

Pocket Guide to
Banff & District



FROM



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DEPARTMENT OF THE INTERIOR
CANADIAN NATIONAL PARKS
OTTAWA

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POCKET GUIDE
TO
BANFF AND DISTRICT

BANFF NATIONAL PARK, BANFF

BANFF National Park comprises an area of 2,751 square miles of territory set aside as a national playground for the use and enjoyment of the people. It is also a wild life sanctuary, evidence of which will be manifest in the large numbers of sheep and deer to be seen grazing on the grassy slopes near the highways of the park.

The original reservation was made in 1885 and the National Park was established by Act of Parliament in 1887. It is governed and administered by the Department of the Interior at Ottawa, through the Canadian National Parks Branch.

The town of Banff.

Banff has a permanent population of about 2,000 which is increased during the summer season to about 6,000. Owing to the fact that it is a government townsite it has many advantages not usually found in a town of its size. Broad streets, well lighted and maintained at a high standard, a fine hospital, four churches, a good school and High school, two banks, a newspaper, theatre, transport companies, garage and service stations and the best water supply in the Dominion add greatly to the pleasure of living in Banff. The climate is dry and equable, free from winds and adapted to all forms of out-of-door sport.

Nine hotels, ranging from the modest priced to the most luxurious, camps, furnished cottages and rooms at reasonable rates provide accommodation for visitors during the season. A telephone exchange with long distance connection is in operation in the town. Law and order is maintained by the Royal Canadian Mounted Police. The post-office on Banff avenue, is open from 8 a.m. to 7 p.m. every day, except Sunday. The Imperial Bank of Canada and the Bank of Montreal (summer Branch only) operate branches in Banff.

Accommodation in the Park.

A list of the hotels and camps, with rates, follow:—

	Accommodation	Rates
Banff Springs (European).....	295 rooms	R.O.A.
King Edward (American).....	75 "	\$4.00 up
Mount Royal (American).....	72 "	4.50 "
Bretton Hall (American).....	55 "	4.50 "
Homestead (American).....	30 "	3.50 "
Cascade.....	40 "	Rooms only
Hot Springs (American).....	24 "	\$3.00 up
Y.W.C.A. (American).....	65 "	2.75 "
Chateau Lake Louise (European)....	385 "	R.O.A.
Moraine Lake Chalet.....	Tent houses.	
Banff Villa Hotel.....		\$3.50 up
Walking Tour Camp, Mt. Assiniboine	Tents	
Storm Mountain Rest.....	Bungalow Camp.	
Marble Canyon Camp.....	"	
Vermilion Crossing Camp.....	"	
Radium Hot Springs Camp.....	"	
Bow Lakes Camp.....		R.O.A.

The Alpine Clubhouse, the headquarters of the Alpine Club of Canada, is situated halfway up the wooded slopes of Sulphur mountain. Particulars as to rates and membership can be obtained from the Secretary of the Club at Banff.

A number of camp sites have been established for the use of motorists and campers. They are:—

Camp Rundle: Beautifully situated on the right bank of the Spray, near the confluence of the Spray and Bow rivers, reached by the Golf Links road. About one mile from Banff and within a short distance of Golf Links and C.P.R. Hotel. Light, water, stoves, tables and other accessories are installed. There is also a daily inspection by a competent sanitary officer.



Mt. Rundle and Vermilion Lakes, Banff

Johnston-Creek Camp: Near Johnston Canyon.

Camp Castle Mountain: Near fork of Lake Louise and Banff-Windermere roads, at Castle.

Baker Creek Camp: Thirty miles from Banff, on road to Lake Louise.

Moraine Lake Camp: On lake shore in Valley of Ten Peaks.

Lake Louise Camp: Junction of Lake Louise and Moraine Lake Roads.

Auto Service Stations.

Modern garages and Service stations are operated the year around in Banff by reliable private enterprise. Gasolene and oils are stocked, tires vulcanized and batteries recharged. Almost every make of tire can be purchased and stocks of spare parts or other accessories obtained. Gasolene stations are also to be found at Canmore, Vermilion Crossing, Lake Louise, Kootenay Crossing and Radium Hot Springs.

What to see in Banff.

Among the interesting things to be seen in the town of Banff are the Government Museum and Zoo. The former is in connection with the Administration building on Banff avenue and contains well arranged exhibits of specimens of the fauna, flora and geology of the park as well as an interesting collection of native Indian handiwork. Admission is free. The doors are open from 9 a.m. to 9 p.m.

