lake Louise).

Bow Summit — walk through color-filled treeline meadows and take in the dramatic view of Peyto Lake. This two kilometre trail begins at the Bow Summit parking lot, 40 kilometres north of Lake Louise on the Icefields Parkway.

... try Parkway drive

Banff National Park has 350 kilometres of public roads that offer superb views of mountain lakes, rivers and forests. In the townsite of Banff, it's possible to drive around the golf course below the Banff Springs Hotel, up to Mount Norquay, along Vermilion Lakes Drive or the Lake Minnewanka Road. A quieter, more leisurely route to Lake Louise is by way of the Bow Valley Parkway. When at the lake, take a side trip to Moraine Lake or cross the Continental Divide on Highway 1A into British Columbia and Yoho National Park. Highway 93 North, the Icefields Parkway, leads to Jasper through some of the most scenic areas in North America.

The best time to see wildlife from a car window is dawn or dusk. Motorists are asked to drive carefully, obey all traffic signs and use proper pullouts when stopping to take photographs.

The symbol  spotted along park roadsides refers to roadside interpretive exhibits that will help visitors understand and enjoy what is seen along the way.



Saskatchewan Glacier from Parker Ridge trail

Parker Ridge trail rewarding

Hikers looking for a trail leading to fantastic scenery, alpine meadows and a chance to see wildlife - without having to work too hard or too long to get there need look no longer.

Parker Ridge is an excellent choice. The trail, 2.4 kilometres one way with an elevation gain of 275 metres, is one of the most rewarding short trails in Banff.

The trailhead is at a signed parking lot on the Icefields Parkway, just south of the Jasper National Park boundary. Starting at an elevation of 2,270 metres above sea level, it quickly climbs through treeline to alpine meadows surrounded by panoramic views.

There's so much to watch for. Tiny colorful flowers bloom in nooks and crannies of the windswept landscape. A golden eagle may soar overhead and goats are often found grazing in the meadows at the ridge crest. At the top of the trail a fabulous scene appears. The 15 kilometre Saskatchewan Glacier, the longest arm of the Columbia Icefield, looms ahead, flowing beneath ice-clad Mt. Castleguard.

Along the trail, scars where people have shortcut through switchbacks are visible. In the last two years a lot of careful work has gone into rehabilitating the scars and repairing the damage. Hikers can help to maintain the beauty of this area and avoid future damage by staying on the trail.

The round trip will take less than three hours. Bring an extra jacket, camera and binoculars for the top of the ridge. This trail of glaciers, goats and good memories is one of the park's treasures.

Because of late melting winter snow drifts at this high elevation, the trail is not normally open until early July.

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Not all Tom Wilson's tales were tall



Courtesy Whyte Museum of the Canadian Rockies

"As God is my judge, I never in all my explorations of these five chains of mountains throughout Western Canada, saw such a matchless scene. The surface of the lake was still as a mirror. On the right and left, forests that had never known the axe, came down to the shores, apparently growing out of the blue and green water. The background a mile and a half away, was divided into three tones – white, opal and brown, where the glacier ceased and merged with the shining water."

Tom Wilson discovered everything in the Rockies, according to Tom Wilson. He saw Lake Louise first. He discovered the Yoho Valley and Emerald Lake and he was singlehandedly responsible for the flocks of tourists to Banff because he chose the site for the Banff Springs Hotel.

Wilson was known for telling tall tales, but he deserves credit for his important role in opening up the Rocky Mountains and many of his tales weren't so tall. He really did know the mountains better than almost anyone else.

Wilson came to the Rockies in 1881. Signing up with the Canadian Pacific Railway, he packed supplies to survey crews near the Continental Divide. When no one else would, Wilson volunteered to accompany the feisty Major Rogers on a survey

of valleys off the main line. Together they explored new territory and suffered one another's stormy tempers. That trip proved to be very useful to Wilson years later when he guided others into the area.

It was during the summer of 1882, while packing supplies to the railway crews, that Wilson first saw Lake Louise. Camped near the Pipestone River, he heard the thunder of avalanches. Indians camped nearby said the noise was from the big snow mountain beyond the "Lake of the Little Fishes." Wilson's curiosity was aroused and one of the Indians took him to the lake the following morning. Years later, he was still fond of recounting how he came upon that "matchless scene."

That same summer, Wilson came across Emerald Lake. His horses strayed from the shore of the Kicking Horse River and he found them a few miles away at the head of a side valley beside a beautiful green lake.

One discovery Wilson never received full credit for was the Yoho Valley. Instead, a Berlin-born mathematician, Jean Habel, held that claim. Wilson said, "Habel did not discover the Yoho Valley any more than he discovered the CPR station at Field." Habel probably followed Wilson's blazes from three years before.

When the railway was completed, Wilson had to find a new livelihood. He tried prospecting and trapping and finally left the mountains to take up ranching to support his growing family. But the mountains lured him back and a guide was needed to take travellers beyond the edge of laid track.

A national park was established near Banff in 1885 and Wilson's new guiding and outfitting business flourished. People came from all over the world to see these peaks and valleys.

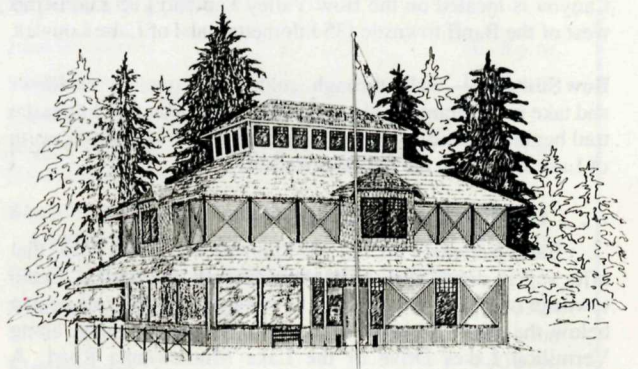
By 1906, the days of trailblazing and guiding were past for Wilson though he treasured his memories. Proud of his discoveries, he became known as Banff's storyteller; retelling that first glimpse of Lake Louise or pointing out that he found some hidden valley first. Tom Wilson may not have discovered everything in the Rockies but he certainly played a large part in those days when the only paths in the Rockies were made by the animals.

Museum becomes national historic site

One of Banff's landmarks for almost 100 years is now a national landmark. The Park Museum on Banff Avenue was declared a national historic site by Environment Minister Tom McMillan in the fall of 1985.

The museum was established in 1895 to provide visitors with "civilized" entertainment and an opportunity to view Western Canada's wildlife in safety and comfort. The Historic Sites and Monuments Board of Canada decided the museum deserved recognition for its significance as an extraordinarily well-preserved Victorian museum. The museum's curator for 36 years, Norman Bethune Sanson, will also be commemorated at a later date.

Since its establishment in 1919, the Historic Sites and Monuments Board of Canada has erected more than 900 plaques across the country. This is the fourth site in Banff National Park to be honored. Other sites are the Cave and Basin, the birthplace of Canada's national parks, Lake Minnewanka, to

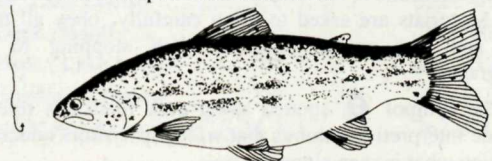


honor the Palliser Expedition (1857-1860) and Howse Pass to mark the first fur trade route through the Canadian Rockies.

Get your permit – then go fishing

Before a line is cast into a mountain lake or stream, a national park fishing permit must be purchased. The permits are available at information centres, park warden offices and some tackle shops. A copy of the summary of fishing regulations offers information on where to fish and what to catch and is given out with the permits. The national park fishing permit is valid in every national park across Canada until the end of next March.

To fish outside the national parks, a separate licence for each province is needed.



Place of peace gives way to golf course

People have been travelling to Banff to take in the sights, hunt up a good bargain and perhaps a good meal, soak in the hot pools and dance the night away for the last several thousand years. With some imagination it's possible to look beyond the stores and buildings to see the land as the Indians once did.

Golfers on the Banff Springs Golf Course tee off on land early visitors had built their sundance lodges on. This practice, still in use elsewhere on Indian reserves today, involves fasting, dancing and praying in an enclosed lodge. The lodge's centre piece, likely of black poplar, three times the height of a man, held an eagle's nest in its fork, a symbolic home for all creatures. The Indians prayed for guidance.

