

In 1888, under the direction of William Cornelius Van Horne, the elegant 250 room Banff Springs Hotel was completed.

When skiers arrive at the top of our mountains they're awestruck by the grandeur of the unspoiled wilderness that surrounds them. These same sights greeted explorers and climbers from around the world when they first visited the Canadian Rockies more than 100 years ago. Mountain guides from Switzerland led the first ascents of the peaks. On wooden skis with leather bindings, adventurers discovered untracked snow in wide-open bowls, laying the groundwork for today's modern Banff/Lake Louise ski industry.

### The 1700s

The first Europeans arrived and with them came the introduction of guns, horses and European diseases. This led to a shift in power, as well as bloodshed, among the native tribes. The introduction of smallpox killed three fifths of the western Aboriginal peoples.

**1754:** Anthony Henday was the first non-native to see the Canadian Rockies.

### The 1800s

**1800:** David Thompson and Duncan McGillivray explored the Bow Valley.

**1841:** Sir George Simpson, Governor of the Hudson Bay Company, crossed the Rockies on his way around the world. This began exploration throughout the Canadian Rockies.



**1847:** Rev Robert Terrill Rundle, a Wesleyan Missionary, held services for the natives on the shores of Lake Minnewanka.

**1857-60:** The Palliser Expedition explored central and western Canada for the British Government. John Palliser, an Irishman, organized this exploratory trip to see if the land could be settled. The group split into three to explore the modern day areas of Kananaskis, Banff, the Kootenays and Waterton. James Hector was the leader in the exploration of the Banff area and named many of its mountains. The Palliser Expedition was successful in redrawing the map of the west and shifting political attention to the resource and settlement potential of the southern plains and mountains.

**1871:** The surveying work of three generations of western explorers became nationally important as the newly established Confederation of Canada was to be united by a transcontinental railway.



**1882:** Guided by a Stoney Indian, Canadian Pacific Railroad packer Tom Wilson was the first white man to see Lake Louise. He named it Emerald Lake (later renamed Lake Louise in 1884 after the daughter of Queen Victoria).

**1883:** The railway was built through Siding 29 (Banff) and reaches Laggan Station (Lake Louise).

The beginning of Banff National Park

**1883:** Railway workers William McCardell, Thomas McCardell and Frank McCabe discovered hot springs (known today as the Cave and Basin), at the foot of Sulphur Mountain.

**1885:** A federal reserve of 26 square kilometers was set aside surrounding the hot springs.

In 1887, the area was increased to 673 square kilometers and named "Rocky Mountains Park". This was the beginning of Canada's National Park system and the birth of tourism.

**1886:** Once the attraction potential of the hot springs was realized the federal government appointed George Stewart to create an infrastructure of roads, bridges and services that would make the hot springs reserve into a credible National Park. The town was named Banff after "Banffshire", the district in Scotland which was the birthplace of two CPR directors, Lord Strathcona and George Stephen.

**1888:** The original log framed Banff Springs Hotel was opened for business by Canadian Pacific Railways. William Cornelius Van Horne, head of CPR visited the site

during construction and noticed it was built the wrong way. He quickly designed a viewing pavilion for guests.

**1890:** A log cabin was constructed on the shore of Lake Louise and was soon replaced by a larger chalet.

**1892:** The area around Lake Louise is added to the "Rocky Mountains Park".

**1899:** The CPR brought Swiss guides to the Rockies to lead tourists to the summit of the mountains.

### The 1900s

**1900:** Bill and Jim Brewster began guiding and outfitting in Banff. The family dominated tourist transportation throughout the Mountain Parks until 1965, when they sold to Greyhound. The CPR opened the mining town of Bankhead and Banff grew into International destination.

**1911:** Automobile access to the park is made possible

by the construction of the Banff/Lake Louise Coach road, making an immediate impact on the development of the park. The car marks the beginning of the second phase of tourism. Today 92% of the parks visitors arrive by private vehicle.

**1921:** The road between Banff/Lake Louise was completed.

**1923:** The road between Banff and Radium opened as a link in the first public highway across the Canadian Rockies. This connected with routes to the US to form what Americans called the "Grand Circle Tour".

**1924:** Fire destroyed the Rattenbury wing of the Chalet at Lake Louise.

**1925:** Reconstruction of the CPR Hotel at Lake Louise is completed. The structure was opened under the name "Chateau Lake Louise".

**1926:** Fire destroyed the north wing of the Banff Springs Hotel.

**1928:** Reconstruction of the Banff Springs Hotel was



completed. The building appeared essentially as it is today.

**1930:** The National Parks Act was passed by Parliament establishing the boundaries of the mountain parks generally as they exist today and introducing the concept of parks preservation under which the present day parks system is managed.

Rocky Mountain Park renamed Banff National Park.

**1962:** The Trans-Canadian Highway is officially opened. Banff by now had become the foremost of all of the



Canadian National Parks. The growth and competitive prices of the airlines helped Banff become the international holiday location that it is today.

**1990:** Banff became a self-governing municipality within the Province of Alberta on January 1st. Today Banff National Park covers an area of 6,641 square kilometers. Approximately 8 million people enter the park annually. Today Banff National Park covers an area of 6,641 sq. km.

## INTRODUCTION TO BANFF & LAKE LOUISE

The communities of Banff and Lake Louise have been welcoming international visitors for more than a century. In 1883 the attempts of three Canadian Pacific Railway (CPR) workers to stake a claim to the natural hot springs they had discovered bubbling from the base of Sulphur Mountain led to the establishment of Canada's first national park. Today, Banff National Park (6,641 square km / 2,564 square miles) is one of four adjoining mountain parks comprising more than 20,235 square km / 7,813 square miles of spectacular Canadian Rocky Mountain landscape. For current visitors,

bathing in these same hot springs is but one of many activities offered in Canada's foremost National Park. When you visit the Banff/Lake Louise area you will see why each year more than 4.5 million visitors come to enjoy the unique feeling of the Canadian Rockies and to experience why the United Nations in 1985 declared our area a "World Heritage Site". Banff National Park is a year round playground in the Canadian wilderness. A four season recreational area that offers everything from downhill skiing & snowboarding terrain to hundreds



of miles of mountain trails. Explore our landscape by bus or car, canoe or raft, on foot or skis. Enjoy the many sightseeing opportunities or photograph some of the most spectacular scenery and wildlife on Earth.

The weather in the Canadian Rockies is variable due to the high elevation and rugged topography. Cool, crisp air and warm days are typical of autumn in the Canadian Rockies. Warming Chinook winds can bring spring-like conditions in winter, while spring offers both skiing and golfing opportunities. The summer climate is pleasant with low humidity, warm temperatures and daylight hours stretching until 11 pm.

Banff... In 1883, the transcontinental railway reached the formidable Rocky Mountains and three railway workers chanced upon simmering hot springs. The area was protected by the government and two years later became Canada's first national park, Rocky Mountain Park. At 1384 m (4540 ft) above sea level, Banff is "Canada's Highest Town".



Banff National Park is the 3rd oldest in the world, established in 1885. The Park is 6,641 sq. km (2,564 sq. miles) in area. It is managed by Parks Canada, part of the federal department of Canadian Heritage. The Canadian Rocky Mountain Parks World Heritage Site is a United Nations designation which includes Jasper, Kootenay and Yoho national parks, plus adjacent B.C. provincial parks: Hamber, Mount Robson and Mount Assiniboine. This area helps protect over 20,000 sq. km (7,700 sq. miles) of the Rocky Mountains.

*Photo: Tracker Productions, Banff, Alberta*



There are seven National Historic Sites within Banff National Park; Skoki Lodge, Abbot Pass Hut, Howse Pass, Cave & Basin, Banff Park Museum, Fairmont Banff Springs Hotel, and the Cosmic Ray Station on Sanson Peak.

The highest mountain within Banff National Park is Mt. Forbes, 3,612 m (11,850 feet), seen from North Saskatchewan River Crossing along the Icefields Parkway. There are more than 1,000 glaciers in Banff

National Park. The largest and deepest lake is Lake Minnewanka (dammed) the largest natural lake is Hector Lake. The Bow River is the main river in Banff National Park, its headwaters are at Bow Glacier/Bow Lake flows to Hudson's Bay.

*Editorial courtesy of Banff/Lake Louise Tourism*

### DISCOVER BANFF'S HISTORY & CULTURE

A great introduction to Banff is of course the Banff Park Museum. This historic site that looks like a railway station, at the foot of Banff Avenue's bridge.

The museum was created by the old Natural History Branch of the Geological Survey of Canada. In February 1895 a shipment of mounted and labelled specimens arrived in Banff. It included eight mammals, 259 birds, a turtle, 57 specimens of wood, 814 plants and 201 mineral samples. John Macoun of the Natural History Branch described these specimens as "an almost complete representation of the birds and flowering plants found within the limits of the park."

First established in the summer of 1895, the park museum was moved to the present building in 1903. The oldest surviving building Parks Canada maintains was constructed by the federal government to the designs of John Stocks, an engineer with the territorial public works office.

The 1903 museum building is the largest and most elaborate example of the early phase of park design utilizing decorative cross-log construction. The large windows, clerestory lantern and the cantilevered truss system which support the second floor demonstrate unique approaches to the need for natural light and spatial requirements of the museum.



It was declared a National Historic Site of Canada by the Historic Sites and Monuments Board of Canada in 1985, and designated "Classified" in 1986, by the Federal Heritage Buildings Review Office in order to protect, preserve, and present the museum for present and future generations.



From dozens of eggs, butterflies, tiny bats and moles right up to stuffed grizzlies, beavers, elk, deer and bison - you'll learn from brief descriptions where these animals originated and why they wound up on display. Behind the original wooden-framed glass cases (admire the ripples in the rolled glass) and in the old-fashioned display rooms are tales of a few of the legendary characters who formed and worked at the Museum, namely Norman Sanson, museum curator from 30 years. Amassing an enormous collection throughout his long life, Sanson gathered thousands of plants while hiking some 20,000 km and while climbing Sulphur Mountain - about 1,000 times, say museum reports with the last time being when he was 81 years of age.





### DISCOVER BANFF'S ABORIGINAL HISTORY

Now that you know a few chapters of Banff National Park's "natural" history, walk across the bridge to the Buffalo Nations Museum, built in the late '30s. Behind the log palisade is another time piece, one that is looking a bit dusty and tired, but somehow refreshing in its ungenitrified state. Walk along the ramps to a room of glass cases full of First Nations' beadwork, weapons, pipes, back boards, crockery, costumes and other examples of their culture. Then amble slowly through the main hall, given over to re-enactments of teepee camps and their

*Photo: Tracker Productions, Banff, Alberta*

nomadic way of life that tracked animals and weather patterns. From the Sun Dance, where mannequins illustrate the painful thanksgiving ritual to a Cree dog team and bison hunts - this entire space is chockfull of life-sized displays and dioramas that interpret the legends and myths surrounding the Native people who have lived in the Bow Valley for 11,000 years.

The peoples of Canada's West experienced many changes during the final decade of the 19th century. The population of Banff grew as the town became an important tourist destination while the Native Stoney population on the neighboring Morley Reserve adapted to a new way of life. The two groups met informally on occasion and in 1889, when a slide closed the Canadian Pacific Railway and stranded

a group of tourists in Banff, some Natives were invited to Banff to provide entertainment. By 1900, an annual festival had evolved known as "Indian Days."