Along the banks of the river to the rear of the Administration grounds is the Zoo. It contains a very interesting collection of wild animals including Polar, Black, Brown and Grizzly bear, lynx, marten, coyotes, wolves, wolverines, etc. Admission is free.

The Dominion Government Fish Hatchery, which supplies thousands of fry for the restocking of the lakes and streams in the Canadian National Parks, is situated half a mile south of the Bow bridge. Tourists may visit the hatchery at any time during the day.

About a mile east of the town along the railway, are the Buffalo paddocks. Here buffalo, elk, Rocky Mountain sheep and goat may be viewed in large open enclosures.

Recreations.

Recreations at Banff include Swimming, Bathing, Tennis, Boating, Canoeing, Walking Tours, Trap-shooting, Mountain-climbing, Golf, Motoring, Driving and Riding.

The Recreation ground, a short distance west of the Bow bridge, is admirably situated for a playground. It is equipped with swings, tumbling bars, etc. An ideal place for picknickers. The pavilion or resthouse is provided with electric lights, hot and cold water, a large range and such utensils as are required by outing parties. The use of these is free to the public. A caretaker is in attendance.



† Bighorn Sheep

Hot Springs.

The Hot Sulphur Springs, which are among the most important radio-active waters on the continent, are situated on Sulphur mountain. They have acquired a world wide reputation by reason of their curative properties.

At the Cave and Basin Springs, one mile southwest of the Bow bridge, there are two swimming pools, the smaller one with an average temperature of 91 degrees F. and the larger, 200 feet by 100 feet, with a temperature of 78 degrees. The admission to these baths, including use of a dressing room, bathing suit and towel is 25 cents for adults and 15 cents for children. Open from 9 a.m. to 9.30 p.m. in summer and from 9 a.m. to 4.30 p.m. in winter.

A visit to the Cave adjacent should not be overlooked.

The Upper Hot Springs, are situated on the slopes of Sulphur mountain two and a half miles distant from the town. Here a swimming pool with a temperature of 112 degrees F. will be found as well as steam rooms, tubs, hot and cold sprays and a rest room. Admission fee is 25 cents. Open from 8 a.m. to 8 p.m. in summer and from 8 a.m. to 5 p.m. in winter.

The Middle Springs, about two miles up Sulphur mountain, afford an excellent view of the Bow valley and the town of Banff. These springs are as yet undeveloped.

Fishing.

There is excellent fishing in many of the lakes and streams in the park. Dolly Varden, Grayling, Nipigon, and Cutthroat trout are found almost universally and afford splendid sport. Lake trout, specimens of which run to 50 pounds, are found only in Lake Minnewanka. This is a beautiful lake, 13 miles long, within easy reach of Banff. A large launch makes the trip up the lake twice daily. Motor launches, boats, guides and limited accommodation may be secured at the lake.

Special fishing regulations are in force from time to time and the visitor is advised to procure a copy of the regulations at the Administration Office or from a licensed guide.

Boating and Canoeing.

The Bow river for eight miles above Banff is navigable for small craft and the trip affords an opportunity for unique glimpses of the peaks. Launches leave the wharf, a few rods west of the Bow bridge, several times daily. Echo river and Willow creek offer delightfully shady courses for canoeing. The expert canoeist will find the trip from Castle to Banff or from below Bow falls to Seebee, provides fine scenery, plenty of excitement and excellent fishing.

Walking Tours.

A Walking Tour Camp is maintained by the Alpine Club of Canada at the foot of Mt. Assiniboine. The entire distance may be made on foot or ponies may be taken part way if desired. Accommodation is provided at subsidiary camps en route. Full particulars may be obtained from the Secretary of the Alpine Club, Banff.

Golf.

The Golf Links, owned and operated by the Government, have one of the finest scenic settings to be found on the continent. They are situated about two miles from the town and within ten minutes walk of the C.P.R. Hotel. The many sporting features of the 18-hole course, which was laid out by Donald Ross, appeal to all lovers of the game and lure enthusiasts to linger on indefinitely at Banff. A professional is in attendance throughout the season and clubs may be rented at the links.

Afternoon tea is served at the clubhouse.

The golf fees are	{	1 round.....	\$0.75	1 day.....	\$ 1.50
		1 week.....	6.00	1 month...	10.00
		Season Tickets, Ladies.....			15.00
		“ Gentlemen.....			20.00

Tennis.