The lodges are gone, but buried safe beneath the golf course greens are the remains of pit houses. These were winter dwellings, made from a hole three to nine metres across, covered with a roof in which one opening served as doorway, window and chimney. Remains of these homes were also found scattered from the slopes of Tunnel Mountain to the Buffalo Paddock and around Vermilion Lakes.

Near the first tee, imagine those who have gone before, travellers along a mountain network of trails that have been used for 7,000 years. They made a ford where the Spray Bridge is and travelled up the ridge and along the worn path to the west.

When walking along the path beside Cave Avenue toward the Cave and Basin, the mountain to the left hosts several hot springs. Through the millenia and even now the springs represent a special place to native people.

Half-way along the parking lot, a trail leads to the right. Looking back at the first bridge toward town, a shape can be seen in the mountain. The Indians who visited the springs called what is now Tunnel Mountain, Sleeping Buffalo.

This area of the Bow Valley was known as the peace grounds. Indians from both sides of the Rockies would meet here and trade. Ochre from the Paint Pots in Kootenay National Park, shells traded up from the coast and (in more recent centuries) horses, were just a few of the items bartered.

The Indians also came because of the plentiful game. In the 127 archaeological sites in Banff National Park, remains of



Courtesy Whyte Museum of the Canadian Rockies

butchered wood bison, mule deer, elk, sheep and varying hare are found. Moose, goat, caribou and various rodents were also hunted. A wide selection of plants were found throughout the area and were used as food and medicine. Wild rose, wild onion and buffalo berry are three examples that can be found on the trail.

A drive around the Lake Minnewanka loop offers another opportunity to look back into the area's past. At the far end of the lake lies Devil's Gap, also known to have been in use for 7,000 years. Before the present lake was dammed, open meadows along the shores were a favorite camping ground for the Indians. Tales of huge fish linked with the spirits added to the mystique of the area. Europeans, hearing the tales, used the Stoney name Minnewanka - Lake of the Water Spirits.

Indians often entered the mountains through Devil's Gap, watching for the "mountain where the water falls" to lead them further on to their hot springs, hunting and trading grounds. On the return drive it's possible to spot this cascade of water.

A panoramic view of a place held dear to many who have gone before, stretching back a hundred lifetimes, unfolds with a drive to the third parking lot of the Mount Norquay ski area and a hike up Stony Squaw.

Water-bound belles preserved modesty first



Taking a dip and preserving an 1800s woman's modesty was no easy task. Water-bound belles donned "bathing jerseys" which were loosely-fitting dresses with knee-length skirts which took on weight when sodden. Caps, stockings, slippers, belts and even corsets were all part of this ensemble designed to hide all feminine assets below the neck from fellow dippers and waders.



A more functional swimsuit came about with increasing social acceptance of women participating in athletics. Women began to demand the changes and daring innovators left behind the newer, short sleeved models, which were still considered baggy, for more daring shoulder straps and torso conforming styles that are shown at the right. This design had made its debut on the beaches and poolsides a few decades earlier on male bathers.



Suntanning came into vogue by 1930 and the notion that less fabric meant more tan came with it. A myriad of colors in synthetic fabrics lent themselves to designs dreamed up by the fashion aficionados of the day. Suits with bare midribs made their appearance and the bikini with its shrinking fabric component was soon to follow.



THIS 'RACY' MODEL FOR RENT
FOR BATHING IN THE CAVE & BASIN POOL

Four mountain parks earn world status

The Rockies are now officially considered one of the great wonders of the world. World Heritage status was conferred on the four Rocky Mountain parks – Banff, Jasper, Kootenay and Yoho – at the 23rd General Conference of the United Nations Educational Scientific and Cultural Organization (UNESCO) in November of 1985. The four Rocky Mountain parks join eight other national and provincial parks in Canada with World Heritage Status.

The parks were nominated to be protected on the World Heritage List since they are considered to be “of exceptional interest and universal value to all mankind,” according to the criteria of the World Heritage Convention. Last August, a plaque was unveiled by Prince Phillip near the shore of Lake Louise to commemorate this designation.

The World Heritage Convention was established in 1972 by the General Conference of UNESCO. Its intention is to identify cultural and natural heritage sites of the world which are worthy of international protection. The convention encourages international cooperation amongst its 85 member countries toward the preservation of these sites.

The convention protects these sites through the establishment of a World Heritage Fund which provides financial assistance to its members for World Heritage Sites in danger and by providing technical and emergency assistance when needed. Also, they hope to encourage heritage preservation through promoting conservation throughout the world.

The World Heritage Committee, composed of 21 representatives from participating member countries, has specified what criteria should be used to decide which sites should be placed on the World Heritage List for their international cultural or natural heritage value.



World Heritage plaque on shore of Lake Louise

For example, a cultural heritage site will be considered if it is “an outstanding example of a traditional human settlement which is representative of a culture and which has become vulnerable under the impact of irreversible change.” A natural heritage site would be preserved if it contains “an important and significant natural habitat where threatened species of animals or plants of outstanding universal value from the point of view of science or conservation still survive.” A World Heritage Site can be nominated for either its cultural or natural heritage value, or both.

The World Heritage List is not yet complete. However, it is growing each year as new nominations are being accepted by the committee and countries are joining the World Heritage Convention.

Artists find Banff hard to resist



Peter Whyte, Courtesy Whyte Museum of the Canadian Rockies

Banff National Park has attracted artists from around the world for more than 100 years. The combination of beautiful scenery and wilderness areas that are both preserved and accessible have always been an irresistible lure.

Banff's history reveals a number of famous artists who visited and lived in the park. Some of the first came because the Canadian Pacific Railway provided free rail passes to certain painters and photographers in exchange for the use of their work in promotional publications. Many others followed independently, including a young group of artists, the Group of Seven, who set out to create a truly Canadian style of art. Although A.Y. Jackson made frequent visits to Western Canada, of the seven it was Lawren Harris and J.E.H. MacDonald who found the Canadian Rockies most inspiring. Both painted extensively in the area.

In 1933, the Banff School of Fine Arts was established on Tunnel Mountain and some of Canada's finest artists, including H.G. Glyde, W.J. Phillips and A.C. Leighton, spent many summers teaching at the school and painting in the park.

A few artists decided to make Banff their home for at least part of the year. Carl Rungius, the German-born American painter (renowned for his big-game portraits and rugged landscapes) spent every summer (47 in total) in the Rockies after his first visit to the park in 1910. Nicolas de Grandmaison, who fled from Russia during the revolution, gained fame for his portraits of Canadian Indians. He divided his time between Calgary and Banff where he owned a house. Charlie Beil, who emigrated from Germany in 1905 to South America and later lived in Montana, eventually settled in Banff in the 1930s. After building his own foundry, Beil began teaching himself the art of casting clay into bronze and became a well known sculptor of western themes.

Perhaps the artists most associated with Banff National Park were Peter and Catharine Whyte. The couple built a log home in Banff in the 1930s. They expressed their infectious love of the area through their paintings and by encouraging many a fledgling talent. A circle of friends that included some of the leading artists of their generation, gathered around them. In 1966, to preserve the cultural heritage of the area, they established a charitable foundation which now funds and administers the Whyte Museum of the Canadian Rockies.

Among other things, the museum houses three art gallery exhibit spaces. Not only are the works of the older “masters” of the Rockies on display but also the work of contemporary artists continuing the rich artistic tradition of Banff National Park.

Wolves make comeback in Bow Valley

After a virtual absence of about 25 years, wolves have recently returned to the Bow Valley in Banff National Park. Last winter, enthusiastic wolf-watchers were out on the Bow Valley Parkway and at Vermilion Lakes enjoying the occasional lucky sighting.

The feelings these magnificent animals stir up in the wolf-watchers cannot be easily described, but, perhaps can be more readily explained. A full grown adult may be three times the size

of its more common cousin, the coyote. The wolves' haunting howls after nightfall chill spines. But more than anything else, the wolf-watcher simply felt good to have wolves back in Banff last winter.

Before the arrival of Europeans, wolves were common in the valleys of the Rockies. Wolf control began during the last century, and by the 1930s they had practically been eliminated from Banff. The wolves enjoyed a brief comeback during the 1940s but their numbers were quickly reduced again for rabies and mange control. In 1953, wolf control was finally discontinued in Banff.