Each summer the Stoney, and later other tribes of Treaty Seven, traveled to Banff to share their stories and legends, to participate in dances, horse races and sporting events. Banff's population and tourists became better acquainted with the tipi homes and lifestyles of the once nomadic people. This event provided a socio-cultural bridge between the groups.





Norman Luxton ran Banff's Indian Days from 1909 to 1950, as the festival grew. Numerous Aboriginal groups, as well as Canadian artists, joined in the celebrations and many visitors from around the world were attracted to Banff.

The event continued to 1978 when changing attitudes and organizational problems led to its demise.

The Buffalo Nations Cultural Society has revived the concept. Since March 1992, they have successfully operated the Museum. It has also revived Banff's Indian Days as the Buffalo Nations Tribal Days, and is working on a Buffalo Nations Cultural Park. Through these and other projects, the Buffalo Nations Cultural Society continues the tradition promoted by Walking Buffalo: encouraging understanding and harmony between human beings and nature through the presentation of Aboriginal oral histories, artifacts, songs, dances and crafts.

#### DISCOVER THE BIRTHPLACE OF BANFF NATIONAL PARK

Continue west on Cave Avenue and you'll soon find yourself at the Cave and Basin National Historic Site which was, in its heyday, a magnificent swimming pool replete with Roman arches and superb views of the Bow Valley.

Take a tour of today's museum and you'll discover this is, indeed, the birthplace of Banff National Park - Canada's first national park. Aside from the outdoor pool, part of this cultural tour takes you to the original cave where three railway workers followed a plume of steam by lowering themselves into a cave full of hot springs, in 1883. That led to not only the formation of this national park in 1885, but to Canada's first spa for the natural hot springs are what drew thousands of tourists from around the planet to Banff.



### Discover an Authentic Banff

Meander along the Cave's outdoor interpretive trail where you can see snails and slimy rocks coated with minerals and then head back along Cave Avenue, past the old stables and new condos, where you'll get a sense of the rich history behind this town of 8,000 permanent residents.

For this is no instant village. There's a history and beauty to Banff, precisely why it's so much more than just a "ski"



town. Sure, that's how it may appear from December through April, but take a stroll through Banff's charming cemetery and you'll immediately see its age. You'll notice plenty of Swiss names (due to the Swiss guides who flocked here at the turn of the 20th century) and famous explorers from the Mary Schaeffer, Peter Whyte, Bill Peyto and Jimmy Simpson days.

### Discover the Whyte Museum

Back on Banff Avenue, go west a block to Bear Street and you'll find gems like Canada House Gallery, a series of log heritage homes (which you can tour on Sundays) and Banff's most prestigious collection of art, the Whyte Museum of the Canadian Rockies (See City Passport offer on page 43)

### Peter and Catharine Whyte:

#### Their Story in the Heritage Gallery

From Boston to the banks of the Bow River, a life of romance, meaning and adventure flourished between a wealthy young debutante and a small town artist and outdoorsman. It is a story of significance, a story of vision, how two people followed their own passions while making a difference in the lives of others. This is the story of Peter and Catharine Whyte. Their very different childhoods, a secret courtship at art school, the building



of a home, friendships, community and the Museum are just some of the stories that grace the gallery walls.

### Heritage Collection

The Heritage Collection consists of material culture that links the social and cultural past of the Canadian Rockies with the present. The collection's strengths are in recreational areas such as climbing, skiing, hiking and riding; transportation and historic commerce areas such as outfitting, guiding, packing, surveying; and material associated with the pioneer household.

The Museum has exceptional collections related to the Stoney First Nation and an outstanding collection of Japanese materials acquired from Catharine Whyte's grandfather, Edward Morse.

### SIGHTSEEING TOURS

#### Discover Banff Tours Ltd.

Discover Banff Tours provides sightseeing tours and activities year round. Using mini-buses and vans personalizes our tours of Banff National Park by allowing plenty of guide-client interaction. Guides are locals, professionally trained, and are keen to share their own Rocky Mountain experiences. Hotels pick up and drop-off, refreshments, use of binoculars and spotting scopes are provided.

*Location: 215 Banff Ave, Main Level, Sundance Mall*

*Info: 403-760-5007*

*(See City Passport offer)*

#### Banff Adventures Unlimited

Your one-stop adventure shop, offering activities and tours in the Canadian Rockies. Treat yourself to the luxury of hassle-free booking with access to all of the area's activities in one place.

**Winter activities** include snowmobile tour, ice walk, dogsleds, sleigh ride, or sightseeing tour, we have something for everyone.

**Summer tours** include river rafting, ATV tours, horse riding, kayaking, caving, wildlife tours and heli-rides. They even offer mountain bike rentals.

*Open 7 days a week.*

*Location: 211 Bear Street*

*Info: 403-762-4554*

#### Icefield Helicopter Tours (April 1st onward)

All around as far as the eye can see are majestic mountains and glaciers. Something that cannot be appreciated just by driving by in a car. To really appreciate the natural beauty one has to see what the view is up close. Wilson Glacier or Columbia Icefield Tours

*Location: Call for Hotel Pick up*

*Info: 888-844-3514*

### Brewster Lake Minnewanka Boat Tours

Open daily, mid-May to early October. Offer 90 minute scenic cruise on Lake Minnewanka, located 7 miles from Banff. Crew will provide narration as travel through spectacular scenery.

*Location: Lake Minnewanka Drive*

*Info: 403-762-3473*

### White Mountain Adventures (NEW)

Enjoy a private tour; 1 – 6 persons: Guided Hiking, Sight-seeing, Icewalks.

The snow is always deep, soft and plentiful at Lake Louise. Make the most of your winter experience at Banff and enjoy an afternoon tour to Lake Louise with ample time to partake in some truly Canadian winter experiences.

*Location: Call for Hotel Pick up*

*Info: 403-760-4403*

### Canmore Caverns Ltd.

Join us on a tour of discovery to Rat's Nest Cave: a wild, undeveloped cave with no artificial lights, boardwalks or handrails under Grotto Mountain. Caving is physically challenging but NO EXPERIENCE is necessary. Reservations are required. Group minimum is 2, maximum is 8. Children should be age 9 or older.

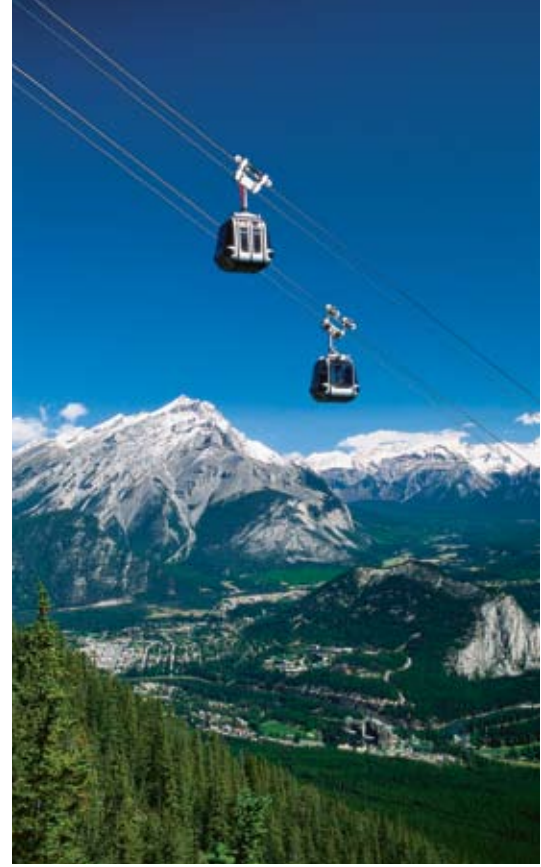
*1009 Larch Place Canmore, AB*

*Info: 403-678-8819*

## ATTRACTIONS/MUSEUMS

### Banff Gondola

Banff Gondola is located just 5 minutes from the Town of Banff, on the shoulder of Sulphur Mountain, in the heart of the Canadian Rockies. The 360° view from the upper gondola terminal, view-decks and Summit Ridge interpretive boardwalk, is the very best vantage point in the west. Safely seated in 4 passenger gondola cabins,



visitors are transported in 8 minutes to the summit at an elevation of 2,281m (7,486 ft) above sea level.

*Location: Sulphur Mountain*

*Phone: 403-762-2523*



### Banff Upper Hot Springs

All the amenities of a modern facility are featured in this splendid, historic spa and bath house - against a backdrop of Banff's spectacular alpine scenery. You will luxuriate in the comfort of soothing hot springs where travelers have come to "take the waters" for more than a century. Banff's premier attraction is open year round. The pool is within in a restored 1930's heritage bath-house, with an outdoor mineral spring fed hot pool with views of famous Mount Rundle.

*Location: End of Mountain Avenue*

*Info: 403-762-1515*

*(See City Passport offer)*

### Banff Park Museum National Historic Site

Banff Park Museum – One of Canada's oldest and grandest natural history museums. A visit to this century old showpiece of architecture and early natural history interpretation is an enchanting way to discover Banff's mammals, birds and insects in an elegant setting. Norman Sanson, curator for over 30 years personally collected thousands of specimens in his efforts to make the museum "the best of it's kind in Canada".

*Location: 91 Banff Avenue*

*Info: 403-762-1558*

*(See City Passport offer)*

### Buffalo Nations Luxton Museum

Visit the Buffalo Nations Museum to return to the days when the horse first arrived on the plains, and when Europeans discovered Native cultures rich in elaborate ceremonies, dances, songs, and legends.

*Location: 1 Birch Avenue*

*Info: 403-762-2388*

*(See City Passport offer)*



### Canadian Ski Museum West

The CSMW is a free exhibit that offers visitors the history of skiing in Banff National Park.

The exhibits range from artistic focal points, to informative displays, the history unfolds chronologically from the lower level in Cascade Plaza up to the second level.

*Location: Cascade Plaza, 317 Banff Avenue*

*Info: 403-762-8484*

### Cave and Basin National Historic Site

The Cave and Basin National Historic Site of Canada commemorates the birthplace of Canada's National Park system, which began here in 1885. The growth and development of Canada's national parks are celebrated in interactive displays and exhibits. Naturally occurring, warm mineral springs can be found inside the cave, and outside in an emerald coloured basin.

*Location: 311 Cave Avenue*

*Info: 403-762-1566*

*(See City Passport offer)*

### Whyte Museum Of The Canadian Rockies

Visit the Whyte Museum of the Canadian Rockies to enjoy the history and culture of this rugged region- natural history, human history and art.

Experience our galleries, heritage homes, guided walks and tours, public programs, and archives and library.

*Location: 111 Bear Street.*

*Info: 403-762-2291*

*(See City Passport offer)*

*Photo courtesy of Canada Place*

## WINTER ACTIVITIES TO ENJOY

### CAVING

#### Canmore Caverns Ltd.

Join us on a tour of discovery to Rat's Nest Cave: a wild, undeveloped cave with no artificial lights, boardwalks or handrails under Grotto Mountain. Caving is physically challenging but NO EXPERIENCE is necessary. Reservations are required. Group minimum is 2, maximum is 8. Children should be age 9 or older.