Two public tennis courts are operated by the Government in connection with the Recreation grounds in Banff.

Driving and Riding.

The Spray road beyond Banff Springs Hotel is reserved for the use of horses and riding ponies. It is one of the most delightful spots for a gallop in the park. The road skirts the Spray river for eight miles to the old lumber camps.

Trail Trips.

Outing and Camping trips may be arranged with local outfitters, who will supply guides, ponies, tents, and all necessary equipment. Among the popular trips are:—
 Spray lakes, 25 miles; Kananaskis lakes, 50 miles; Sawback lake, 25 miles; Twin lakes, 4½ miles from Castle; Boom lake, 3 miles from Banff-Windermere Road. All of these waters afford good sport.



Giant Steps, Paradise Valley

Hunting Trips.

Arrangements may be made for hunting trips in season outside of the Park. Outfitters will be found at Banff, Morley, Lake Louise and Field. Among the big game are the Bighorn sheep, Grizzly and Black bear, Moose, Deer, Caribou, Rocky Mountain goat, etc.

Field Telephone Service.

A field telephone system is maintained and operated in the park by the Dominion Government. Telephones are located in fifteen of the wardens' cabins throughout the park and are installed for use in forest fire prevention. Instruments are located at the following points outside of the town:

Warden's cabin—	Warden's cabin—
Kananaskis	One mile west of Canmore
Massive, Lake Louise highway	Johnston canyon
Castle Mountain	Lake Louise station
Lake Minnewanka	Bankhead
Eastern boundary	Deadman's
Spray lake	Lime Kiln
Healey creek	Whiteman's pass
Red Deer river.	

Motor Trips out of Banff.

With few exceptions the motor roads in Banff National Park are all easy grades, a maximum of six per cent being maintained. For about a quarter of a mile up Anthracite hill and on the last three miles of the Lake Louise road the grades are steeper but over the balance of the roads the gradation is only slight. Practically the entire road system in the parks has been surfaced with screened gravel and smoothly finished with road-rollers or graders, and several miles of road have also been treated with oil or other surface treatment. The extra width of the roads on all curves and the super-elevation given the road bed at such points, affords safe and pleasant motoring for the tourist.

The following is a list of road trips that can be made from Banff with the approximate distances:—

Banff to Anthracite, upper road.....	3.1 miles
Banff to Anthracite, lower road.....	5.0 "
Banff to Kananaskis, east park gate...	27.5 "
Banff to Lake Louise Chalet.....	41.1 "
Banff to Field.....	57.0 "
Junction of Lake Louise to Moraine lake	7.7 "
Banff to Johnston canyon.....	16.0 "
Banff to Vermilion summit.....	30.1 "
Banff to Marble canyon.....	35.5 "
Banff to Vermilion crossing.....	50.1 "
Banff to Radium Hot Springs.....	91.0 "
Banff to Invermere.....	104.0 "
Banff to lake Minnewanka.....	8.0 "
Banff to Sundance canyon.....	4.5 "
Banff to Golf Links, Loop drive and return.....	8.5 "
Banff to Government bathhouse, Cave and Basin spring.....	1.0 "
Banff to Upper Hot Springs.....	2.3 "
Banff around Tunnel mountain and return.....	4.5 "

The Tunnel Mountain road is a "One Way Road".

Banff-Windermere Highway.

West of Banff the motor highway proceeds to Castle (20 m.), passing Johnston canyon on the way, and, crossing the Bow, ascends the valley of the Little Vermilion to the summit (10 m.). At Castle a detour of 20 miles may be made to the beautiful Lake Louise and Moraine Lake region, spots which no motorist should miss. At the Vermilion summit (5,376 ft.) the highway drops down the west slope of the Rockies to the Brisco range, crosses Sinclair summit and thence winds through magnificent scenery to the valley of the Columbia and Windermere.

On June 30th, 1923, the Banff-Windermere Highway, a one hundred and four mile journey through scenery rivalling any in the Rockies, was formally opened to traffic. Appropriate ceremonies marked the event, representatives from the United States and Canadian Governments being in attendance. This road forms the last link in the 5,000 mile highway—known going west as the Banff California Bee Line Highway, going east as the Banff Grand Canyon Road—which makes the finest scenic motor tour on the continent. It also completes the 600 mile All-Canadian loop highway returning via the Crow's nest pass, Waterton Lakes Park and southern Alberta.