The wolves were slow to recover. Until the mid-1970s, sightings in Banff were rare. Since then, however, sightings have become increasingly common, especially in the larger valleys of the eastern regions of the park. They have now returned to the Bow Valley.

Their return may be timely. In response to a series of mild winters over the last several years, elk numbers in the park have been steadily rising. If this rise were to continue unchecked, the elk could soon overgraze their limited range. Similar population increases between the 1940s and 1960s led to the imposition of artificial controls on the elk. However, in a national park, where the guiding philosophy is to let nature take its course, artificial control is not the preferred course of action. It's far better to let natural predators, such as wolves, control the elk herds. With the return of the wolf, it's hoped this will once more be possible in Banff.

A lucky visitor may be able to add his name to the revived list of wolf-watchers by keeping a keen eye open when driving or hiking.



Handicapped get around



Despite the Cave and Basin's long-standing reputation as a therapeutic spa, it is surprising to discover that facilities for handicapped people were not available until the centennial reconstruction.

From the opening of the pool in 1914 until the structural changes were made for the centennial year in 1985, it was necessary to lift people in wheelchairs up the stairs into the building, lift them out of the chair and then lower them into the pool. The Cave, upper belvederes and observation deck were inaccessible to them.

During the 1982-85 reconstruction of the Cave and Basin, architects redesigned the building in order to provide facilities for people in wheelchairs and those who have difficulty climbing stairs. The new facilities include a ramp from the parking lot to the entrance of the Cave and Basin Centennial Centre, washrooms for the handicapped, a stair climber to get to second floor exhibits and upper belvederes and deck and a theatre with additional floor space.

The pool facilities include changerooms for handicapped people and special wheelchairs that are built to be submerged in water. The pool also has a ramp at the shallow end. Outside, most of the Discovery and Marsh trails have been graded to allow for wheelchairs. The first three quarters of both trails are easily accessible to wheelchairs.

For more information on the facilities for the handicapped at the Cave and Basin Centennial Centre and other places in the park, please contact the information centres.

Birds with tux and tails

The tuxed and tailed bird with a name that doesn't live up to its exotic and elegant looks is likely the first bird a visitor to

Banff will see. The oohs and ahs when the wondrous creature is spotted often turn to sheepish grins when it's identified as a magpie, whose relatives are crows.

The black and white bird with a dashing touch of glossy greenish blue on its wings and tail is a resident of western Canada, parts of the western United States and Africa.

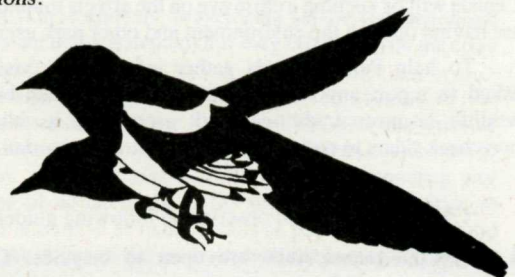
Magpies have been around Banff long before it became a national park. They were reportedly regular hangers-on at Indian camps where they followed the roaming bison herds along with the Indians. The name magpie comes from "maggot pie" for the birds' habit of flipping cowpies in search of insects and insect larvae. The demise of the bison meant lean times for magpies as elk, moose and sheep weren't abundant. However, the arrival of cattle, horses and towns created an important new niche for them.

Like other members of the crow family, magpies have done well because they are opportunists. Magpies are scavengers so other animals' misfortunes are their good fortune.

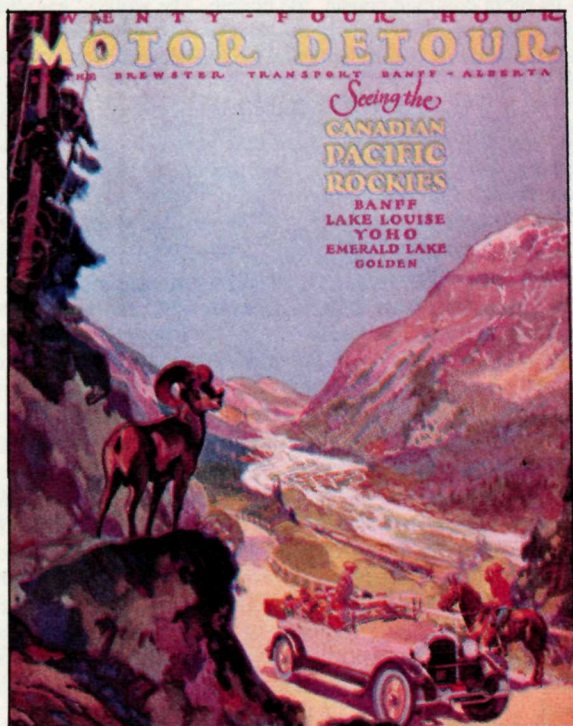
One magpie usually means another is nearby. They are highly social and tend to remain in pairs throughout the year.

Magpies are not adverse to a bit of sport either. Tormenting domestic cats and parading just out of reach of chained dogs are common magpie antics.

Brassy and beautiful, Magpies provide an endless source of observations.



Having a wonderful time . . .



Brewster Transport Poster, Whyte Museum of the Canadian Rockies

President's Cab. WAGNER PALACE CAR COMPANY.

My dearest Sister Katherine:

Oct. 7th, 1898

Thanks for your welcome note from Shelburne. It reached me at Banff and I was delighted to receive it. Let me give you a detailed account of our movements from the day we left Banff Hot Springs up to the present time.

... The springs were about a mile and a half from the hotel, and I thought a walk there would do me good. On reaching the springs I met two young men who drove up in a buggy, and we became quite friendly, and all went in together. We were conducted through a low narrow tunnel about 100 feet long, which opened into the cave. We saw a cavern about 25 feet wide and about 30 feet high. The only outlets were the tunnel

through which we had just come, and a hole in the top, about large enough for a man's body.

... The young men invited me to a seat in the buggy and we drove off to the place where the buffaloes were kept. An hour's drive brought us there. The buffaloes are kept by the Canadian Government and have a bit of land several miles long to roam in, which is surrounded by a fence . . .

Your loving brother,
George

The excerpts from this letter from the secretary to the president of an American railway car company to his sister helps park visitors today get a sense of what it was like for visitors in the 19th century.

George's contemporaries would likely have spent a week on the train to get to Banff and would have been picked up at the station by a horse-drawn buggy or carriage. The Banff Springs Hotel awaited visitors in all its baronial splendour rising out of the wilderness of the Canadian Rockies.

Most visitors would have made their first stop in the park at the Cave and Basin, as George did, or at the Upper Hot Spring pools to "take the healthful waters." Indeed the hot springs were the areas' largest drawing card.

The athletically-minded went boating, swimming, hiking, golfing, horse riding or skiing in the winter. Those with an artistic bent painted or photographed the breathtaking scenery. Shopping attracted crowds to merchants that offered an amazing array of souvenirs and gifts – from mounted animal heads to fine china. Tea was served at a Banff Avenue tearoom giving weary shoppers a chance to watch the passing parade.

Guides could be hired to take the adventurous into the backcountry and to teach them climbing. A sightseeing tour in a specially designed carriage called a tally-ho was perfect for the less adventurous who wanted to see the Vermilion Lakes or Lake Minnewanka.

Another way to explore Banff's human history and learn more about the Banff of George's day is by spending some time at the Whyte Museum of the Canadian Rockies (111 Bear St., across from the post office and beside the library). The paraphernalia of the adventurers, photographers, paintings and posters of the beginnings of the park are displayed. Local characters and heroes, Indians, Swiss guides, cowboys and sophisticated world travellers are all waiting to show today's visitors how they had a wonderful time yesterday.

Keeping mountain bikes on track

Mountain biking, or off-the-road cycling, is a fairly recent phenomenon in North America. In the last two years the activity has spread across Western Canada and within Banff National Park.

Enthusiasts see mountain bikes as a new means of exploring remote areas. Others fear bikes will menace wildlife and may spoil the wilderness experience of other travellers. In an effort to assess the benefits and impacts of this new sport, Parks Canada will be keeping a close eye on the effects mountain bikes are having on both the environment and other park users.

To help Parks Canada gather information, visitors are asked to report any incidents of conflict between bikes and wildlife or more traditional park users such as hikers and horseback riders to park information centres or warden offices.