1009 Larch Place Canmore, AB  
Info: 403-678-8819

### GUIDED HIKING

#### Discover Banff Tours

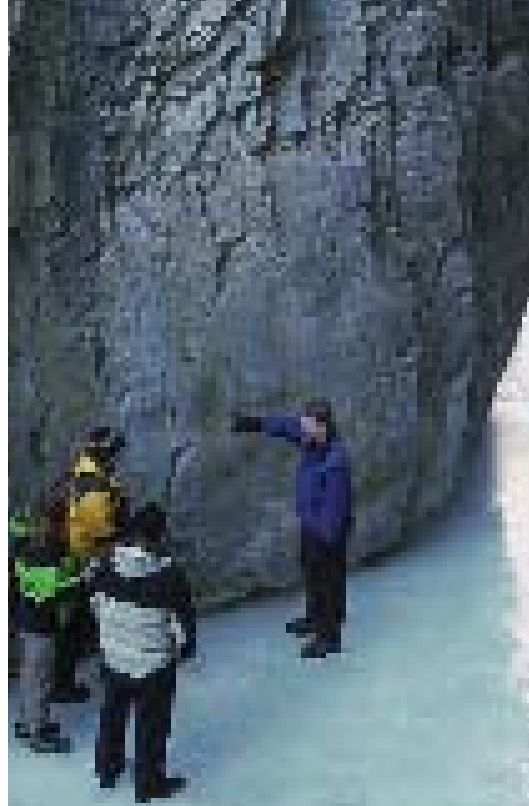
Hike to classic locations in the Banff Lake Louise area - Share the passion for the mountains with our local, enthusiastic guides - Explore the trails in Yoho, Larch Valley, Staley Glacier, and Plain of 6 Glaciers - Hiking time is from 4 to 6 hours.

Location: Call for Hotel Pick-up  
Info: 403-760-5007  
(See City Passport offer)

#### Great Divide Nature Interpretation

Great Divide's award-winning guides offer interpretive hikes with an equal mix of fun and learning. Walking against the dramatic backdrop of the Canadian Rockies or amidst the quiet beauty of winter, you will discover the stories behind the scenery of Lake Louise and Banff National Park.

Location: Lake Louise  
Info: 403-522-2735  
(See City Passport offer)



#### White Mountain Adventures

Trek through Johnston Canyon to a world of frozen waterfalls and pillars of blue ice. Enjoy the walk through Grotto Canyon offering the visitor an exciting opportunity to walk along the bottom of an ice covered canyon floor.

Call for Hotel Pick Up ( Extra Charge)  
Info: 403-760-4403  
(See City Passport offer)

### Lake Louise Winter Wonderland

The snow is always deep, soft and plentiful at Lake Louise. Make the most of your winter experience at Banff and enjoy an afternoon tour to Lake Louise with ample time to partake in some truly Canadian winter experiences.

*Location: Call for Hotel Pick up  
Info: 403-760-4403*

### SLEIGHRIDES (FAMILY OR PRIVATE)

#### Holiday On Horseback /Warner Guiding & Outfitting

Holiday on Horseback has been offering trail rides and pack trips for over 45 years. Daily trail rides from 1 hour to full day, western BBQ cookouts and back country pack trips from 2-6 days.

*Location: 132 Banff Avenue  
Info: 403-762-4551  
(See City Passport offer)*

### DOG SLEDDING TOURS

#### Snowy Owl Sled Dog Tours

Enjoy one of the most unique dog sledding experience in the Canadian Rockies!

Snuggle into cozy sleds with beautiful blankets. Experience the thrill and excitement of driving a team of Canadian Huskies in our majestic Rocky Mountain wilderness.

*Location: 104-602 Bow Valley Trail, Canmore, AB.  
Call Direct to Book - 403-678-6949*

### SNOWMOBILING

#### Toby Creek Adventures

Toby Creek Adventures is a Snowmobile and ATV Touring company located on the edge of the Canadian Rockies. Taking you up to 9000ft, we take you on a sightseeing tour of a lifetime!!!! We also offer fabulous packages from Banff with daily transportation.

*Call for Hotel Pick Up ( Extra Charge)*



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*Call for Hotel Pick Up ( Extra Charge)  
Info: Toll Free: 1-888-357-4449*

#### Awesome All Season Adventures

Your adventure takes you away from the main roads into one of the most beautiful mountain environments in the world. Free hotel pick-up daily from Banff & Lake Louise.

*Call for Hotel Pick Up  
Info: Toll Free: 1-888-293-8687*

### SNOWSHOEING

If you can walk, you can snowshoe. Snowshoeing is one of Banff's most traditional, authentic wilderness experiences. Like hiking, snowshoeing allows for a relaxed pace for exploring the quiet beauty of winter in the mountains, and often enables winter wildlife viewing opportunities.

### White Mountain Adventures

Fur Traders had to snowshoe for survival. Now we snowshoe for enjoyment! Follow in the footsteps of a Fur Trader - (no hard work, we promise!) for a true to life Rocky Mountain adventure.

*Call for Hotel Pick Up*

*Info: 403-760-4403*

### CROSS COUNTRY SKIING

All of the different categories of Nordic skiing can be found in Banff: classic track-set cross-country and skate skiing trails, untracked trails, and telemark slopes. On valley bottom trails, the ski season generally extends from December through March.

There are several enjoyable easy-to-moderate cross-country trails in or near the Banff townsite, including:

- Cascade Fire Road, from the Lake Minnewanka parking lot.
- Spray River Loop, from the Banff Springs Hotel trailhead.
- Sundance Canyon, starting from Cave and Basin Historic Site.
- Banff Springs Golf Course, from the Bow Falls parking lot.
- Bow River, from the Canoe Docks

Some popular favorites in Lake Louise include:

- Moraine Lake Road
- The Great Divide (Highway 1A)
- Bow River Loop, starting near the Station Restaurant.



There is also a series of scenic cross-country trails accessible from the top of the Sunshine Village Gondola, though note that there is a fee for the gondola.

### SLEDDING & TOBOGGANING

The terrain around Banff National Park is perfect for tobogganing. While locals in Banff and Lake Louise take advantage of backyards, side streets and parks for sledding throughout the winter, there are a few hills that have more of an official feel.

The toboggan run behind the Fairmont Banff Springs hotel and next to Bow Falls in Banff offers prime tobogganing terrain, perfect for an afternoon of care-free winter fun with the kids or without. A bonfire pit is often blazing at the ice rink at the other end of the hill, so sledders don't have to go far to warm up.

The Cascade Ponds (on Minnewanka Lake Road) is another nice spot with smaller and slower hills that are perfect for toddlers. Toboggans and sleds can be rented at the Fairmont Banff Springs Hotel, and at Ski Tips in on Bear Street in downtown Banff.





## SUMMER ACTIVITIES TO ENJOY

### HIKING

#### White Mountain Adventures

Discover Sunshine Meadows, alpine hiking and walking at its finest. Also, daily guided hikes, wildlife watching, backpacking and heli-hiking available.

*Location: Call for Hotel Pickup*

*Phone: 403-760-4403*

*(See City Passport offer)*

#### Discover Banff Tours

Hike to classic locations in the Banff Lake Louise area - Share the passion for the mountains with our local, enthusiastic guides - Explore the trails in Yoho, Larch Valley, Staley Glacier, and Plain of 6 Glaciers - Hiking time is from 4 to 6 hours.

*Location: Call for Hotel Pick-up*

*Info: 403-760-5007*

*(See City Passport offer)*

#### Great Divide Nature Interpretation

Great Divide's award-winning guides offer interpretive

hikes with an equal mix of fun and learning. Walking against the dramatic backdrop of the Canadian Rockies or amidst the quiet beauty of summer, you will discover the stories behind the scenery of Lake Louise and Banff National Park.

*Location: Lake Louise*

*Info: 403-522-2735*

*(See City Passport offer)*

### HORSEBACK RIDING TOURS

#### Holiday On Horseback /Warner Guiding & Outfitting

Holiday on Horseback has been offering trail rides and pack trips for over 45 years. Daily trail rides from 1 hour to full day, western BBQ cookouts and back country pack trips from 2-6 days.

*Location: 132 Banff Avenue*

*Info: 403-762-4551*

*(See City Passport offer)*

#### Brewster Lake Louise Stables

Brewster Lake Louise Stables offer daily trips by the hour, half day or full day expeditions.

*Location: Brewster Lake Louise Stables*

*Info: 403-522-3511*

### RIVER RAFTING/ RIVER FLOATS

#### Canadian Rockies Rafting Company

In operation since 1993, Canadian Rockies Rafting has perfected rafting trips for all ages and abilities. We offer Ultimate Family Fun on the Kananaskis River, grade 2-3, Whitewater Excitement on the Bow River Horseshoe Canyon, grade 3-4, Wild Whitewater on the Kicking Horse River, grade 3-4+, Scenic Nature Float Trips and Whitewater Riverboarding. Half day and full day rafting tours.

*Location: Call for Hotel pick-up Info: 403-678-6535*

*(See City Passport offer)*



### Hydra River Guides

Experience the thrills of the Kicking Horse Classic daily trip or challenge yourself on the Ultimate Whitewater Adventure with the rapids of the upper and lower canyon. Tours include licensed guides, river gear, BBQ lunch and access to the Hydra private riverside facility. Hydra has been setting the rafting standard for over 20 years.

*Location: 211 Bear Street*

*Info: 403-762-4554*

*(See City Passport offer)*

### FISHING

#### Lake Minnewanka Boat Tours

Guided Charter Fishing trips on 22ft cabin cruisers. Trips last about 3 1/2 hours. All tackle and equipment is provided, need only purchase National Parks fishing permit.

*Lake Minnewanka Drive*

*Info: 403-762-3473*

#### Hawgwild Fly Fishing Guides

Fly fishing around Banff, Alberta, Canada could never be easier than with Hawgwild Fly Fishing



Guides. Peacefully fly fish or spin fish the choicest waters along the Bow River with friendly fly fishing guide Big Jim Dykstra. Banff fly fishing adventures from \$265 US.

*Working out of Banff, AB*

*Info: 403-760-2446*

### DINNER SHOW

#### Oh Canada Eh? Dinner Show

A musical celebration of Canada featuring totally Canadian music and food. While guests enjoy the show singers serve a delicious 5 course family style meal in a rustic log cabin atmosphere.

*125 Kananaskis Way Canmore, AB*

*Info: 403-609-0004 or 1-800-773-0004*

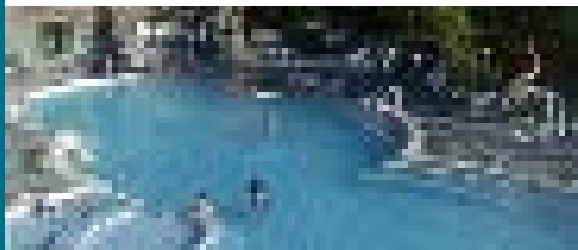


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## Banff Upper Hot Springs

Box 900, Banff AB, T1L 1K2 • (403) 762-1515  
 • Toll Free: (800) 767-1611 • Fax: (403) 760-1347  
 • [www.hotsprings.ca](http://www.hotsprings.ca)



Purchase one pool admission and receive a \$3.00 discount on a second pool admission of equal or lesser value.



All the amenities of a modern facility are featured in this splendid, historic spa and bathhouse – against a backdrop of unforgettable alpine scenery. You will luxuriate in the comfort of soothing hot mineral water where travellers have come to “take the waters” for more than a century. Day spa, café and gift store onsite. Open year-round.

*Not valid with any other promotion.*

## The Whyte Museum

of the Canadian Rockies • Box 160, 111 Bear St,  
 Banff, AB T1L 1A3 • 403-762-2291 • [www.whyte.org](http://www.whyte.org)



attraction

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# WHYTE MUSEUM



111 Bear St. | Banff, AB | T1L 1A3  
 T: 403-762-2291 | F: 403-762-0919  
[info@whyte.org](mailto:info@whyte.org) | [www.whyte.org](http://www.whyte.org)

**The Whyte Museum of the Canadian Rockies** is a meeting place for people from around the world to enjoy and learn about art, culture, and the human and natural history of the Canadian Rockies. Visitors will experience the Museum's four galleries, archives and library, heritage homes, shops, guided walks and tours.

