When the National Parks system was first established in Canada, few people could have imagined that in little more than sixty years it would have grown to its present dimensions. From a modest beginning, in 1885 when an area of ten square miles was set apart to preserve the hot mineral springs at Banff, Alberta, the National Parks of Canada have been extended to cover a total area of approximately 29,000 square miles.

Nearly four million visitors enter the national parks annually for periods varying from a few days to several weeks. They come by road, rail and air to explore the natural wonders of the parks on foot, on horseback, by canoe and, in the more developed areas, by car and bicycle.

In addition to hotel, motel and bungalow cabin accommodation, visitors will find well-equipped campgrounds, trailer parks, children's playgrounds, safe sandy beaches, golf courses, tennis courts and many other delightful recreational facilities.

Besides the scenic and wildlife attractions of the parks, numerous lakes and streams offer sport for the anglers. Hundreds of miles of well-kept trails lead to places of wilderness charm and unforgettable scenic beauty.
Angling . . . Visitors to the national parks may enjoy both freshwater and deep-sea angling. Brochures containing information about the most popular fishing waters in the park areas, a list of the species to be caught, and the angling regulations are obtainable free from the parks information bureaus or from the Canadian Government Travel Bureau, Ottawa.

Bathing and Swimming . . . Bathing in hot mineral springs in the mountain parks, in the clear freshwater lakes in the prairie and eastern parks, and salt-water bathing in the parks bordering the Atlantic Ocean help to make a holiday a pleasant experience. Dressing-room facilities are provided by the national parks administration, and life-guards are on duty at the main beaches. Heated outdoor swimming pools have been built in some of the parks.

Boating, Canoeing and Sailing . . . As most of the national parks are abundantly endowed with lakes and streams, boating and canoeing are major attractions. Usually watercraft may be hired locally. Sailing, particularly on the wide tree-bordered lakes in the prairie parklands, is growing in popularity.

Climbing . . . Mountaineers come from many parts of the world seeking "new heights to conquer" in the Canadian Rockies and Selkirks. The Alpine Club of Canada holds annual camps in the mountain national parks.

Cycling . . . A bicycle is a great convenience for sightseeing in the parks as it can be used not only on the main park highways but also on the many fire trails. Cyclists are able to see and hear more of Nature's wonders than is possible when riding in a motor car.

Golf . . . Most of the larger parks have excellent 18-hole golf courses. With the exception of the famous courses in Banff and Jasper Parks, operated in conjunction with the Banff Springs Hotel and Jasper Park Lodge, all golf courses in the parks are maintained by the national parks administration. Attractive club-houses are available to players.

Hiking . . . Nearly 2,500 miles of well-kept trails leading to places of inspiring beauty and interest are available to park visitors. Organized trail hikes are a feature in some of the parks.

Lawn Bowling . . . Bowling greens in sylvan settings have been built in several of the parks in recent years for the benefit of those who enjoy this form of recreation.

Motororing . . . There are 750 miles of good motor roads in the national parks, making it possible to admire the scenic beauty of these areas in comfort.

Nature Study and Photography . . . The national parks, with their great scenic and wildlife attractions, are a paradise for the naturalist and the photographer. Shooting with a camera has replaced shooting with a gun in these protected areas. Devotees of colour photography have unlimited opportunities for recording the marvelous colouring of the landscapes.

Tennis . . . Attractive tennis courts with club-house facilities have been provided in many of the larger national parks, and annual tennis tournaments are held under ideal conditions.

Trail Riding . . . Always a popular form of recreation with many park visitors. Organized trail rides are an annual event in some of the larger scenic parks. Usually saddle ponies and guides may be hired locally.

Winter Sports . . . In three of the national parks in the Canadian Rockies and Selkirks — Banff and Jasper in Alberta and Mt. Revelstoke in British Columbia — winter sports have been developed on a large scale. These include skiing, ski jumping, ski mountaineering, tobogganing, skating, curling and colourful winter carnivals. Many championship ski-meets are held in these parks annually.

General . . . Other facilities for recreation in the national parks include well-equipped children's playgrounds, playing fields, outdoor roller-skating rinks, amphitheatres where concerts and picture shows are held in the open, horseshoe pitches, outdoor checkerboards, and many others. Community singing, camp concerts, dancing, painting, handicrafts, camping and picnicking all add to holiday enjoyment in Canada's national playgrounds.