Camp Grounds.

The following campsites have been established along the Banff-Windermere Highway:—

Vermilion Summit Camp. On Vermilion Summit, 30 miles from Banff.

Marble Canyon Camp. Near Marble Canyon, 35 miles from Banff.

Hawk Creek Camp. Between Marble Canyon and Vermilion Crossing, 44 miles from Banff.

Vermilion Crossing Camp. Near where Highway crosses Vermilion River, 50 miles from Banff.

McLeod Meadows Camp. At McLeod Meadows, 75 miles from Banff.

Sinclair Summit Camp. On Sinclair Summit, 83 miles from Banff.

McKay Creek Camp. 88 miles from Banff.

Radium Hot Springs Camp. At Radium Hot Springs, 91 miles from Banff.

KOOTENAY NATIONAL PARK

At the Vermilion summit the road enters the Kootenay National Park, a reserve of about 600 square miles in hitherto unopened country which is one of the richest both in scenery and big game in the Rockies. The Sinclair section will afford

delight to the lover of nature. Sheer rock walls, coloured in places a brilliant red, as if artificially stained with pigments, rise from the little stream. Deer, wild sheep, elk, moose and goat may be seen feeding fearlessly on the slopes and practically every valley holds a blue lake stocked with fish. At Sinclair there are also radium hot springs rivalling in therapeutic value those at Banff.

Field Telephone Service.

Field telephones of the park forest service in Kootenay Park are located in the following wardens' cabins:—

- | | |
|----------------------------|-------------------------|
| 1. Vermilion Summit cabin | 2. Black's Camp |
| 3. Hawk Creek cabin | 4. Vermilion Crossing |
| 5. Kootenay Crossing cabin | 6. McLeod Meadows cabin |
| 7. Kays cabin | 8. Radium Hot Springs |

YOHO NATIONAL PARK

Yoho National Park, a reservation of 476 square miles which adjoins Banff National Park on the northwest at the interprovincial boundary, includes some of the most dramatic scenery in the Rockies. Field, the park headquarters, is connected with Banff and Lake Louise by a first class motor highway which is one section of "The Golden Trail". The latter—from Lake Louise to Golden, British Columbia—is one of the most spectacular motorways ever built through the Rockies and will be open for travel over its complete length in 1927. Visitors coming to Yoho Park by rail should alight at the C.P.R. Station at Field.



Wild Deer

The principal drives are up the Yoho valley to the Takakkaw Falls, a distance of eleven miles from Field, and the Emerald lake drive, a distance of seven miles from Field. Good motor roads lead to both places, the latter drive passing the Natural Bridge.

In this park many delightful trail trips can be taken which afford an unequalled diversity of scenery and the opportunity to view the mighty Rockies in all their grandeur.

Motor Roads.

Motor road trips in Yoho, with the distances, follow:

Field to Banff, via Lake Louise.....	57.0 miles.
Field to Takakkaw Falls.....	11.3 "
Field to Wapta Lake.....	7.0 "
Field to Emerald Lake.....	6.7 "
Natural Bridge loop.....	1.6 "
Field to Ottetail river, via upper road.	6.0 "

Field Telephone Service.

Telephones of the fire and game service are located in the following wardens' cabins in Yoho Park.

Superintendent's Office and Mt. Stephen Cabin, at Field.
 Takkakaw Falls cabin Ottetail cabin Hector cabin
 Deer Lodge cabin Chalet cabin

Accommodation in Yoho.

First class accommodation can be obtained at many scattered points in the park as follows:

	Accommodation	Rates
Emerald Lake Chalet (C.P.R. Bungalow Camp).....	150 persons	R.O.A.
Yoho Camp (C.P.R. Bungalow Camp).....	40 "	"
Wapta Camp (C.P.R. Bungalow Camp).....	60 "	"
Lake O'Hara Camp (C.P.R. Bungalow Camp).....	40 "	"
Mount Stephen House, (R.Y.M.C.A.)	56 rooms.	"

The Mount Stephen House is operated by the Y.M.C.A. for railway men. Some surplus accommodation is available for tourists. Besides the above camps there are a number of tea rooms located at various points on the roads and trails.

ADDENDA

The local administration of the two parks is in the hands of superintendents whose offices are located in the Administration Building, Banff Avenue at the north end of the Bow bridge, (Banff National Park), and at Radium Hot Springs, (Kootenay Park). Application should be made there for any information required. Motorists should make themselves familiar with the Traffic and Motor Regulations for Canadian National Parks, copies of which may be obtained free of charge at the Kananaskis gate or from the superintendents' offices at Banff and Radium Hot Springs.