**OPEN DAILY:** 10 am - 5 pm  
 (closed Christmas & New Years Day)

**ADMISSION:** \$6 for adults  
 \$3.50 for students/seniors  
 \$15 for families  
 Children under 6 free



WHYTE MUSEUM  
 BOX 160, BANFF, AB  
 T1L 1A3  
 TEL: 403-762-2291  
 FAX: 403-762-0919  
[www.whyte.org](http://www.whyte.org)

Admission: 2 for 1  
 Or Save 50% off  
 Single Admission  
 (Children 6 and under Complimentary)

OFFER DESCRIPTIONS

OFFER DESCRIPTIONS

Banff

## Buffalo Nations Luxton Museum

1 Birch Ave, Banff, AB, T1L 1A8 • 403-762-2388  
 • Fax: 403-760-2803 • buffaloplanet@telus.net  
 • www.buffalonationsmuseum.ca



Regular Admission:  
 2 for 1 Admission  
 & / OR  
 Save 50% off 1  
 Single Admission  
 Max: up to 2 Adult,  
 2 Child (4 persons)



Visit the Buffalo Nations Luxton Museum to return to the days when the horse first arrived on the plains, and when Europeans discovered Native cultures rich in elaborate ceremonies, dances, songs, and legends.

From richly ornamented costumes to beautifully decorated tipis, from colorful quilt work to hunting equipment, the Museum displays a wealth of Native artifacts and collections. It is a cultural celebration of the richness, diversity, and above all, the resilience of the First Nations Peoples.

Winter Hours: 1:00 pm – 5 pm

Winter hours: October 15th 2007 to April 30th, 2008

## Banff Park Museum

• 93 Banff Ave • PO Box 900 Banff, AB T1L 1K2  
 • 403-762-1558 • Fax: 403-762-1565  
 • www.pc.gc.ca

Parks Canada / Jim Nachtigal / 2001



ONE OF CANADA'S OLDEST  
 AND GRANDEST  
 NATURAL HISTORY MUSEUMS

## BANFF PARK MUSEUM NATIONAL HISTORIC SITE OF CANADA

2 FOR 1 admission  
 (When equal or greater  
 value is purchased)  
 or \$2.00 off the family  
 rate - Or - Save 50% off  
 1 Single\* Admission.  
 (\*excludes families)

The Banff Park Museum National Historic Site is a showpiece of architecture and natural history interpretation. This elegantly-styled 1903 building and its timeless collection dating back to 1860, have been an enchanting way to discover Banff's mammals, birds and insects. Children can experience nature first hand in the Discovery Room, while older visitors may prefer to curl up with a good book in the Reading Room.

Summer Hours: May 15 - September 30, 2008  
 10 am-6 pm. Site tours at 3 pm daily

Winter Hours: October 1, 2007 – May 14, 2008  
 10 am-6 pm. Site tours at 3 pm daily  
 Closed December 25, 26, and January 1





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## Cave and Basin National Historic Site of Canada

311 Cave Ave • PO Box 900 Banff, AB T1L 1K2  
• 403-762-1566 • Fax: 403-762-1565  
• www.pc.gc.ca

Parks Canada / R. Irwin / 2000



2 FOR 1 admission  
(When equal or greater  
value is purchased)  
or \$2.00 off the family

rate- Or -

Save 50% off

1 Single\* Admission.

(\*excludes families)



THE BIRTHPLACE  
OF CANADA'S  
NATIONAL PARKS!

### Cave and Basin National Historic Site of Canada:

When three railway workers discovered the Cave and Basin Thermal springs they set into motion a series of events that would lead to the creation of Canada's national park system in 1885. Today, the grand bathing pavilion, emerald coloured Cave and Basin springs, exhibits and guided tours recount the fascinating history of discovery and former splendour of the site. Interpretive boardwalk trails allow visitors to discover the original cave opening and the stunning natural beauty of the area.

Summer Hours: May 15 to Sept 30th, 9:00 AM - 6:00 PM Daily  
Site Tours at 11:00 am Daily Winter Hours: Oct 1st to May 14th  
Weekdays 11:00 AM - 4:00 PM, Weekends 9:30 AM - 5:00 PM

## Rocky Mountain House National Historic Site of Canada

6 km West of Rocky Mountain House on Highway 11A  
• 403-845-2412 • www.pc.gc.ca



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Parks Canada / R. Irwin / 2000



THE BIRTHPLACE  
OF CANADA'S  
NATIONAL PARKS!

2 for 1 admission or  
20% off the family rate

### Rocky Mountain House National Historic Site of Canada

Over 200 years ago the North West and Hudson's Bay companies set up rival posts at the end of the fur trade line on the North Saskatchewan River. Competition for trade was fierce. During 76 years of operation, nine different Aboriginal groups came here to trade. Explorer, fur trader and map maker, David Thompson used Rocky Mountain House as a base for finding a pass across the Rocky Mountains.

Summer hours: May 19 - September 3, 2008  
10 am - 5 pm Daily



## Banff Heritage Passport

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Save 25% over  
purchasing admission  
separately with the  
Banff Heritage Passport



Discover the naturally occurring warm mineral springs and fascinating history at the Cave and Basin National Historic Site. Meet Banff's heroes and heroines and celebrate mountain culture from around the world through an unparalleled collection of displays and art exhibitions at the Whyte Museum of the Canadian Rockies. Step into a showpiece of architecture and natural history interpretation at the Banff Park Museum National Historic Site.

This pass is valid for as long as it takes you to visit all of the sites. See them all in a day, or save a site for your next vacation!

## The Banff Culture Walk

Banff Information Centre at 224 Banff Avenue  
• [www.banffculturewalk.com](http://www.banffculturewalk.com)



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### 6TH. ANNUAL BANFF CULTURAL WALK AUGUST 2008

(CONTACT INFO CENTRE FOR MORE INFORMATION)

[WWW.BANFFCULTUREWALK.COM](http://WWW.BANFFCULTUREWALK.COM)



A free, year-round,  
self-guiding brochure  
that highlights many of  
the art, heritage  
and cultural attractions  
in Banff.

The Banff Culture Walk is an opportunity to visit the area's most vibrant art galleries, museums, and cultural attractions, to meet artists, and enjoy the art that makes Banff a great cultural destination. A trail guide map will guide you throughout this vibrant community.

This map is available at participating venues and the Banff Information Centre at 224 Banff Avenue.  
[www.banffculturewalk.com](http://www.banffculturewalk.com)



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## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



### Grotto Canyon Icewalk™

Save \$20.00 adult/  
\$10.00 person

(Bonus: Save \$6.00 child)



### ICEWALK™ IN GROTTA CANYON

Walk on a frozen creek through Grotto Canyon, past unusual rock formations, ancient Native rock art, and icefalls. The history of the rock art and the geology of the mountains are at your fingertips as the guides explain their mystery.

#### Tour includes:

Ice Cleats & hiking pools, Hot chocolate & light snack,  
Hotel Pick up and Drop off

Departs Banff Daily: 9:00 am and 1:30 pm

Departs Canmore Daily: at 9:30 am and 2:00 pm

Duration: 3.5 hours, Adult: \$64.00, Children: 8-12 yrs \$40.00

Advance Reservations required. Must be booked direct.

Return Distance: 4.2 km Elevation Gain: 100 m

## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



Save \$10.00 per person

Bonus: Save \$5.00  
per child

### DISCOVER LAKE LOUISE AND THE ICEFIELDS

The unexplored mountain wilderness attracted the first tourists to Banff National Park - View the powerful landscape first hand on your way to Lake Louise and Bow Lake - Learn about our mountaineering history and how a tragic accident at Lake Louise shaped Canadian Mountain Culture.

Your Tour Includes: Deluxe hot chocolate at Num Ti Jah and a light snack, Hotel pick up and drop off and use of binoculars & spotting scope

Departs Banff Daily: 1:30 PM. Duration: 4.5 hours

Adult: \$64.00 / Children: 6-12 yrs \$40.00, 5 and Under Free

Advanced Reservations Required. Must Book Direct.

info@banffttours.com



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## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



### Johnson Canyon Icewalk ™

Save \$20.00 adult /  
\$10.00 person

(Bonus: Save \$6.00 child)



### JOHNSTON CANYON ICEWALK ™

Trek through Johnston Canyon to a world of frozen waterfalls and pillars of blue ice. This Interpretive guided walk along the canyon bottom and over suspended catwalks leads you past waterfalls frozen in mid-stream, and through a short tunnel for a close up view of the Lower Falls!

*Transportation, guide, ice cleats and trail snacks included.*

*Daily from all Banff hotels beginning at 8:00 am and 1:30pm*

*Adults \$64.00/ Children 8-12 years \$40.00*

*Advance Reservations required.*

*Must be booked direct*

*info@banffttours.com*

## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



### Evening Icewalk ™ & Tour

Save \$22.00 adult /  
\$11.00 person

### EVENING ICEWALK ™ & TOUR

Walk to historic Stewart Canyon Bridge under the night of the winter sky - Explore along the shoreline of Lake Minnewanka, listen to the crackling of the frozen lake's ice cap, and learn about the native history of the lake as your guide leads you to historic Stewart Canyon Bridge using headlamps - Finally warm up by the campfire, roast marshmallows, and savour a hot chocolate - Guests should dress in ski wear for this trip including hats, mitts, and warm boots.

*Departs Banff: Sunday, Tuesday, Friday - 6:30pm*

*Duration: 2.5 hours*

*Adult: \$40.00/ Children: 8-12 yrs \$30.00*

*Advanced Reservations Required.*

*Must Book Direct*

*info@banffttours.com*



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## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



Save \$22.00 adult /  
\$11.00 person  
(Bonus: Save \$6.00 child)



### SNOWSHOEING TO PAINT POTS TOUR

Try a beginners snowshoe tour in the morning to the Paint Pots or our standard tour to Vista Lake. Each trip offers stunning mountain views and the opportunity to experience the peacefulness of winter.

PLUS: on the Maple Taffy Tour, your guide will prepare a fresh maple taffy treat for everyone!

**Tour includes:** Snowshoes & hiking poles, hot chocolate and a light snack. Or\*\* maple taffy on the snow!

Call for Hotel Pick-Up

Departs Banff daily: 1:30pm

Duration: 4 Hours

Rates: Adult \$64 / Child (8-12) \$40

Advanced Reservations Required. Must Book Direct.

## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



Save \$18.00 per couple /  
\$9.00 per person  
(Bonus: Save \$5.00  
per child)

### DISCOVER BANFF AND IT'S WILDLIFE TOUR

Build a connection to our World Heritage Site as you visit Banffs landmarks and view wildlife in their natural winter habitat - Hear how the history of the Bow Valley changed when three railway workers rediscovered a hidden treasure - See and learn about wildlife behaviour, habitat, and their winter survival adaptations - This is Banff1s best tour for viewing wildlife which are seen on 95% of the tours.

