

DISTANCES FROM BANFF

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(III IXIIOIIIeter 5)	
Mt. Norquay	6
Lake Minnewanka	12
Sunshine Village	16
Canmore	25
Johnston Canyon	26
Marble Canyon	50
Lake Louise	56
Moraine Lake	75
Field	90
Emerald Lake	93
Yoho	98
Calgary	120
Jasper	288
Cranbrook	296
Lethbridge	345
Waterton	376
Medicine Hat	416
Edmonton	424
Kelowna	496
Kamloops	512
Nelson	512
Spokane	600
Regina	882
Vancouver	952

Welcome to the world of PACIFIC WESTERN

40

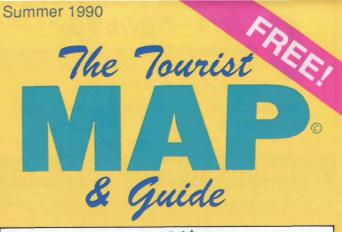


CHARTERS & TOURS AIRPORT SERVICE HAPPY BUS

GIVE US A CALL AND DISCOVER ... A BETTER WAY TO TRAVEL.

PACIFIC WESTERN

Box 1300, Banff, AB, TOL OCO (403) 762-4558 Toll Free 1-800-661-1668





For years, Sunshine Meadows was accessible only to Mountain Goats

Today, Banff's longest and most modern gondola lifts you to Sunshine Village and Meadows - one of the most spectacular alpine meadows in the Rockies. Our scenic 3 mile gondola ride to the Village is your personal key to the wonders of the area – breathtaking viewpoints, hiking, wildlife, guided information, and the Sunshine Inn Hotel with all its amenities.

And, your short journey from Banff to the gondola is made more comfortable and convenient with daily busing from Banff's hotels to Sunshine by Pacific Western Tours.

PACIFIC WESTERN TOURS

Information: 762-6543 Hotel reservations: 762-6555

Visitor Centre: 762-6560 Pacific Western Tours: 762-4558 While in Banff/Lake Louise watch ...



"TRAVELLER INFORMATION"

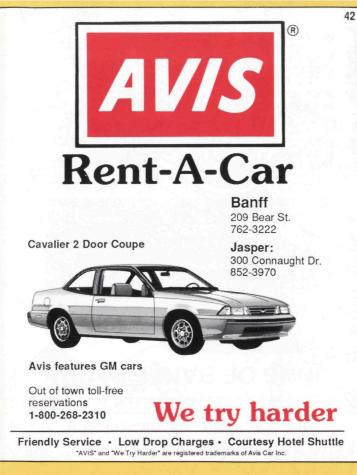
Banff/Lake Louise's Traveller Information Channel airing in these fine hotels . . .

Banff International Hotel	333 Banff Ave.	762-5666	
Inns of Banff Park	600 Banff Ave.	762-4581	
Banff Springs Hotel	Spray Ave.	762-2211	
Charlton's Cedar Court	513 Banff Ave.	762-4485	
Charlton's Evergreen Court	459 Banff Ave.	762-3307	
Banff Park Lodge	222 Lynx St.	762-4433	
Mount Royal Hotel	138 Banff Ave.	762-3331	
Chateau Lake Louise	Lake Louise	522-3511	
Lake Louise Inn	Lake Louise	522-3791	

Support the Program Sponsors!

For further information call . . . 1-800-661-6460

CANADA'S #1 TOURIST DESTINATION Read about it 52 times a year in the Town's only weekly newspaper. Please begin my subscription immediately. I am paying by: □ Visa/MasterCard □ Cheque □ Money Order Credit Card Number Expiry date:_____ Name: Address:___ Town/Province: _____ Postal Code: ____ One-year subscription price, within Canada: \$27. Outside Canada: \$56.90 123 Bear Street Box 129, Banff, AB., TOL 0C0 (403) 762-2453



EMERGENCY Tel. #'s in BANFF

Police (I	RCMP)
Fire	
Hospital	
Warden'	
	(24 hours)

EMERGENCY Tel. #'s in LAKE LOUISE

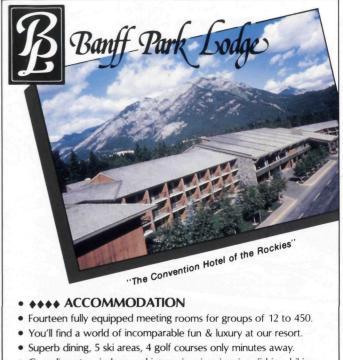
Police (RCMP) Fire Ambulance (Banff) Warden's Office (24 hours) 522-3811 522-2000 762-4333 522-3866

762-2226

762-2000

762-2222

762-4506



- Complimentary indoor parking, swimming, jogging, fishing, hiking.
- For reservations call 403-762-4433, Calgary 403-264-4440.
- N. AMERICA toll free 1-800-661-9266 & Fax 403-762-3553.