Motor Licenses.

Transient licenses are issued to motorists on entering the park for a short period. A fee of one dollar for three weeks is charged or four dollars for the season.

Mountain highways are hard to maintain. Keep within the speed limit and below it on curves.

Game is Protected.

No hunting is permitted within the parks and all firearms must be sealed upon entry. Guns will be sealed free of charge at the superintendents' offices or by any of the park wardens. Wild birds, their nests and eggs are rigidly protected.

Camping.

The fire hazard is enhanced by promiscuous camping and it is to the interest of visitors to reduce the danger to a minimum by using the public camping grounds provided. These are main-

tained for the benefit and convenience of motorists at suitable points and are equipped with stoves, tables, etc. Permits for the erection of tents on these areas, as well as elsewhere in the park, may be secured from Park Wardens, caretakers, or at the offices of the Park superintendents, the charge being one dollar for each tent.

When breaking camp be sure you leave the ground clean for the next auto pilgrims who come along. They will be glad that you have been considerate.

Drinking Water.

The mountain streams in the National parks contain the purest water possible. The only cases where pollution is likely are in the Bow river below Lake Louise, in Lake Louise creek and in the Kicking Horse river below Field. Campsites on these streams have notices posted where the water is unsafe for drinking.

Fires.

Build your campfire on dirt. Scrape around it, removing all inflammable material within a radius of from 3 to 5 feet. Put your fire out. In ten minutes go back and put it out again. Never build a campfire against a tree or log, in leaf mould or in rotten wood. Build all fires away from overhanging branches.

Hundreds of fires escape each year after campers have thought they were extinguished. It is advisable to soak thoroughly all embers and charred pieces of wood and then cover them with dirt. Feel around the outer edge of the fire pit to make sure no fire is smouldering in charred roots or leaf mould.

Break your match in two before you throw it away. Make it a habit.

Drop pipe, cigar or cigarette ashes only on dirt. Then stamp them out.

Camp Etiquette.

Keep camps clean. Leave them clean. Burn or bury all refuse promptly—even tin cans—to prevent flies and to get them out of sight.

Never defile water.

Never break bottles (glass is dangerous) or leave them where the sun may focus through them and start fire.

Do not bark or chip trees needlessly, or drive nails in them to shatter a saw some day.

Do not fire pitch or moss on trees.

Wild Flowers.

Protect the wild flowers. Don't pull them up by the roots. Don't pick many of them and particularly along roadsides where they can be enjoyed by all. Don't take the rare kinds at all. Help to preserve them for future years. Help to keep the parks beautiful.

First Aid.

Especially if going far from towns, simple bandages, anti-septics and drugs should be carried. Better consult your doctor or druggist. First aid kits are cheap. Iodine (for wounds), aromatic spirits of ammonia (shock, mountain sickness, etc.), and bi-carbonate of soda (acute indigestion) are standby drugs. Adhesive tape has many uses besides for wounds and blisters. It repairs broken articles.

Wounds.

Reduce the flow of blood by applying cold water, snow, ice, or poultice; also by elevation of the part injured. If an artery is cut so that the blood spurts in jets, stop flow of blood by pressing against bone or muscle. If injury is to limb, tie band tightly around it near the wound and between the wound and the heart. Wash with disinfectant—iodine is good.

Sunstroke.

Get patient in shade at once. Lay him on his back and apply cold water to head and neck. Do everything possible to reduce temperature of body and rapidity of pulse.

Ptomaine Poisoning.

Ptomaines are a common source of poisoning and most frequently occur in canned meats, fish, etc. An effort must be made at once to empty the stomach by vomiting, which can be induced by tickling the throat with feather or finger, or drinking warm water with mustard. Laxatives, such as Epsom, or Rochelle salts, or Castor oil, should be given freely. Stimulants should be given and heat and rubbing applied after the elimination of the poison.

Matches.

A reserve match supply can be kept dry even if soaked in water, by emptying the box and pouring melted paraffine over layer after layer of matches.

Should you discover a forest fire report it immediately to the chief warden or the nearest Park official.

The Park Superintendent will be glad to have any suggestions you may have to offer for the improvement and betterment of the Parks service. Any complaint from you will have his careful attention.