Cyclists are asked to observe the following guidelines:

1. Only designated trails are open to bicycles. Check at

information centres or warden offices first to find out which trails may be used.

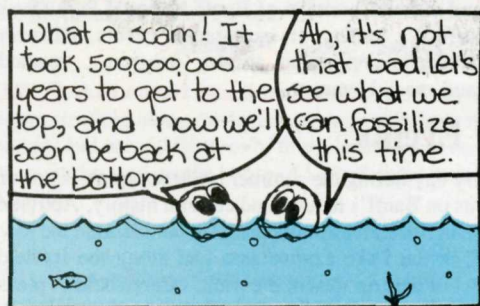
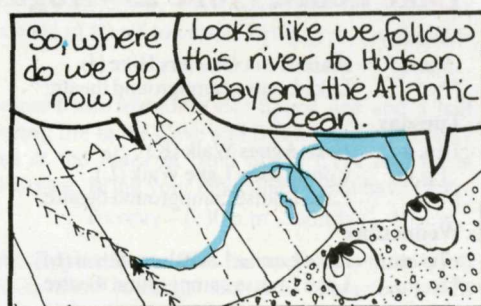
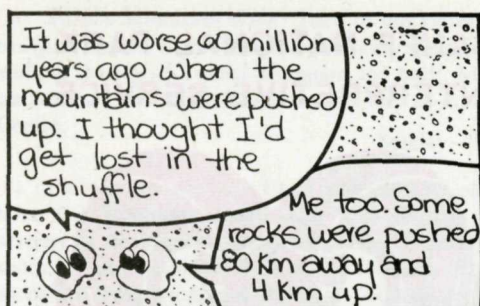
2. While cycling, please be conscious of other travellers. As bicycles are faster and relatively quiet, a horse, hiker, or bear could be startled. Cyclists are asked to move off the trail if a pack train of horses is encountered.

3. In bear country, use a noise-making device frequently to warn bears of your presence. Remember, a startled bear can outrun someone on a mountain bike, especially if pedalling uphill. As a general rule it is safer to travel with a partner in the mountains.

4. Minimize the impact on the environment. Stay on the trails. Keep the park clean and pack out garbage. Follow the mountain biker's code: "take only pictures and leave only waffle prints."

Mountain bikes allow easier access into the park's spectacular remote areas. Respect the environment and the rights of others while enjoying the solitude and beauty of biking in Banff's backcountry.

Two sand grains by the Bow River



Radio collars track elk

Banff's total area of 6,641 square kilometres appears to be vast but one third is rock and ice, another third is shady subalpine forest or otherwise inhospitable habitat for large animals and only about one third of the park is left for rangeland.

A meagre five per cent of the park is prime winter habitat for elk, deer and sheep and that five per cent is shared with the town of Banff, the Trans-Canada Highway and the Canadian Pacific Railway.

One of Banff's biggest challenges is to prevent further encroachment on the rich valley floor habitat of the lower Bow Valley. Part of this challenge is to monitor what effect the newly twinned Trans-Canada Highway (between the east gate entrance to the park and the overpass to the Sunshine ski area) has on the hundreds of animals that winter alongside this stretch of highway.

Fences and underpasses are being installed along 26 kilometres of this route to prevent animals from straying onto the pavement and perhaps being killed. Park wardens have been monitoring the numbers of animals mortalities from traffic over the years; the numbers have been increasing.

During the next four years elk will be studied to see how their movements have been affected by the fencing and underpasses.

"Animals, especially deer, are using the underpasses," said park warden Bill Browne. "But since we don't have much historical data available on the first section, we can't really



measure how effective they are. We should have a better idea when the next section of fencing is completed as we have a fair amount of information on animal activity in this area."

Thirty to 40 elk are to be collared with special radio transmitters. These animals' movements will be watched to see if the fences are being accepted or if they interfere with the elk's migration habits.

This study will not only determine the success of the fencing and its uses for other highways, but will also provide valuable information for future studies. Residents and visitors to the park are asked to help in this project by reporting any observations of collared elk to the project research office at 762-3347. Please give as many details as possible including the number on the collar of the animals, when reporting sightings.

Park offers visitors panorama of events, displays, talks, programs

BANFF NATIONAL PARK INTERPRETIVE SERVICE



The many questions evoked by the Rockies, the wildlife, glaciers, rivers, flowers and many other aspects of the park can be answered by specialists in Banff – the park interpreters.

To help visitors learn more about and better enjoy the natural and cultural heritage of Banff National Park, Parks Canada offers a variety of interpretive events, including guided walks, campground theatre programs, roadside exhibits and special events.

Daily Events

Every day during the summer, park interpreters present free events on Banff's natural and cultural history. Activities take place in three areas of the park – in and around the town of Banff, in the Lake Louise area and along the Icefields Parkway. For descriptions of the walks offered below, please refer to the capital letter in brackets and then read the corresponding description of the event under the heading Interpretive Walks.

Banff Townsite (June 16 - August 30)

Monday
8 a.m. Vermilion Lakes Walk (A)
3 p.m. Cave and Basin Special Event (B)
8 p.m. Tunnel Mountain (hookups) campground theatre
8 p.m. Information Centre theatre

Tuesday
11 a.m. Muleshoe Walk (C)
6:30 p.m. Cave and Basin Marsh Walk (D)
8 p.m. Tunnel Mountain (hookups) campground theatre
* Tunnel Mountain (no hookups) campground theatre

Wednesday
10 a.m. Banff's Bygone Days (E)
3 p.m. Cave and Basin theatre
8 p.m. Tunnel Mountain (hookups) campground theatre
* Two Jack Main campground theatre

Thursday
11 a.m. Cave and Basin Special Event (B)
1 p.m. Minnewanka Lakeshore Walk (F)
6 p.m. Sundance Canyon Bicycle Tour (G)
8 p.m. Tunnel Mountain (hookups) campground theatre
8 p.m. Information Centre theatre
8 p.m. Johnston Canyon campground theatre

Friday
4 p.m. Cave and Basin Special Event (B)
8 p.m. Tunnel Mountain (hookups) campground theatre
8 p.m. Information Centre theatre
* Tunnel Mountain (no hookups) campground theatre

Saturday
8:30 a.m. Wilderness Day Hike (H)
10 a.m. Cave and Basin Marsh Walk (D)
2 p.m. Cave and Basin Special Event (B)
8 p.m. Tunnel Mountain (hookups) campground theatre
8 p.m. Johnston Canyon campground theatre
8 p.m. Information Centre theatre
* Two Jack Main campground theatre

Sunday
1 p.m. Tunnel Mountain Walk (I)
2 p.m. Cave and Basin theatre
4 p.m. Cave and Basin Special Event (B)
8 p.m. Tunnel Mountain (hookups) campground theatre
* Tunnel Mountain (no hookups) campground theatre
* 10 p.m. June 16 - August 3
9 p.m. August 4 - August 30

Lake Louise (June 23 - August 30)

Monday
9 a.m. Plain of Six Glaciers Hike (J)
** Lake Louise campground theatre

Tuesday
10 a.m. Lake Agnes Walk (K)
1 p.m. Consolation Lake Walk (L)
** Lake Louise campground theatre

Wednesday
7 p.m. Lake Louise Lakeshore Stroll (M)
** Lake Louise campground theatre

Thursday
9 a.m. Plain of Six Glaciers Hike (J)
8 p.m. Johnston Canyon campground theatre
** Lake Louise campground theatre

Friday
10 a.m. Lake Agnes Walk (K)
** Lake Louise campground theatre

Saturday
10 a.m. Consolation Lake Walk (L)
8 p.m. Protection Mountain campground firecircle
8 p.m. Johnston Canyon campground theatre
** Lake Louise campground theatre

Sunday
9 a.m. Lake Louise Lakeshore Stroll (M)
** Lake Louise campground theatre
** 10 p.m. June 23 - August 3
9 p.m. August 4 - August 30

Icefields Parkway (June 23 - August 30)

Monday
8 p.m. Rampart Creek campground firecircle

Tuesday
8 p.m. Waterfowl campground theatre

Thursday
11 a.m. Parker Ridge Walk (N) July 10 - August 28
8 p.m. Waterfowl campground theatre

Friday
8 p.m. Rampart Creek campground firecircle

Saturday
8 p.m. Waterfowl campground theatre

Sunday
8 p.m. Waterfowl campground theatre

(A) Vermilion Lakes Walk: Whether you're looking for birdlife or discovering why this area is such a significant archaeological site, early morning is the best time to stroll along Vermilion Lakes Drive. Meet at the first lake on Vermilion Lakes Drive, 1.3 Kilometres from Banff townsite, for this two-hour walk.
Monday – 8 a.m.