Your Tour Includes: Hot chocolate and a light snack, Hotel pick up and drop off, admission to the Cave and Basin, use of binoculars & spotting scope

Departs Banff daily:

9:00 AM Duration: 3 hours

Adult: \$49.00 / Children: 6-12 yrs \$25.00, 5 and Under Free

info@banffttours.com



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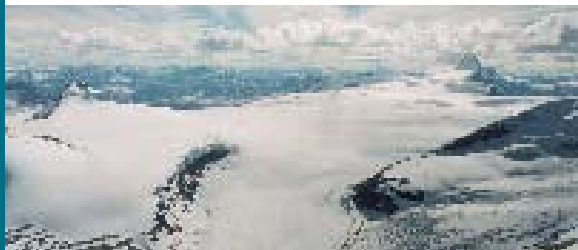


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## Icefield Helicopter Tours

- 403-721-2100 • Fax: 403-721-3779
- Toll Free: 1-888-844-3514 • info2@icefieldheli.com
- www.icefieldheli.com



Columbia Icefields  
Ultimate Tour &  
Wilson Icefield  
Discovery Tour  
Save 25% Off Tours



The Columbia Icefield Ultimate Tour will take you to the Jewel of all Icefields, "The Columbia Icefield". You will view numerous glaciers, waterfalls and alpine lakes.

We require a minimum of 2 passengers.  
Please contact us at  
1-888-844-3514 or  
info@icefieldheli.com

We offer the customers that do come, 30% off on our regular priced items in our gift store.

*Tours run April to October only  
Call or visit our website for rates & other information  
Requires 2 person minimum for the flight.*

## Icefield Helicopter Tours

- 403-721-2100 • Fax: 403-721-3779
- Toll Free: 1-888-844-3514 • info2@icefieldheli.com
- www.icefieldheli.com



Romance Package &  
The Cline Glacier Tour  
Save 25% Off Tours

This tour includes a 20 minute Cline Glacier Explorer Tour which allows you to explore the 6 glaciers of Mount Resolute, Mount Cline and the Whitegoat Peaks. You will also view the 900 foot waterfall, some spectacular aqua-green high alpine lakes and cross a 9,000 foot high mountain pass.

This tour also includes a 1 hour Special Treat Wilderness stop as well as a bottle of champagne (or wine), a souvenir and a 8 X 10 photo to remember the occasion! Or take The Cline Glacier Tour on it's own.

*Tours run April to October only  
Call or visit our website for rates & other information  
Requires 2 person minimum for the flight.*



sightseeing

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## Banff Adventures Unlimited

211 Bear Street, Banff AB

• 1-800-644- 8888 • 403- 762- 4554

• [www.banffadventures.com](http://www.banffadventures.com)



Ice climbing -  
Save \$10 per person



The best ice climbing in the world is found in the Canadian Rockies surrounding Banff, Canmore and Lake Louise. Waterfall ice climbing is an unbelievably exhilarating sport and we invite you to experience it with your own expert private guide. Lessons cater to all abilities, from beginner to advanced.

## Toby Creek Adventures

Located only 2 hours southwest of Banff  
Panorama, BC

• 250-342-5047 • Toll Free: 1-888-357-4449

• [www.tobycreekadventures.com](http://www.tobycreekadventures.com)



Save \$60.00 For 2 Adults  
on 2 machines  
Save \$30 adult/ \$15  
child  
(max value \$60.00)

### PARADISE BASIN -FULL DAY TOUR

From beginner to the more experienced, this is one adventure you won't want to miss! All tours begin with instruction from one of our experienced guides, followed by a session in our huge open playfield. It is here that you become familiarized with your machine and learn to handle it on one of our obstacle courses! Once you are comfortable and ready to go, we head for the hills!

Hotel Pick-up & Return  
\$35.00 per person

*Advance Reservations required. Must be booked direct.  
Valid for up to 2 Adults Only. Valid up to April 30, 2008.  
[info@tobycreekadventures.com](mailto:info@tobycreekadventures.com)*



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## Snowy Owl

#104-602 Bow Valley Trail in Canmore, Alberta

• 403.678.4369 • Toll-Free: 888-311-MUSH (6874)

• [www.snowyowl tours.com](http://www.snowyowl tours.com)



The Powder Hound  
Express

Save \$10.00 /person

Plus save \$5.00 /child



### DOG SLEDDING

This program is tailored to suit visitors who may have a tight itinerary or quite simply feel that an hour on the trail is enough! Enjoy the panoramic views along the pristine trails of Goat Pond and then the gentle seclusion of the mystifying Spray Lakes.

All tours begin with a 30 minute Introduction and Instruction where you learn safety, commands and the history of the dog sledding sport.

\*Driving the teams is optional.

*Duration: 2.0 hrs. Tour start time at Spray Lakes*

*Available daily at 9 am, 11 am 1 pm and 3 pm.*

*\$127.00 adult / \$85.00 Children (8yrs.&under)*

*\*\*Childs rate - ages 8 yrs and under; infants are free.*

*Advance Reservations required. Must be booked direct.*

## Snowy Owl

#104-602 Bow Valley Trail in Canmore, Alberta

• 403.678.4369 • Toll-Free: 888-311-MUSH (6874)

• [www.snowyowl tours.com](http://www.snowyowl tours.com)



The Sunfeather  
Winterlude

Save \$40.00 per person,  
and \$10.00 per child

This half day excursion is surely our most popular!

Enjoy the exciting, enchanting and picturesque trail system meandering through entwined forests of towering, wintery black spruce. Stop to savor slow roasted deli smokies and other delicacies done up Canadian style.

Also begins with the half hour Introduction & Instruction where you will learn sledding safety and how to drive a dog team! This is followed by approximately 3 hours of trail time with a stop for lunch halfway.

*Available daily at 9 am and 1 pm*

*(Tour start times at Spray Lakes)*

*[www.snowyowl tours.com](http://www.snowyowl tours.com)*

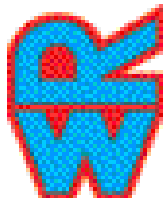
*Advance Reservations required. Must be booked direct.*

## Holiday on Horseback

Trail Rider Store, 132 Banff Ave. Banff, Alberta •  
403-762-4551 • Toll Free: 1-800-661-8352  
• [www.horseback.com](http://www.horseback.com)



Save \$25 per couple-  
Sleigh Ride package



### PRIVATE ROMANTIC SLEIGH RIDES

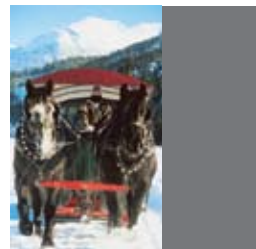
We offer a romantic sleigh ride package perfect for just the two of you. Package includes Bernard Callebaut chocolates, liqueurs and an authentic buffalo robe for extra warmth to make your ride truly special.

Departs: Warner Stables, Sundance Road  
Cost: \$157 per couple

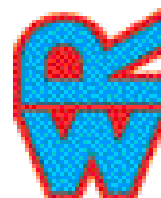
*Advance Reservations required.  
Must be booked direct.  
Max 2 Adults, 2 Children  
[warner@horseback.com](mailto:warner@horseback.com)*

## Holiday on Horseback

Trail Rider Store, 132 Banff Ave. Banff, Alberta •  
403-762-4551 • Toll Free: 1-800-661-8352  
• [www.horseback.com](http://www.horseback.com)



Western Winter Fun with  
Holiday on Horseback  
Save 15% off on  
Sleigh Rides



Sleigh rides are available every hour on the hour,  
7 days per week, from 10:00 am to 8:00 pm,  
weather and snow conditions permitting.

Rides are approximately 45 minutes.

Departs: Warner Stables, Sundance Road.  
Adults: \$26.00  
Children 12 & Under: \$22.00  
(3 and under complimentary)

*Advance Reservations required.  
Must be booked direct.  
Max 2 Adults, 2 Children  
[warner@horseback.com](mailto:warner@horseback.com)*



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## Banff Adventures Unlimited

211 Bear Street, Banff AB

• 1-800-644- 8888 • 403- 762- 4554

• [www.banffadventures.com](http://www.banffadventures.com)



NHL ~ Calgary Flames

Tour Experience

Save 15% off

Max: up to 2 adults /  
2 children



Feel the excitement of a NHL Ice hockey game. Cheer on the Calgary Flames and get ready for some fast paced, action-packed hockey. Games are at the famed Calgary Saddledome and are suitable for the whole family.

Your tour includes:

Hotel pick-up and drop off, round trip transportation from Banff or Canmore, Hockey Ticket, and Onboard Guide.

Game Seating Price List: Includes GST

Black \$100 ~ Green \$125

*Tickets are based on availability.*

*NHL Tours commence*

*November 10th until March 29th, 2008.*

*Must Book Direct ~ Reservations Required*

*NHL schedule can be viewed at*

*[www.banffadventures.com](http://www.banffadventures.com)*



## Summer in Banff

Activities in Banff and Lake Louise come at all levels. Take a casual stroll through wildflowers in an alpine meadow or test your extreme limits climbing to the roof of the Rocky Mountains. Backpack across rock ridges formed by undersea oceans over 45 million years ago, or tee-off at a five-star golf course. Throw a fish hook in the water, walk on a glacier, or canoe on Lake Louise's turquoise water. Take a guided trip outside the park for heli-hiking, whitewater rafting, and ATV fun, where the adventure begins





sightseeing

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## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



Save \$18 per person  
(includes ice explorer tour  
- \$33.95 value)  
Bonus: Save \$6.00  
per child



### Discover The Glacier Trail

A full day sightseeing tour that travels through a landscape carved by glaciers and opened by pioneers. The Icefields Parkway is rated as one of the most scenic highways in the world. See glaciers remaining from the last ice age. Hear stories of early explorers who opened these valleys. Enjoy an alpine picnic. See the Athabasca Glacier and Columbia Icefields Centre.

*Call or visit our website for rates & other information.*

*Daily, Banff at 9:00 AM*

*Lake Louise Samson Mall 9:50 AM*

*Duration 9 Hrs*

*Advance Reservations required. Must be booked direct.*

*Valid to September 1st, 2008*

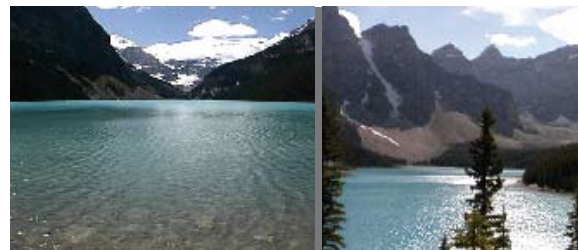
## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



Save \$11 per person  
Bonus: save \$5.00  
per child



### Discover Lake Louise & Moraine Lake

On this sightseeing tour dramatic peaks and summits line the pathway to the alpine settings of Lake Louise and Moraine Lake. Unexplored wilderness and mountains attracted the first tourists to what is now our National Park and World Heritage Site. Travel through wildlife corridors and see examples of how our National Park keeps people, wildlife and habitat in balance. Time is given to walk the shore of Lake Louise and to a spectacular viewpoint overlooking Moraine Lake.

*Daily departure 1:30 PM. Duration: 4 Hrs.*

*Call or visit our website for rates & other information.*

*Valid to October 15th, 2008*



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## Discover Banff Tours

215 Banff Ave, Main Level, Sundance Mall. Banff

• 403-760-5007 • Fax: 403-760-7651

• Toll Free: 1-877-565-9372 • info@banffttours.com

• www.banffttours.com



Save \$18.00 per adult

Bonus: save \$10.00  
per child



### Discover Grizzly Bears Tour

Visit the orphaned grizzly bear Boo as he romps and plays in natural bear habitat - Your guided sightseeing tour to the Grizzly Bear Refuge also includes Lake Louise, Takakkaw Falls, and Kicking Horse Canyon - Ride the gondola at Kicking Horse Mountain for an eagle's eye view of grizzly country, walk the summit trails, and dine on a gourmet lunch buffet at Canada's highest restaurant - Finally experience an up-close visit with Boo, the resident bear of the refuge.