BANFF PARK LODGE HOTEL & CONFERENCE CENTRE

222 Lynx Street, Banff, Alberta, Canada TOL OCO

ACCOMMODATIONS

Banff National Park has an incredible turnover of visitors and there are accommodations available for every type of budget. Some popular lodgings are as follows:

> *Banff Park Lodge *Buffalo Mountain Lodge *Douglas Fir Resort *Elkhorn Lodge *Inns of Banff Park *Irwin's Motor Lodge *Mount Royal Hotel *Ptarmigan Inn *Sunshine Village *Tunnel Mountain Chalets *Woodland Village



Serious About Service — * Outdoor Fashions

Next door to the new Lake Louise Information Centre Box 194, Samson Mall, Lake Louise, T0L 1E0, (403)522-3636

GENERAL INFORMATION

Please check the *Bow Valley Visitor's Guide* for more detailed information. The province of Alberta does not have a sales tax and you will be happier if you exchange your foreign currency into Canadian money at the Currency Exchange at 108-114 Banff Ave.. Further information is available from the Banff/Lake Louise Chamber of Commerce (762-3777) at 224 Banff Avenue, Parks Info Centre (762-4256) at 224 Banff Avenue, and the Lake Louise Visitor Centre (522-3833). Ask for an interpretive program schedule. Watch the Hello Channel airing in several hotels for traveller information or call 1-800-661-6460. Bow Valley Cablevision's community channel lists many of the current activities.

SIGHTSEEING

If you're not driving your own car, rent one from Avis (762-3222), or Banff Used Car Rentals (762-3352) and go on your own personalized tour! Banff Taxi (762-4444), Rocky Mountain Cab Co. (762-3727), Canadian Co-Co Tours (762-5600), Majestic Mountain Tours (762-3795), Brewster Transportation (762-6700), and Pacific Western (762-4558) can arrange a tour for you in whatever level of luxury you prefer.

Scenic drives in the area include the Banff Springs Golf Course Loop Drive, Lake Minnewanka, Tunnel Mountain Drive, Vermilion Lakes Road, Lake Louise, and of course, the Banff/Jasper Highway. Particularly beautiful is the Bow Valley Parkway between Banff and Lake Louise.

Brewster Travel (762-3207) at 130 Banff Avenue and the Alberta Motor Association (762-2711) at 215 Bear Street can handle all your travel requirements.

DINING

Banff is renowned for its fine restaurants offering all kinds of cuisine. Barbary Coast Restaurant & Bar (762-4366) 119 Banff Ave. El Toro's Steak House (762-2520) 429 Banff Ave., Smitty's Family Restaurant (762-2533) 227 Banff Ave., Buffalo Mountain Lodge (762-2400) Tunnel Mountain Drive, Mount Royal Hotel (762-3331) 138 Banff Ave, The Red Pepper (762-4525) 215 Banff Ave., and Banff Park Lodge (762-4433) 222 Lynx St. feature delicious menus and abundant servings. Tea Houses are atop both of Banff's scenic lifts. Lady Agnes Tea House at Lake Louise is worth the trip.

GUIDED WALKS & SHOWS

Canadian Parks Service interpreters bring Banff's natural and cultural history to life through a variety of free daily activities and presentations from June 25 - Sept. 2. In Banff call 762-3229 and in Lake Louise call 522-3763 for activities and locations.

GOLFING & TENNIS

The Banff Springs Golf Course (762-6801) has 27 holes with a spectacular view of the mountains and the Hotel. There is also an excellent 18 hole golf course in Canmore (678-4784) 25 km. east of Banff and another 36 holes at the Kananaskis Country Golf Course (1-800-372-9215) 100 km. southeast of Banff. Banff Community Tennis courts (762-4771) are at the Recreational Centre on Mt. Norquay Road, the Recreation Grounds on Birch Avenue, and the Banff Springs Hotel (762-2211).

SWIMMING

The Banff Upper Hot Springs on Mountain Avenue (762-2056) summer hours (seven days a week) are: 8:30 a.m. - 11:00 p.m. from June 1 to October 8 (Thanksgiving). From October 9 to May 31 please phone for times. The Cave & Basin Centennial Centre pool (762-4900) at the end of Cave Avenue, fed by thermal mineral springs, is open seven days a week 10:00 a.m. - 8:00 p.m. from June 14 - Sept. 3 and 10:00 a.m. - 5:00 p.m. the balance of the year. Waterslides at the Douglas Fir Resort (762-5591) on Tunnel Mountain Road are a must.