(B) Cave and Basin Special Event: Join a park interpreter and discover something special about the Cave and Basin. You may meet a character from the past, or get a chance to peer into a drop of marsh water.
Monday – 3 p.m., Thursday – 11 a.m., Friday – 4 p.m.
Saturday – 2 p.m., Sunday – 4 p.m.

(C) Muleshoe Walk: A moderately steep, two-hour walk through aspen and Douglas fir forest offers scenic views of the Bow Valley. Meet at Muleshoe picnic area on the Bow Valley Parkway (Highway 1A to Johnston Canyon), 11 Kilometres west of Banff townsite. Bring your lunch if you like.
Tuesday – 11 a.m.

(D) Cave and Basin Marsh Walk: Spend one and a half hours exploring life in the Cave and Basin marsh. This easy walk begins at the Plaza in front of the Cave and Basin Centennial Centre. Bring your binoculars if you have them.
Tuesday – 6:30 p.m., Saturday – 10 a.m.

(E) Banff's Bygone Days: This leisurely two-hour stroll focuses on the early buildings and local characters which played a part in the history of Banff. Meet in front of the Information Centre, 224 Banff Avenue.
Wednesday – 10 a.m.

(F) Minnewanka Lakeshore Walk: Ramble along the lakeshore of Lake Minnewanka to Stewart Canyon with a park interpreter. You'll enjoy the sweet-smelling pine forest and perhaps see a bighorn sheep at the canyon's bridge. Meet in front of the food concession at the Lake Minnewanka picnic area for this easy, two-hour walk.
Thursday – 1 p.m.

(G) Sundance Canyon Bicycle Tour: Early evening is a good time to look for beaver and other wildlife along the Sundance Canyon bicycle path. Bring your bike (you can rent one in town) and meet a park interpreter at the Plaza in front of the Cave and Basin Centennial Centre for a leisurely 6.5 Kilometre (return) ride to Sundance Canyon.
Thursday – 6 p.m.

(H) Wilderness Day Hike: The backcountry is where you really get to know the park. Join a park interpreter for a moderately strenuous, six-hour hike. Locations vary throughout the summer. For information about hike destinations, check at the Information Centre, 224 Banff Avenue which is also where you meet. Wear sturdy shoes, warm clothing and bring a lunch. You need your own transportation to the trailhead; car-pooling is sometimes possible.
Saturday – 8:30 a.m.

(I) Tunnel Mountain Walk: Take in the views of Banff townsite and the Bow Valley on this fairly steep, three hour walk to the top of Tunnel Mountain and back. Meet at the sign on the trailhead on St. Julien Road, on the way up to the Banff Centre.
Sunday – 1 p.m.

(J) Plain of Six Glaciers: Exert yourself a bit on this six-hour (13 Kilometre round trip) hike through inspiring scenery of mountains and glaciers. Meet at the sign on the shore of Lake Louise in front of the Chateau. Wear sturdy shoes and bring windproof clothing. You may carry a lunch or buy one at the teahouse.
Monday – 9 a.m., Thursday – 9 a.m.

(K) Lake Agnes Walk: This three-hour walk to a small hanging valley perched high above Lake Louise offers spectacular views of the area. Meet at the sign on the shore of Lake Louise in front of the Chateau. Bring a lunch if you like or buy one at the Lake Agnes teahouse.
Tuesday – 10 a.m., Friday – 10 a.m.

(L) Consolation Lake Walk: Come on an easy, three-hour walk through a shady mountain forest to a sparkling glacier-fed lake. Bring a lunch if you like. Meet at the sign at the Moraine Lake parking lot.
Tuesday – 1 p.m., Saturday – 10 a.m.

(M) Lake Louise Lakeshore Stroll: Spend an easy two hours strolling along the lakeshore learning about the human history and natural features of this world famous beauty spot. Meet at the sign on the shore of Lake Louise in front of the Chateau.
Wednesday – 7 p.m., Sunday – 9 a.m.

(N) Parker Ridge Walk: Panoramic views of the Saskatchewan Glacier and Columbia Icefield are the highlights of this moderately steep three-hour walk above treeline. Meet at the Parker Ridge trailhead, five kilometers south of the Jasper park boundary on the Icefields Parkway. Bring your lunch.
Thursday – 11 a.m.

For more information on the natural or human history of Banff National Park, contact a park interpreter at 762-3229 (Banff) or 522-3873 (Lake Louise).

Roving Interpreters

From time to time park interpreters may be met at various park interest points. They are approachable and pleased to answer questions. When driving the Icefields Parkway, watch for the roving exhibit trailer. A sign with the bighorn ram's head symbol indicates that an interpreter with displays is at the next roadside viewpoint.

Special Events

Throughout the summer, special events are presented by park interpreters. These events could range from star-gazing sessions and canoe trips to photography expeditions. Check advertising at information centres and campgrounds or telephone 762-3229 for details of the week's special events. Cave and Basin specials and those held in Banff townsite are also advertised on Cable T.V., Channel 10.



It takes a lot of different people to run a park. From life-guarders to park wardens, electricians to administrative staff, we're here to make your visit to Banff National Park a memorable one.

Help keep bears out of campsites

During a trip through Banff National Park visitors will notice signs on park buildings and this decal posted on garbage containers. They are part of Banff's bear awareness program to keep park campgrounds and picnic sites free of bear problems.

Black and grizzly bears have been living in these mountains for centuries. For the most part, they are content to keep to themselves. Sometimes their keen sense of smell and taste will lead them to the garbage bins and picnic tables. Some bears develop a dependence on the food humans eat. Because they are unpredictable and potentially dangerous, bears that keep returning to sites frequented by people are usually tranquilized and relocated to backcountry areas. But many will return and eventually have to be destroyed.

This bear problem has wildlife biologists and park wardens worried. The safety of visitors is a primary concern and they are also concerned that man's increasing presence in the bears' territory could threaten their survival in the national parks.

Banff National Park is a trekker's delight. Trails in the park range from pleasant half-day strolls to full-scale outings into the backcountry. To ensure that the park will remain unspoiled for years to come, hikers and walkers are asked to respect these guidelines:

- do not feed the wildlife; it is hazardous to their health and to the visitor's.
- preserve plant life, rocks and other natural and cultural artifacts found in the park by leaving them in their natural setting for others to discover and enjoy.
- carry out all litter; do your good deed and pick up any other litter you come across on the trail.
- taking pets on the trails is not recommended. They must be kept on a leash at all times.
- stay on the established trails and avoid taking short-cuts on switchbacks; too many feet can permanently scar the landscape and cause serious erosion.

For backcountry hikers, a few additional reminders:

- avoid unnecessary scarring of campsites by using designated fire pits where provided.
- backcountry water should be boiled; suggested boiling time is five minutes.
- practise good backcountry latrine hygiene – well off the trail and away from water sources. Please bury human wastes to help speed up the biological decomposition process.

What can visitors do to help?

Heed this sign and take extra care with food and garbage. If the bears' access to unnatural food could be eliminated they would eventually learn that a visit to a campground or picnic site will not reward them with a free meal, and they would not return. To keep these areas "bear proof" please dispose of all garbage in the containers provided and do not leave food accessible to wildlife.



For more detailed information on bears and your safety, read the brochure *You Are In Bear Country*, available at all park information centres.

Here's a clue about who live where

Banff National Park is our home. We are the most abundant group of mammals. Guess who we are! Rearrange the horizontal letters, using the clues, to identify our names. The highlighted letters will then spell the name of our group.

eg. CBTAOB : BOBCAT



Marshy borders of lakes and rivers make good homes. My long skinny tail helps me swim.

You know me as the walking prickles that loves salt.

You rarely see me, even though there are lots of us around. My tiny body, white



feet and white underbelly are my trademarks.

Home along the waterfront suits my style because I am a born hydraulic engineer.

Long black stripes run from my nose to my tail. Although I am small, I am very energetic.

_____ is my name and suntanning on rocky slopes next to alpine meadows is my game.

I am a scolding tree gymnast and found just about anywhere in Banff.