*Tour Includes:- Lake Louise - Spiral Tunnels- Takakkaw Falls - Kicking Horse Canyon - Grizzly Bear Refuge Tour - Sightseeing Gondola Ride - Mountain Top Lunch. Departs Banff Daily: 8:30 AM .Departs Lake Louise Samson Mall: 9:15 AM. Duration: 10 hrs. Call or visit our website for rates & other information. Valid to September 30th, 2008*

## White Mountain Adventures

Box 4259, 122a Eagle Crescent Banff, AB.

• 403-760-4403 • fax:403-760-4409

• info@whitemountainadventures.com

• www.whitemountainadventures.com



Sunshine Vistas  
Complete Hiker  
Save \$15.00 off adult,  
\$10 off child

Take the hassle out of preparing for your day hike at the Sunshine Meadows. The "Sunshine Vistas Complete Hiker" is an all-inclusive day package that leaves all of the planning and preparation up to us. All you need to join this hike is a pair of running shoes! Walk the flower filled trails of the Sunshine Meadows as they wind their way past waterfalls and lakes. With a professional interpretive guide you'll learn all about this fascinating world above treeline! Located 8 kms west of Banff.

*Available July 1 – Sept. 15, 2008*

*All full day guided hikes begin with the 9:00 AM shuttle.*

*Includes: packed lunch, shuttle from parking lot, water bottle, rain poncho, use of a day pack, use of guide books and binoculars. Cost: with shuttle from parking lot: \$54 adult, \$34 child  
Reservations Required.*



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sightseeing

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## Banff Adventures Unlimited

211 Bear Street, Banff AB

• 1-800-644- 8888 • 403- 762- 4554

• [www.banffadventures.com](http://www.banffadventures.com)



### Hiking Tours

Save \$10 off per person



Share the passion for the mountains with our enthusiastic guides - Explore the trails in Yoho, Larch Valley, Staley Glacier and Plain of 6 Glaciers . Enjoy full day hiking tours that include hotel pick up & drop off, use of our hiking poles & binoculars, as well as a packed lunch. Wear sturdy footwear & dress in layers. Please contact us for hiking schedule.

*Must Book Direct.*

*Departs Banff daily 9:00 am duration 7 hours.*

*Call or visit our website for rates & other information.*

## Holiday on Horseback

Trail Rider Store, 132 Banff Ave. Banff, Alberta •

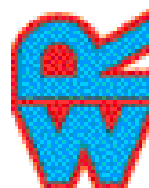
403-762-4551 • Toll Free: 1-800-661-8352

• [www.horseback.com](http://www.horseback.com)



adventure

123



### Bow Valley Loop Ride

Save \$10 per person  
on your bow valley loop  
trail ride

This ride offers the greatest variety of scenery; it travels through the Cave & Basin and along the Sundance Canyon Trail to a thick, lush forest. Guiding for 43 years in Banff National Park

You'll spend approximately 45 minutes riding through the tranquility of the woods, where we often spot wildlife. Continue your ride around the Windy Knoll as you climb Sulphur Mountain for spectacular views of the Bow Valley. Follow the Bow River back to Martin Stables.

*This ride departs at 9:00AM and 1:00PM daily.*

*Tour Duration: Three Hours*



123

## Canadian Rockies Rafting

Box 8082 Canmore, AB, •(403) 678-6535  
 • (403) 609-2335 • Toll free 1-877-CANROCK  
 (226-7625) • canrock@telusplanet.net  
 • www.rafting.ca



Enjoy 15% off on any  
rafting tour



CANADIAN ROCKIES RAFTING CO. can fulfill all your rafting needs when visiting Banff, Canmore, Calgary and the Canadian Rocky Mountains. We take pride in quality customer service and personable rafting experiences. We strive to ensure all groups, large or small, have an enjoyable and hassle free mountain adventure. Rest assured that your group, family or friends will take home enduring river and mountain memories.

One call does it all, choose from a relaxing nature float to a full day of whitewater. CRR has a river tour for all ages and abilities.

*Terms: Tours must be booked direct. Based on availability.  
 Offer is not valid with any other promotion  
 Max 2 adults, 2 child/youth*

## Hydra River Guides

Banff Adventures Unlimited • 211 Bear Street  
 Bison Courtyard Complex, Banff, Alberta  
 • 403-762-4554 • TF: 800-644-8888  
 • info@raftbanff.com



Whitewater Rafting  
 The Kicking Horse Classic  
 Save 15% off Tours

2 trips daily!

This unforgettable journey begins calmly, allowing rafters to familiarize themselves with the raft, their paddles and their guides' commands.

You'll enjoy 2 to 2 1/2 hours of upper canyon rafting time before heading back to our site to enjoy a delicious BBQ lunch. Meet at River Site – 9.45am or 1pm Daily\*

*Transportation from Banff is available for an additional fee.,All rafters must be over 12 years of age and weigh more than 90 lbs.  
 Prices do not include 6% GST  
 Call or visit our website for rates & other information  
 To book, contact Hydra River Guides  
 on 1-800 644 8888 / (403) 762-4554  
 Or visit 211 Bear Street, Bison Courtyard, Banff*



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123

## Hydra River Guides

Banff Adventures Unlimited • 211 Bear Street  
Bison Courtyard Complex, Banff, Alberta

• 403-762-4554 • TF: 800-644-8888

• info@raftbanff.com



Whitewater Rafting  
The Ultimate  
Whitewater Adventure  
Save 15% off Tours



### Upper and Lower Canyon Rafting!

If you're looking for an adrenaline filled whitewater challenge, take on the whole river with 27 kms of upper and lower canyon rafting. Known for deep canyon walls and mighty rapids, it is the most challenging part of the Kicking Horse River.

You will enjoy up to 3 1/2 hours of rafting on the river plus a BBQ lunch. Meet at River Site: 1pm Daily

*Trips based on water levels. All rafters must be over 16 years of age and weigh more than 90 lbs. Prices do not include 6% GST*

*Call or visit our website for rates & other information*

*To book, contact Hydra River Guides*

*on 1-800 644 8888 / (403) 762-4554*

*Or visit 211 Bear Street, Bison Courtyard, Banff*

## Blue Canoe Rentals

Canoe docks, corner of Bow Avenue and Wolf Street

• 403-760-5465 • bluecanoe@banfftours.com



125



2 hour Canoe or  
Kayak Rental  
Get Additional  
1/2 hour - Free

Glide through the wilderness of Banff National Park in your rented Blue Canoe. Explore the waterways of the Bow Valley, including 40 Mile Creek and Vermillion Lakes or the Bow River. Your rental begins with basic canoe instruction and safety tips before putting into the water. For Advanced canoeists wanting to explore, we have full day rentals with car mounts and tie-downs for transporting your rental canoe.

*Terms: Bookings must be made in person at the canoe docks.*

*Prices include GST. Rental includes canoe, PFD, paddles, throw bag, safety & basic canoe instruction, route map.*

*1 coupon per canoe*





## Banff Adventures Unlimited

211 Bear Street, Banff • 403 - 762-4554  
• 1 (800) 644 8888 • [www.banffadventures.com](http://www.banffadventures.com)

125



Save 20% on full day  
bike rental



Enjoy the many bike trails of Banff National Park. All bike rentals come with map, lock and helmet and are available from the Banff Adventures Unlimited Office at: 211 Bear Street.

*Terms: Must be booked direct, based on availability.  
Offer cannot be combined with any other offer.*

## Bow Valley Grill

(The Fairmont Banff Springs Resort)  
• 403-762-6860 • [banffsprings@fairmont.com](mailto:banffsprings@fairmont.com)  
• [www.fairmont.com](http://www.fairmont.com)



125



A La'Carte Dinner Menu  
Save 15% off

Bow Valley Grill offers an a la carte dinner menu featuring hearty home-baked breads, salads, soups and savory entrées such as Herb Crusted Rack of Lamb, Sunhaven Farms Pork Chop, Grilled Alberta Beef Striploin, Seafood Pasta and Much More

*Offer exclusive of gratuity & GST.  
Operation schedule are subject to change.  
Please call for hours.  
Mention City Passports when you make your reservation.  
Reservations required. Not valid with any other offer.*

OFFER DESCRIPTIONS

Banff

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## The Waldaus Restaurant

"House in the Forest" (The Fairmont Banff Springs Resort)

- 403-762-6860 • banffsprings@fairmont.com
- www.fairmont.com



Regular or Featured Menu  
Save 15% off (Food Only)

"House in the Forest" in a Bavarian Cottage-style building you will find an atmosphere reminiscent of an old hunting cottage with dark, rich wood paneling, and a large fireplace.

The menu consists of authentic German and Swiss dishes such as Goulash Soup, Swiss Cheese Fondue, Beef Fondue, and Waldhaus Schnitzel.

## Samurai Sushi Bar & Restaurant

• 403-762-6860 • Fax. 403-762-4447

(The Fairmont Banff Springs Resort)

- banffsprings@fairmont.com • www.fairmont.com



Special City Passport  
Price of \$35.00  
per person  
(Minimum of two orders  
required)

Experience a true taste of Japan at the Samurai Sushi Bar and Restaurant. Time to say "Sayonara" to ordinary dining in our authentic Japanese surroundings!

### MENU:

Chef's Choice of Assorted Sushi • Tuna Tataki • Choice of Shabu-Shabu or Sukiyaki • Steamed Rice • & Green Tea Ice Cream

*Offer exclusive of gratuity & GST.*

*Operation schedule are subject to change.*

*Please call for hours.*

*Mention City Passports when you make your reservation.*

*Reservations required ~ Not valid with any other offer.*



## The Fairmont Banff Springs

(The Fairmont Banff Springs Resort)

- 403-762-6860 • banffsprings@fairmont.com
- www.fairmont.com



Afternoon Tea in the  
Rundle Lounge  
Save 15% off  
per person



Enjoy Afternoon Tea at The Fairmont Banff Springs Mezzanine Level ii. 2:00 to 4:00 pm Daily. A hallowed English custom makes its way to the Canadian Rockies. Join us for traditional afternoon tea in the magnificent Rundle Lounge, and enjoy a refreshing cup of tea and delectable pastries in a friendly, relaxing atmosphere. Dress Code: Resort Casual  
Reservations recommended

*Offer exclusive of gratuity & GST.  
Operation schedule are subject to change.  
Please call for hours.  
Mention City Passports when you make your reservation.  
Reservations required ~  
Not valid with any other offer.*

## Balkan Restaurant

120 Banff Avenue Banff, AB

- 403-762-3454 • Fax: 403-762-5827
- info@banffbalkan.ca • www.banffbalkan.ca



Recieve 10% off  
your food bill

Family owned and operated ensuring quality and pride in every dish. The Balkan restaurant also has an extensive and affordable lunch menu served daily. Lunch Specials from \$6.95

A wide variety of dishes from salads, pasta, steaks and seafood to authentic Greek cuisine made with recipes passed down for generations.

Hours Daily 11am-11pm  
*Offer not valid on Daily Specials.*





restaurant

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## Typhoon

211 Caribou Street, Banff, Alberta  
• 403-762-2000 • Fax: 403-762-2006  
• typhoon@secretbanff.com



Receive 10% off  
your food bill



Vibrant & casual, Typhoon offers delicious samplings from Thailand, India & the Asian sub-continent. Enjoy a great selection of Asian beers, wines carefully chosen to match the menu and a Martini bar that will take you from the classics to the exotic.