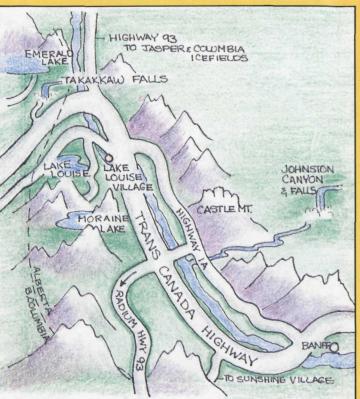
CAVE & BASIN CENTENNIAL CENTRE

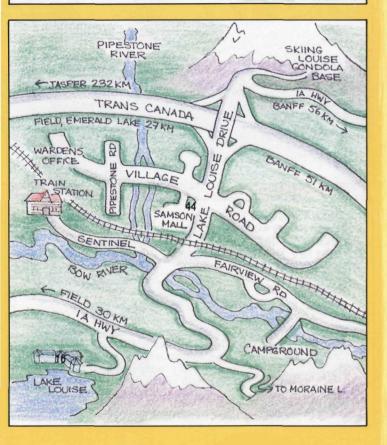
Located on Cave Avenue (762-4900) the centre marks the birthplace of Canada's national parks. Activities at the site include a swimming pool fed by thermal mineral springs, the cave, boardwalk trails, indoor exhibits and an audiovisual show. Summer hours: 10:00 a.m. - 8:00 p.m. daily from June 14 -Sept. 3 and 10:00 a.m. - 5:00 p.m. the balance of the year. The Cave & Basin Tea House (762-3773) is open for lunches, snacks and souvenirs.





Lake Louise





CULTURAL ACTIVITIES

The Banff Centre For The Arts offers a great variety of performances and exhibitions in the annual Banff Festival of the Arts, June 8 through August 25. There are instrumental and vocal recitals, jazz concerts, full productions in opera, drama and dance, studio presentations in dance, visual arts presentations and exhibitions. For details, call The Banff Centre box office at 762-6300. The Public Library at 101 Bear Street (762-2661) and the Whyte Museum of the Canadian Rockies at 111 Bear Street (762-2291) contain much lore of the Canadian Rockies. The Whyte Museums' gallery and the Walter Phillips Gallery (762-6281) at The Banff Centre exhibit many fine works of art. The Natural History Museum at 112 Banff Avenue (762-4747) provides a fascinating background on the geological history of the area with some fine exhibits. The Luxton Museum at 1 Birch Avenue (762-2388) takes you on a journey into the extraordinary heritage of the Indians of the Northern Plains and the Canadian Rockies. The Park Museum (762-2859) at 93 Banff Avenue is Western Canada's oldest natural history museum and preserves a unique Edwardian atmosphere through its elaborate architecture and original displays of wildlife taxidermy and park artifacts. Park Museum admission is FREE and it is open daily from 10:00 a.m. - 6:00 p.m..

FISHING & BOATING

Fishing is allowed in the Bow River and in many lakes throughout the Park. Licences are available from the Park Warden Office (762-4506) on Hawk Avenue in the compound or the Park Information Centre (762-4256) at 224 Banff Avenue. Tackle shop, boat and charter boat rentals are available at Lake Minnewanka through Minnewanka Tours (762-3473).

RIDING & CYCLING

Martin's Stables (762-2832) and located on Birch Avenue south of Cave Avenue have horses for rent. Also beside the tennis courts at the Banff Springs Hotel. Other locations are Brewster Stables in Lake Louise (522-3872) across from the Chateau Lake Louise and Emerald Lake in Field, B.C. The Spoke 'n' Edge (762-2854) provides bicycle sales, rentals and repairs.

SHOPPING

Many fine shops are located in Banff. The Book & Art Den at 110 Banff Ave. has an outstanding selection of books. For the discerning shopper, the Art of Man Gallery at 211 Banff Ave., Stone's Gallery at 215 Banff Ave., and Freya's Jewellery and Collectables at 108 Banff Ave. carry a unique assortment of art, artifacts and jewellery.

Koyama at 130 Banff Ave. has fine furs and leather goods. Romulus and Remus at 220 Bear St. offers men's and ladies sportswear. Wild Rose at 215 Banff Ave. (lower level) has casual coordinates and The Snowflake at 215 Banff Ave. has great Canadian designs in knit, leather and fur. Creations at 204 Banff Ave. carry distinctive gifts made in Canada. The total clothes experience for children can be found at Kindersport at 225 Banff Ave.

Harmony Drugs at 111 Banff Ave. and Bow Valley Office Supplies in Wolf & Bear Mall (lower level) are available for stationery and personal needs. And don't forget to sample the goodies at Ye Olde Fudgery. The Scoop at 207 Banff Ave. is Banff's famous ice cream parlour. One Hour Photo service is available at Banff Camera Shop at 101 Banff Avenue.

Standish Hardware at 208 Bear St. (762-2080) provides all your hardware needs. Chalet Coin Laundry (762-5447) on Tunnel Mountain Drive provides hourly service from downtown Banff. Check out the real estate market with Royal LePage at 217 Bear St. (762-8122).

Don't forget Castle Cellars (762-3528) at 200 Banff Ave. (lower level) for imported and domestic wines to complement any meal or occasion!

LAKE LOUISE

The Lake Louise Visitor Centre (522-3833). Samson Mall is the development that everyone is talking about! Tucked away amidst some of the most incredible scenery in the Bow Valley, this mall contains everything you need. A photography store, grocery store, liquor store, post office, bank, clothing store, yogurt shop, book store, gift shop, beauty salon, taxi and much more. Wilson Mountain Sports (522-3636), located in the mall, can supply you with all your camping gear and bicycle requirements.