Banff National Park boasts hundreds of different wildflowers

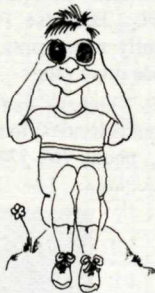
Try your hand at discovering some in this puzzle. Names are placed horizontally, vertically and even backwards.

Flowers:

anemone	heather
aster	lady's slipper
avens	lily
bunchberry	lousewort
buttercup	orchid
columbine	paintbrush
fireweed	rose
fleabane	saxifrage
forget me not	twinflower
harebell	valerian

F	O	R	G	E	T	M	E	N	O	T	R
F	L	E	A	B	A	N	E	M	O	N	E
T	T	H	S	U	R	B	T	N	I	A	P
W	R	T	B	U	T	T	E	R	C	U	P
I	O	A	V	A	L	E	R	I	A	N	I
N	W	E	G	A	R	F	I	X	A	S	L
F	E	H	R	E	T	S	A	V	E	N	S
L	S	C	O	L	U	M	B	I	N	E	S
O	U	B	U	N	C	H	B	E	R	R	Y
W	O	Y	L	I	L	O	R	C	H	I	D
E	L	D	E	E	W	E	R	I	F	A	A
R	O	S	E	H	A	R	E	B	E	L	L

Banff checklist



- ☐ scrambled about the boulders on the Rockpile trail at Moraine Lake.
- ☐ been awed by the glaciers along the Icefields Parkway.
- ☐ gazed at the many wildflowers at Bow Summit.
- ☐ spotted elk along the Bow Valley Parkway.
- ☐ taken in a program or gone on a walk with an expert. Interpretive events are offered all summer long.
- ☐ visited a park information centre to make sure you haven't missed a thing!

You haven't seen Banff until you've:

- ☐ walked through the eerie tunnel to the Cave at the Cave and Basin Centennial Centre.
- ☐ seen all the wildlife of the park - and then some - at the Park Museum at the end of Banff Avenue next to the Bow River bridge.
- ☐ gotten into hot water at either the Upper Hot Pool or in the warm spring-fed Cave and Basin pool. (Why not rent a 1914-style swimsuit too?)
- ☐ met a hoodoo. A short, easy trail begins at the Hoodoos parking lot on Tunnel Mountain Drive, 2.71 kilometres east of Banff townsite.
- ☐ felt the ice cold waters of Lake Louise.
- ☐ canoed the still waters of Vermilion Lakes. (Canoe rentals are available.)
- ☐ sat on top of a mountain. Walk up Tunnel Mountain, take the gondola up Sulphur Mountain or find your own peak to climb.
- ☐ spied the tropical fish at the Cave and Basin Marsh.

Have guide will travel

Hikers planning a trip into the wilder areas of Banff are encouraged to pick up a copy of the Backcountry User's Guide. The guide outlines pertinent regulations and some changes to recreation boundaries that may influence trip planning. There is also useful information on weather, safety, locations of primitive campsites and much more.

All visitors staying overnight in the backcountry must have a valid park use permit. These permits are required at all times of the year and apply to alpine huts and shelter use as well as camping. Permits and backcountry guides are available at information centres and park warden offices. Both are free of charge.

Anyone planning to participate in an activity which involves an element of risk may register their trip, in person, at a park warden office or information centre. If registering out, it's essential to register in on completion of the trip, either in person or by telephoning the Banff warden office at 762-4506.

BANFF Lake Louise CHAMBER OF COMMERCE

Box 1298
Banff, Alberta, Canada
T0L 0C0



93 Banff Avenue
Phone (403) 762-3777

Dear Visitor:

Welcome to Banff/Lake Louise and the Canadian Rockies. By visiting our area you are joining the millions of people who, over a period of more than 100 years, travelled here to experience the splendor and the facilities in Banff/Lake Louise. Our area has much to offer you, whether it is the rich natural heritage that is protected by Canada's first National Park or the resort facilities developed over the past century.

I hope that you will take advantage of the many things to see and do. This Guide, and other brochures and publications available throughout Banff/Lake Louise, is designed to help you make the most of your visit.

If you have been here before, welcome back, and if this is your first visit, we are certain it will not be your last!

Yours truly,

Ladd Snowsell
President (1986)
Banff/Lake Louise Chamber of Commerce

LS:vm

Things to do

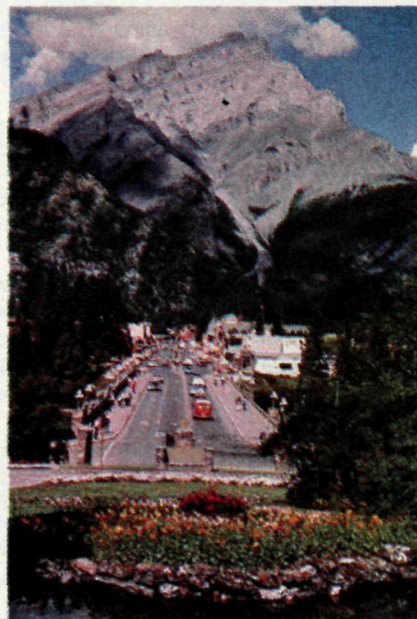
We at the Chamber appreciate that discriminating travellers want to make their holiday or convention a memorable success . . . and Banff has the amenities to provide for our visitors.

The area hotels are accustomed to entertaining large groups as well as individual travellers. The national park offers extensive interpretive and information services. Outdoor and recreation companies combine expertise and a love of the land to create an ultimate leisure experience. Dependent on season of year, here are some ways to enjoy your time in Banff and to take home some wonderful memories:

day hikes	windsurfing	soak in hot pools
bike rentals	canoe rental	see a movie
horseback rides	raft tours	bus tours
rent a moped	study geology	photography
trail walks	go fishin'	galleries
visit the buffalo	golfing	museums
pack trips	boat rentals	carriage rides
tennis	swimming	scenic drives
jogging	tour a glacier	gondola rides
parks' gardens	sailing	sleigh rides
camping	shopping	downhill & X-C ski
bbq-ing	hay rides	snowshoeing
mountain climbing	visit the falls	skating
lake cruises	waterslide	
picnic		

And dine, dine, dine – famous Alberta beef cuisine, Greek, Swiss, Japanese, French, Italian, Mexican, and Chinese. Also family restaurants, deli-style, fast food, hotel dining and a wide price range.

"Tickets" can provide you with reservations and tickets to most activities; located at the corner of Banff Ave. & Caribou St., phone 762-5385.



Chamber of Commerce Member Accommodation

For assistance contact
Banff/Lake Louise Central Reservations,
762-5561, toll free Alberta 1-800-372-9593.

BANFF

		ROOMS	T.V.	PHONE	POOL	SAUNA/STEAM	COFFEE SHOP	DINING ROOM	LICENSED	KITCHENETTES	FIREPLACES	HOT TUB
Aspen Lodge	762-4418	53	X	X								X
Banff International Hostel	762-4122	N/A					X			X		
Banff Park Lodge	762-4433	210	X	X	X	X	X	X	X			X
Banff Rocky Mountain Resort	762-5531	132	X	X	X	X		X	X	X	X	X
Banff Springs Hotel	762-2211	557	X	X	X	X	X	X	X			X
Banffshire Inn	762-2201	54	X	X		X						X
Bow View Motor Lodge	762-2261	57	X	X	X	X	X	X	X			X
Bumper's Inn	762-3386	35	X	X				X	X			
Cascade Inn	762-3311	58	X	X			X	X	X			
Charlton's Cedar Court	762-4485	63	X	X	X	X				X	X	X
Charlton's Evergreen Court	762-3307	52	X	X	X	X				X		X
Douglas Fir Resort	762-5591	133	X	X	X	X				X	X	X
Hidden Ridge	762-3544	39	X							X	X	X
Homestead Inn	762-4471	27	X	X				X	X			
Inns of Banff Park	762-4581	180	X	X	X	X		X	X			X
King Edward Hotel	762-2251	55	X	X					X			
Mount Royal Hotel	762-3331	92	X	X				X	X			
Pinewoods Motel & Chalets	762-5515	89	X	X						X	X	
Red Carpet Inn	762-4184	46	X	X			X	X	X			X
Rimrock Inn	762-3356	94	X	X			X	X	X			
Rundle Manor Apt. Motel	762-5544	22	X	X						X		
Storm Mountain Lodge*	762-4155	12						X	X		X	
Swiss Village Lodge	762-2256	47	X	X	X	X		X	X			X
Timberline Lodge	762-2281	49	X	X			X	X	X			
Traveller's Inn	762-4401	90	X	X		X	X		X			X
Tunnel Mountain Chalets	762-4515	75	X	X	X	X				X	X	X
Voyager Inn	762-3301	88	X	X	X	X	X	X	X			X
LAKE LOUISE												
Chateau Lake Louise	522-3511	375		X	X	X	X	X	X			X
Deer Lodge	522-3747	73				X	X	X	X			X
Lake Louise Inn	522-3791	186	X	X	X	X		X	X	X	X	X
Moraine Lake Lodge & Cabins*	522-3733	14					X	X	X		X	
Post Hotel	522-3989	40						X	X			