### Service Hours:

*Typhoon is no longer open for lunch.*

Dinner: 6:00 pm – 11:00 pm

Appetizers and bar service all day

Appetizers: \$3.75 – \$8.75

Entrees: \$16 – \$22

Wines: \$24 – \$150

Attire: Casual

Reservations: Yes

Credit Cards: All major cards

## Café Soleil

208 Caribou Street Banff, AB  
• 403-762-2090



## Café Soleil

Mediterranean Tapas & Wine

Receive 10% off  
your food bill

Mediterranean flavours & style await you at Café Soleil. Enjoy a wide selection of tapas from all corners of this rich culinary region and a wine list featuring the best of Spain, Southern France and Italy in a warm and refined atmosphere. You'll also find pastas, paninis, big tapas and other great things on the menu.

Tapas: \$6 – \$12,

Big Tapas: \$12 – \$28,

Wines: \$28 – \$200,

Attire: Casual

Reservations: Yes

Credit Cards: AMEX, DP, MC, V

Serving breakfast, lunch and dinner from 7 am.

cafesoleil@secretbanff.com



restaurant

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restaurant

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## Domino's Pizza

601 Banff Avenue, Banff Husky Gas Station  
• 403-760-3330 • [www.dominos.ca](http://www.dominos.ca)



Save \$5.00 off  
a regular priced pizza  
(mention this offer  
at time of ordering.)



Domino's Pizza's Vision illustrates a company of exceptional people on a mission to be the best pizza delivery company in the world.

We don't kid around about making pizza crust. That's why we offer three choices: classic hand tossed crunchy thin crust or ultimate deep dish.

Hours: 4:00 PM to 1:00 AM Daily  
Not valid with any other offer or discount  
[www.dominos.ca](http://www.dominos.ca)

## Fuze Finer Dining

2nd Floor, 110 Banff Avenue Banff, AB,  
Clock Tower Village Mall • (403) 760-0853



restaurant

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Receive 15% off  
food only

One taste and you'll know why we use the word finer to describe the dining experience at Fuze. Our award-winning Chef has literally traveled the globe to bring you the best the world has to offer. From traditional French, to the flavours, spices and ingredients of India, Asia, Canada and elsewhere, the food at Fuze is truly a worldly experience.

"2005 Best New Restaurant in the Canadian Rockies"  
– WHERE Magazine

"Canada's Top 100 Wine Savvy Restaurants"  
- Wine Access Magazine  
(Excludes alcohol, tax, or gratuities)





restaurant

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## The Aurora Night Club

110 Banff Ave., (Clock Tower Mall) Banff, AB

- 403-760-5300 • [www.aurorabanff.com](http://www.aurorabanff.com)
- [www.aurorabanff.mobi](http://www.aurorabanff.mobi)



Good for no line and no  
cover before 11pm\*



Banff's biggest and best nightclub!  
3 rooms - 3 different styles.

Banff's biggest and most electrifying dance floor

Games area with pool tables, video games and big  
screen TVs, & Private room for up to 70 people.

For reservations contact [joe@aurorabanff.com](mailto:joe@aurorabanff.com)  
\*some restrictions apply

Valid until Dec 30, 2008

Fax: 403-760-3343 Email: [joe@aurorabanff.com](mailto:joe@aurorabanff.com)

Closed Mondays & Tuesdays

Wed, Thurs, Sun: Open: 10:00 pm

Fri. & Sat: Open: 9:00 pm

## Hoodoo Lounge

137 Banff Ave. Banff, Alberta

- 403-760-8636 • [www.hoodoolounge.com](http://www.hoodoolounge.com)
- [www.hoodoolounge.mobi](http://www.hoodoolounge.mobi)



Good for no line and no  
cover before 11pm\*

Come enjoy Banff's premier lounge and night club!

Plasma TVs, pool table, comfy couches and a happening  
dance floor!

DJs spin nightly!

For reservations contact [Richard@hoodoolounge.com](mailto:Richard@hoodoolounge.com)  
\*some restrictions apply

Valid until Dec 30, 2008

[www.hoodoolounge.com](http://www.hoodoolounge.com)

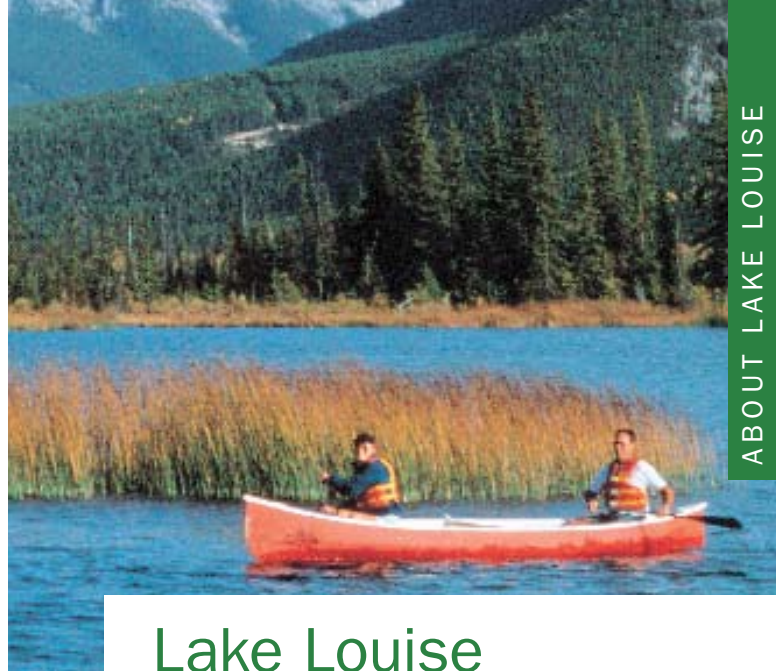
Closed Wednesdays

Thurs. to Tues: Open: 8:00 pm – 2:00 am



restaurant

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## INTRODUCTION TO LAKE LOUISE

Lake Louise... In 1882, guided by a Stoney Indian, Tom Wilson became the first white man to discover what native Indians called "Lake of Little Fishes". He named his discovery Emerald Lake, but it was later changed by the Geographic Board to Lake Louise in honour of Princess Louise Caroline Alberta, fourth daughter of Queen Victoria.

Lake Louise, with its blue-green water set against the stark backdrop of Victoria Glacier, is probably the most beloved and most photographed scene in the Canadian Rockies. Not only have international royalty, Hollywood stars and heads of state come to Lake Louise to relax,

but increasingly the rest of the world is discovering its simple charms as well. Romantic and relaxing, the pace in Lake Louise attracts people who want to savour the finer things of life; a good book in front of a fireplace, the stillness of the outdoors, or a quiet walk after dinner. The Chateau Lake Louise presents lake-side views of the towering Victoria Glacier, offering old-world charm and elegance amidst the wilderness. The lower village of Lake Louise holds an array of fine dining, first class accommodations and shopping. A scenic drive will bring visitors to the awe-inspiring Moraine Lake.

With its blue-green water and dramatic mountain setting, this is the best known and most admired lake in the park. Lake Louise Drive, a paved 4.5 km road, and two trails, the Tramline and Louise Creek, provide access between Lake Louise Village on the valley floor and the lake itself. Pathways lead from the public parking lot to the lake. The magnificent snow-covered peak at the end of the lake is Mount Victoria, named for England's renowned queen. The lake is named for after one of her five daughters. A stroll through the flower-filled grounds in front of the Chateau Lake Louise is a nice way to spend a half hour. Canoes can be rented from the boathouse at the lake or you can see the lake on foot by walking the Lakeshore Trail. At the Lake Louise ski area, on the opposite side of the valley, visitors can take a chairlift up Whitehorn Mountain in the summertime for panoramic views of Lake Louise and its surrounding peaks.

### History of Lake Louise

The body of water that the Stoney Indian people knew as Ho-run-num-nay, the "Lake of the Little Fishes," lies in a valley close to some of the higher peaks in the Canadian Rockies. The first non-native to behold it was Tom Wilson, who - led by a Stoney guide - reached its eastern shore in 1882.



The completion in 1885 of a transcontinental line on the Canadian Pacific Railway route, along with the construction in 1890 of the first commercial accommodation at Lake Louise, attracted increasing number of visitors. The Lake Louise area became an international destination, largely due to promotion by the CPR.

Pioneers such as Walter Wilcox and Samuel Allen explored and mapped much of the vicinity. The surrounding mountains became a mecca for alpinists. Their activities created notoriety for the area when Philip Stanley Abbot became the first person to die in a climbing accident in North America when he fell during an attempt on Mt. Lefroy in 1896.

Legislation had created the Lake Louise Forest Park in 1892, but it was not until 1902 that the area including Lake Louise and Moraine Lake came under the protection of an expanded Banff National Park. Recreational hikers were drawn by a proliferation of trails, such as those to



Lake Agnes and the Saddleback - built in the early 1890s under the supervision of Willoughby Astley, first manager of the original Chalet. A number of teahouses provided to cater to hikers proved popular (two of them, at the Plain of Six Glaciers and Lake Agnes, are still operating).

The works of the many painters who responded to the Lake Louise area, among them Belmore Browne, Lawren Harris of the Group of Seven, and Banff residents Peter and Catharine Whyte, helped to further spread recognition of the area. Road construction facilitated access, and visitors flocked to see for themselves the renowned scenery.

The Lake Louise area has become one of the premier attractions of Banff National Park, and indeed of the entire Canadian Rockies. You can marvel at the panoramic vistas from a distance, but to gain a better appreciation of these fabled environs, head out on foot to experience their fascination firsthand. You can explore more than 270 kilometres (over 165 miles) of trails and routes within a 16 km (10 mi) radius centered on Lake Louise village. This area of some 600 square kilometres, with its concentration of hiking possibilities, can be the focus of excursions - whether short walks, day hikes, backpacking trips, or off-trail scrambles - during which you will garner in-depth knowledge of natural and human history.

### Moraine Lake: Valley of the Ten Peaks

The sister lake to Lake Louise, in its setting encircled by mountains, is a scene familiar to many from the back of the Canadian \$20 bill. From the turnoff on Lake Louise Drive, a 12.5 km drive, closed in winter, takes you to the lake with a number of viewpoints along the way. The Great Divide runs across the tops of the jagged peaks behind the lake. Stoney Indian names were originally given to the 10 peaks by 19th century mountaineers. You can get an excellent view of these peaks and the lake by hiking the Rockpile Trail to the top of the large jumble of rocks at the outlet of the lake. The huge mountain to the north with the glacier on its summit is Mount Temple, third highest mountain in the park. You can also stroll to the far end of the lake on the well-built lakeshore trail, take a short walk to nearby Consolation Lakes or go canoeing.

### 1A Highway: The Great Divide

The 7.4 km drive from the junction on Lake Louise Drive to the Great Divide follows the original highway over the Kicking Horse Pass. A rustic timber arch marks the divide. A monument on the 1625 metre summit of the pass is near the railway tracks, a short walk from the picnic area. As well as being the major continental watershed, the Great Divide also forms the boundary line here between Alberta and British Columbia and between Banff and Yoho National Parks. This road, like the one to

Moraine Lake, is not plowed in winter and then becomes a cross-country ski trail.

From the divide, you can continue on to take in many of the scenic and historical attractions of Yoho National Park: the Spiral Tunnels exhibit and viewpoint, Takakkaw Falls in Yoho Valley and Emerald Lake and the Natural Bridge. For information on Yoho National Park stop at the Information Centre located beside the highway at the town of Field.

#### The Bow Valley Parkway

The parkway is a low-speed scenic drive between Lake Louise and Banff on the side of the Bow River opposite the Trans-Canada. To reach the parkway, cross the highway overpass, drive uphill on Whitehorn Road and take the first right turn. Along the route there are interpretive signs, viewpoints and picnic sites.

#### The Icefields Parkway

This parkway ranks as one of the most scenic highways in the world and is also a good route for viewing wildlife. It starts at an overpass on the Trans-Canada Highway 2.5 km west of Lake Louise. From the overpass it runs for 230 km past Bow Lake, the Columbia Icefield, Athabasca Falls and other natural spectacles to end at the town of Jasper in Jasper National Park.

## Great Divide Nature Interpretation

Box 343, Lake Louise, AB T0L 1E0

• 1-866-522-2735 • [info@greatdivide.ca](mailto:info@greatdivide.ca)

• [www.greatdivide.ca](http://www.greatdivide.ca)



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Half Day Guided  
Snow shoeing  
in Lake Louise

Save \$20 couple / \$10  
adult / \$5 child

(Offer valid for 2 adults, 2  
child/youth max)

The quiet beauty of winter in the Rockies is a delight to explore on snowshoes. Great Divide's award-winning guides offer half day snowshoe trips with an equal mix of fun and learning. Equipment, snack and hot drink included. Find out the stories behind the scenery!

Season: December 27th to March 31st

Reg retail rate: \$60 Adult,

Half price for children 6-12



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## Lake Louise Mountain Resort

Box 5, Lake Louise, Ab. • (403)522-1335

• fax: (403)522-2095



image courtesy of Malcom Carmichael

Save \$3.00 per Adult

Save 10% off anything  
in our retail outlets



Lake Louise Gondola

You haven't seen the Rocky Mountains until you've ridden the Gondola in Lake Louise. An exciting ride awaits you.

The 14-minute ride travels to a top elevation of 2088 metres (6850 feet). At this altitude there is a great variety of plant life where two eco-regions meet. From here you will be provided with the most spectacular panoramic view available in the Rockies!

Visit for a quick snack or enjoy casual dining in the licensed restaurant or cafeteria. Open for breakfast from 8:00 am to 11:00 am and for lunch from 11:30 am to 2:30 pm.

Gondola open: May 15 - September 30, 2008

## Timberline Tours

Paul and Susan Peyto PO Box 14, Lake Louise, AB

TOL 1E0 • 403-522-3743 • 1-888-858-3388

• [www.timberlinetours.ca](http://www.timberlinetours.ca)



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Save \$16.00 per family  
or \$4.00 per person

"Rides from 10 minutes to 10 days!" Leave today's pressures behind. Relax and enjoy your tour on horseback through the beauty and the majestic Canadian Rockies in Banff National Park.

Your tour begins at our main corral located behind Deer Lodge at Lake Louise. From this beautiful starting point you travel into the Rockies mounted on an extremely reliable horse. Inexperienced riders will have no trouble getting along with their horses. As we tour the wilderness you will experience, first hand, some of the most breathtaking scenery this world can offer.





## Great Divide Nature Interpretation

Box 343, Lake Louise, AB T0L 1E0

- 1-866-522-2735 • info@greatdivide.ca
- www.greatdivide.ca

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Full Day  
"Fondue with a View"  
Hike in Lake Louise

Save \$15.00 per adult  
Bonus: Save \$5.00  
per child/youth

**Great  
Divide**  
*Nature Interpretation*

Great Divide's award-winning guides offer interpretive hikes with an equal mix of fun and learning. Enjoy luscious chocolate fondue (with fruit for dipping) at a historic fire lookout site - a chocolate mountain high!

"The chocolate was delicious, the fruit was perfect, but best of all, the hike was first rate."

- Gorin & Allen, Minnesota

*\*Call or visit our website for current rates & information*

## Great Divide Nature Interpretation

Box 343, Lake Louise, AB T0L 1E0

- 1-866-522-2735 • info@greatdivide.ca
- www.greatdivide.ca



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Full-Day Hike OR  
Half-Day Guided Hiking  
in Lake Louise

Save \$12.50 per adult  
or \$5 per child

**Great  
Divide**  
*Nature Interpretation*

Great Divide's award-winning guides offer interpretive hikes with an equal mix of fun and learning. Find out the stories behind the scenery of Canada's hiking capital.

"We'll never look at hiking in the same way. A hike with Joel and Nadine is like seeing in color for the first time."  
- the Hustons, California

*Office Open:*

*May 15 – September 30*

*October 15 – April 15*

*Hiking Season: June - September*

*\*Call or visit our website for current rates & information*

## This image shows a full page of a handwriting practice worksheet. It consists of multiple horizontal rows of small dots, designed to guide the placement and height of letters as one writes. The dots are evenly spaced both vertically and horizontally across the entire page.



The Canadian Pacific Railway train, snaking along the valley floor, evokes the sound of history in the Bow Valley. In fact, the CPR is almost single handedly responsible for the settlement of Banff and Canmore.

## Canmore

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## Canmore Caverns Ltd.

Contact: 1-877-317-1178 toll free or  
[www.canadianrockies.net/wildcavetours](http://www.canadianrockies.net/wildcavetours)



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Save \$10.00 per person  
 Adventure Tour 6 hrs  
 or Explorer Tour 4.5 hrs

Cave tours near Banff & Canmore. We offer adventurous and educational tours through Rats Nest Cave where you will see sculpted passageways, mineral formations and bones. You get to squeeze, crawl, climb and get muddy! The cave is in its natural wild state. There are no handrails, artificial lights or walkways in the cave. This tour is physically challenging. Clients should be physically active and enjoy activities like hiking, biking, rafting, skiing or snowshoeing for example. Minimum 2 persons per tour.

*129+GST/person for the Adventure Tour and  
 \$99+GST/person for the Explorer Tour.*

*\*Age restrictions apply for children.*

*Equipment & Footwear: We provide coveralls, gloves, kneepads, harness and caving helmet & headlamp.*

*\*Hiking boots or Trail shoes are recommended.*

smudged with coal smoke and dust. Since the mines closed in 1979, Canmore has diversified its economy, and the rate of growth in Canmore has accelerated to surpass that of Banff. Both towns now open their arms wide to welcome visitors from around the world. The first train rumbled through Canmore in 1884 and a tiny settlement sprang up at the dividing point on the rails. Three years later, the first coal mine opened at a site below what has been known until recently as Chinaman's Peak. It's now called Ha Ling Peak.

By 1888 there were stores, bakeries and dairies. The first church was built in 1891 and a small log schoolhouse in 1894. At the turn of the 20th century, Canmore was part of Banff National Park and remained so until the 1930 National Park Act deemed mining inappropriate for a National Park. Rather than removing the mine, they moved the Park boundary. Bankhead, a coal mining town near Banff at the base of Cascade Mountain, was shut down, and many of its houses were moved to Banff and Canmore.

Canmore welcomes you to experience the "local" feeling...



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## Boundary Ranch

Hwy # 40, 26 kms. South of Hwy #1.

Kananaskis, Alberta

• 403-591-7171 • Toll-free: 1-877-591-7177

• www.boundaryranch.com



### BOUNDARY RANCH

*Legends in the Canadian Rockies*

Receive 2 for 1 Sleigh rides

Save \$20.00 per adult/\$10.00 per child  
(12 and under) Or Save 25% off single rate

Enjoy an old-fashioned horse drawn sleigh ride along the beautiful trails surrounding Kananaskis Village! Sleighs are available throughout the winter season for both groups and individuals. Sleigh rides depart from the parking lot of the Executive Resort at Kananaskis, adjacent to Woody's Pub.

The sleigh ride is about 45min in duration.

\*All rides are by reservation only.

\*All rates are subject to GST.

\*Advance reservations required, based on availability.

## Boundary Ranch

Hwy # 40, 26 kms. South of Hwy #1.

Kananaskis, Alberta

• 403-591-7171 • Toll-free: 1-877-591-7177

• www.boundaryranch.com



### BOUNDARY RANCH

*Legends in the Canadian Rockies*

3 hr trail blazer Save 20% off

Full-Day Ridge & Meadow Save 20% off

Adventure awaits - our cowboys call this one the mystery tour! Head out by way of the ridge overlooking the incredible Kananaskis Valley. Then the ride takes you down into the valley, to explore a combination of all of the back country trails surrounding the Ranch. Incredible views, wildlife sightings, even a little bush-wacking! We pack a snack just in case it takes longer than the scheduled four hours.

*All rates are subject to GST.*

*Advance reservations required, based on availability.*



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## Oh Canada Eh? Dinner Show

125 Kananaskis Way, Canmore, Alberta T1W 2X2  
• 403.609.0004 • Toll-Free: 800-773-0004



Save \$25 per couple  
Oh Canada Eh?  
Dinner Show



Since 1994, the award winning Oh Canada Eh? Dinner Show has presented more than 3000 shows at its two Canadian locations.

Each evening of theatre will begin with a five course family-style meal and conclude with one of the performances selected for our Broadway Season.

**Don't Hug Me** - November 15 to December 31

**I Love You, You're Perfect, Now Change** - January 17 to February 9

**The Musical Comedy - Snoopy** - February 28 to April 12

**SUMMER SEASON RUNS MAY - OCTOBER 2008**

Regular Price: \$50.57 (Includes 5 Course Dinner)

Evening: Arrival & first course- 6:30pm. Show starts- 7pm. Show ends- 9pm

Check out our performance schedule by visiting: [www.ohcanadaeh.com](http://www.ohcanadaeh.com)

## The French Quarter Café

#4, 102 Boulder Crescent, Canmore, AB, T1L 1H2

• 403-678-3612 • Fax: 403-678-3615

• [fqcafe@telusplanet.net](mailto:fqcafe@telusplanet.net) • [www.frenchquartercafe.net](http://www.frenchquartercafe.net)



Purchase any 2 Entrées  
& Receive 1  
Appetizer FREE



Owner and Chef, Mike Raso first came up with the idea for his restaurant after a trip to New Orleans in 1994 falling in love with the cuisine and it's people. Shortly after he went to work sharing this wonderful food with the residents of Canmore.

Boasting Cajun and Creole dining that include favorites like Jambalaya, Blackened Red Snapper and Crawfish—the French Quarter Café is considered one of the finest restaurants in the Banff and Canmore area, serving customers from all over the world.

Hours of Operation: Monday - Wednesday 6:30AM - 6:00PM

Thursday and Friday 6:30AM - 9:00PM, Saturday 8:00AM - 9:00PM

Closed Sundays, (excludes alcohol, tax, & gratuities)

## MY TRAVEL NOTES

Purchase one pool admission and receive a \$3.00 discount on a second pool admission of equal or lesser value.



**BANFF UPPER  
HOT SPRINGS**

*see over for details*

Admission: 2 for 1  
Or Save 50% off  
Single Admission  
(Children 6 and under  
Complimentary)



*see over for details*

Regular Admission:  
2 for 1 Admission  
& / OR  
Save 50% off 1  
Single Admission  
Max: up to 2 Adult,  
2 Child (4 persons)



*see over for details*

2 FOR 1 admission  
(When equal or greater  
value is purchased)  
or \$2.00 off the family  
rate - Or -Save 50% off  
1 Single\* Admission.  
(\*excludes families)

**BANFF PARK  
MUSEUM  
NATIONAL  
HISTORIC SITE OF  
CANADA**

*see over for details*