*Summers Only

ATTRACTIONS IN OUR AREA

The Banff Centre for the Arts	762-6100
Cave & Basin Centennial Centre	762-4900
Holiday on Horseback	762-4551
Lake Louise Gondola Lift	522-3555
Lux Movie Theatre	762-3510
Luxton Museum	762-2388
Minnewanka Lake Tours Ltd.	762-3473
Mt. Norquay Gondola Lift	762-4421
Parks Canada Information Bureau	762-4256
Sulphur Mountain Gondola Lift	762-2523
Summer Sunshine Gondola	762-4000
Whyte Museum of the Canadian Rockies	762-2291



The Chamber of Commerce produces a trade dollar annually and the above images are seen on our 1986 coin. The Banff detachment of the RCMP celebrates its Centennial this year, and famous Castle Mountain (21 Km. west of Banff) was named by Sir James Hector for its castle-like shape. The coins are available for \$1.00 at the Chamber office and at most stores and hotels.

Chamber of Commerce Member Directory

ACCOMMODATION Private Homes

Banff Bed and Breakfast Bureau, Calgary	242-5555
Mrs. Cartlidge	762-2543
Genoa Collins	762-2979
Mrs. D. Cowan	762-3696
Sandra Horton	762-2146
Mrs. P. Ness	762-2786
Mrs. P. Riva	762-2471

BANKING AND CURRENCY

Bank of Montreal	762-2275
Canadian Imperial Bank of Commerce	762-3317
Freya's Collectables/Currency Exchange	762-4714

BEAUTY SALONS

Banff Springs Hotel Beauty Salon	762-4181
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BUILDERS AND SUPPLIERS

Banff Lumber and General Contracting	762-3000
Henry's Electric	762-3287
Larwill Construction	762-3195
Mike's Electric	762-2871
Nu Vue Glass	762-2986
W.C. Wilson Ltd.	762-2644

CLOTHIERS

Banff Avenue Fashions	762-3468
Ferragamo Shoes	762-5484
Western Shop	762-2898

DEPARTMENT STORES

Hudson's Bay Company	762-5525
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FLORISTS

l'Atelier Fleurie	762-5313
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GARAGES AND PETROLEUM PRODUCTS

Alpine Esso	762-2870
Banff Auto Body	762-2919
Banff Bulk Fuels	762-2530
Banff Propane Depot	762-4143
Canadian Western Natural Gas	678-6264
Martin's Plumbing and Gas	
Petro Canada	522-3755

GIFTS AND SPECIALTY SHOPS

Banff Mercantile & Trading Co. Ltd.	762-4718
Canadian Fur Shop of Saitoh	762-3744
Chocolaterie Bernard Callebaut	762-4106
Gifts Galore	762-4941
Goro Canyon Smoke and Gift Shop	762-4172
House of Gifts	762-3153
Koyama Varieties	762-2936
Marmot Import/Export	762-3822
Mountain Memories	762-4047
OK Gift Shop	762-3133
Pandora's Gift Shoppe	762-3210
Quest for Handicrafts	762-2722
The Spectrum	762-6100
The Trailrider	762-4551
Village Trader	762-4211
Welch's Chocolate Shop	762-3737
Whiskey Creek Graphics	762-5990

GOLF COURSES

Banff Springs Golf Course	762-2962
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GROCERS

Canada Safeway	762-5378
Chalet Groceries	762-5447
White's Foodmaster	762-2140

JEWELLERS

Canada House	762-3757
Freya's Collectables	762-4714

Horace Baker Jewellers	762-3212
Marika Jewellery	762-2678

LAUNDRIES

Blue Bubble Coin Laundry	762-3666
Bow Coin Laundry	762-4088
Chalet Grocery & Laundry	762-5447
Pearl Laundry	762-2490

LIQUOR

Banff/Lake Louise has a large selection of licensed dining rooms, bars and lounges. The legal drinking age is 18. All alcoholic beverages are sold at the Government Liquor Store, 316 Martin Street, 762-2518. Hours are 11 A.M. to 7 P.M. daily except Sunday, with extended hours in the summer. There is no liquor store in Lake Louise.

MISCELLANEOUS

Alpha Milk Co.	762-2454
Bow Valley Office Supplies	762-4228
Bowest Computer Systems	762-5159
Burnco Rock Products	678-5541
Canadian Co-Co Tours	762-5600
Glacier Holdings	762-2655
Gundry Holdings Ltd.	762-4105
Jacques Foster Funeral Service	762-3433
Ketch Transport (Calgary)	255-2911
Mountain Business Systems	678-2113
Mountain Image Distributors	762-2500
Mountain Park Tours	762-5652
Palm Dairies	762-3533
Ptarmigan Rug Cleaning	522-3986
Rocky Mountain Cycle Tours	678-6770
Royal Canadian Legion	762-2550
Tiny's upholstery	762-3812
Tour Canada West	678-5376
Transpacific Tours	762-2470
Upper Hot Springs Massage	762-2966
Wilkow Carriers	762-5121

PHARMACISTS

Gourlay's Drug Store	762-2516
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PHOTOGRAPHIC

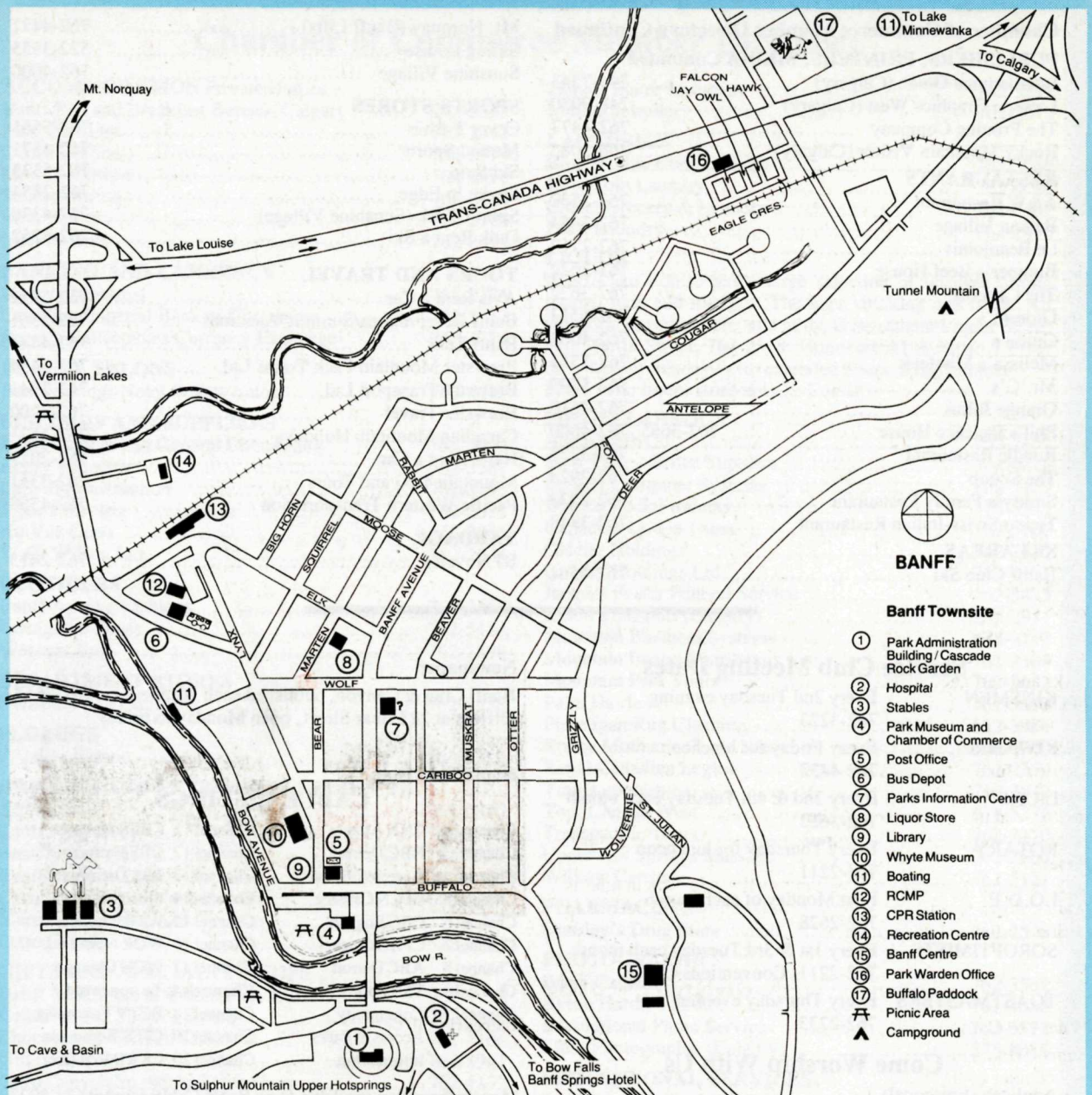
Banff Camera	762-3562
Byron Harmon Photos	762-4548
International Photo Services	762-3572
Libra Photographic (Calgary)	275-8088

PROFESSIONAL SERVICES

Associated Medical Clinic	762-2155
Dr. G. E. Barker, Dentist	762-2440
Dr. D. Chambers, M.D.	762-4595
Dr. R. W. Fleming, M.D.	762-2233
Dr. S. Gosnell, Dentist	762-3144
Dr. E. Hall-Findlay, M.D.	762-2055
Karras, Rathbone & Gould, Lawyers	762-2770
Dr. J. Knechtel, Dentist	762-3144
Paramount Realty	762-3875
Dr. H. Patterson, M.D.	762-4595
Rocky Mountain Insurance Agencies	762-2295
Rocky Mountain Realty	762-3962
Shenher & Co., Accountants	762-2271
Dennis Shuler, Lawyer	762-4468
Dr. J. Soriano-Grandin, M.D.	762-4846
Drs. I. & P. Wilson, M.D.	762-3155

PUBLISHERS, PRINTERS, MEDIA

Altitude Publishing	762-4548
Banff Cablevision	678-5973
Banff Crag & Canyon paper	762-2653
CFHC Radio	678-2222
High Country Color	678-5923



Where to Find Us

While the Parks Canada Information Bureau provides all camping, backcountry and park information, the Chamber supplies the commercial information on Banff/Lake Louise. We can also suggest leisure activities, and provide dining and accommodation locations, as well as dates of local events.

PHONE

762-3777

LOCATION

93 Banff Avenue (side entrance of Parks Museum building) next to the bridge * ④ on map

HOURS

Monday to Friday, 8:30 - 5:00

Closed 12:00 - 1:00 for lunch

(Open weekends in the summer)

BANFF Lake Louise
CHAMBER OF COMMERCE



Box 1298
Banff, Alberta, Canada
T0L 0C0

93 Banff Avenue
Phone (403) 762-3777

Distances in kilometres	Banff	Minnewanka	Sunshine	Johnston C.	Castle J.	Radium	L. Louise	Field	Mos. Creek	Bow Summit	Sask. R. Cross.	Icefield	Jasper
Banff townsite	—	14	9	22	28	131	57	83	83	99	136	186	289
L. Minnewanka	14	—	23	36	42	145	71	97	97	113	150	200	303
Sunshine turnoff	9	23	—	21	19	134	62	88	88	104	141	191	294
Johnston Canyon	22	36	21	—	6	109	31	57	57	77	114	164	267
Castle Junction (Hwy. 93S.)	28	42	19	6	—	103	29	55	55	71	108	158	161
Radium Hot Springs, B.C.	131	145	134	109	103	—	132	158	158	174	211	261	364
Lake Louise	57	71	62	31	29	132	—	26	26	42	79	129	232
Field, B.C.	83	97	88	57	55	158	26	—	52	68	105	155	258
Mosquito Creek Campground	83	97	88	57	55	158	26	52	—	16	53	103	206
Bow Summit	99	113	104	77	71	174	42	658	16	—	37	87	190
Sask. R. Crossing	136	150	141	114	108	211	79	105	53	37	—	50	153
Columbia Icefield	186	200	191	164	158	261	129	155	103	87	50	—	103
Jasper townsite	289	303	294	267	161	364	232	258	206	190	153	103	—

(1 km = .6 mile)

Centennial show captures history

From the remains of a Viking settlement at L'Anse aux Meadows in Newfoundland to the beacon of the Fisgard Lighthouse in British Columbia, Canada's national historic parks preserve the country's colorful history.

The system began in 1917 at Fort Anne in Annapolis Royal, Nova Scotia. Since then, more than 70 major historic national parks and heritage canals have been established in different parts of Canada.

These parks commemorate people, places and events that have helped shape this country. Parks include Rocky Mountain House (a fur trading post from 1799 to 1875), Bethune Memorial House (birthplace of Norman Bethune, renowned Canadian doctor) and the reconstructed site of the Fortress of Louisbourg, once the largest French fortress and naval base in North America.

At some historic parks you can actually step back in time as you sit down to an 18th century meal or chat with someone in period costume. Others offer tours, displays and audio-visual

presentations to help visitors understand and appreciate Canada's cultural heritage.

A good way to begin making this a year to discover more about Canada's past is by watching the national parks' centennial slide show at the Cave and Basin Centennial Centre.



Fisgard Lighthouse National Historic Site, British Columbia

Camping guide to Banff Park

Where to Camp

Tunnel Mountain	
Trailer court	May 16 - Sept. 22
Village II	Open year round
Village I	May 16 - Sept. 22
Two Jack Main	May 16 - Sept. 1
Lakeside	June 13 - Sept. 1
Johnston Canyon	May 16 - Sept. 14
Castle Meadows (group camping)	May 16 - Sept. 14
Castle Mountain	June 6 - Sept. 1
Protection Mountain	June 23 - Sept. 1
Lake Louise	May 16 - Sept. 14
(portions will be closed throughout the summer for construction)		
Mosquito Creek	June 16 - Sept. 21
(no charge for winter camping)		
Waterfowl	June 16 - Sept. 21
Rampart Creek	June 16 - Sept. 1
Cirrus Mountain	June 16 - snowfall
(no charge after Sept. 21st)		

Sites in these campgrounds are allocated on a first-come, first-served basis. Through July and August, demand is heavy. Tunnel Mountain is often full by noon, other campgrounds by 4 p.m., so it's best to arrive early.

Recreational Vehicle Sewage Disposal Stations:

Government industrial campground – Banff townsite
Tunnel Mountain campground – all three sections
Two Jack campground – main campground
Johnston Canyon campground
Protection Mountain campground
Lake Louise campground – trailer section
Waterfowl Lake campground

Wildlife poaching has recently become a serious problem in Banff and other national parks. Trophy-sized animals are the prime targets. Special restrictions regarding the possession of firearms apply within the national parks. In the townsites or on public highways firearms must be transported unloaded and either dismantled or securely wrapped.

If you have any questions about these restrictions or see anyone with a firearm or involved in any suspicious activity, please call the park wardens immediately at 762-4506. With help from visitors, poaching can be prevented.



Submissions by: Nancy Buck, Erin Michie, John Pitcher, Heather Dempsey, Joe Benge, Monte Chan, Peter Duck, Helen Parfitt and Nancy Alexander.

24 HOUR PARK INFORMATION ON TV

Tune in to Banff Cablevision, (Channel 10) any hour of the day, for the latest park and weather information as well as for films about the natural and cultural history of Banff National Park.

Extra! Extra!

This eleventh edition of The Mountain Guide has been created to help visitors plan activities and enjoy a stay in Banff National Park. Do you have any comments, suggestions or criticisms of the newspaper? We would appreciate hearing from you. Please send your ideas to the Chief Park Interpreter, Banff National Park, Box 900, Banff, Alberta T0L 0C0.

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