



THE NATIONAL PARKS AND
NATIONAL HISTORIC SITES OF CANADA IN

BRITISH COLUMBIA *and* ALBERTA



Vacation Planner



Parks
Canada

Parcs
Canada

Canada

Proudly Bringing You Canada at its Best

Land and culture are woven into the tapestry of Canada's history and the Canadian spirit.

The richness of our great country is celebrated in a network of protected places that allows us to understand the land, people and events that shaped Canada.

Some things just can't be replaced. Your support is vital to protect the ecological and commemorative integrity of these natural areas and symbols of our past, so they will persist, intact and vibrant, into the future.

Discover for yourself the many wonders, adventures and learning experiences that await you in Canada's national parks, national historic sites, historic canals and national marine conservation areas. Help us keep them healthy and whole -- for their sake, for our sake.



Our Mission

Parks Canada's mission is to ensure that Canada's national parks, national historic sites and related heritage areas are protected and presented for this and future generations.

These nationally significant examples of Canada's natural and cultural heritage reflect Canadian values, identity and pride.

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For more information, please contact Parks Canada at:

1-888-773-8888

TTY# 1-866-787-6221

or visit:

www.pc.gc.ca

or by e-mail at:

information@pc.gc.ca

Your Fees at Work

Canada's national parks and national historic sites contain some of the most beautiful landscapes and enriching experiences available anywhere. When you pay to enter a park or historic site, you're making an important investment. Your entrance fees help ensure that facilities are clean, comfortable and well-maintained, so you can enjoy future visits.

National historic site entrance fees vary from \$3.00 to \$10.00, and park entrance fees vary from \$7.00 to \$8.50. These fees benefit visitors directly by funding services and programs such as information centres, maps and brochures, interpretive programs, washrooms and search-and-rescue. Last year, visitor fees



helped pave roads, redevelop trails and interpretive panels, upgrade water and shower systems, construct backcountry avalanche kiosks and remove hazardous trees at campgrounds and day-use areas.

Parks Canada is committed to investing visitor fees wisely, so that your travel experience is as enriching as possible.

Keeping the Wild in Wildlife

An owl hoots. A whooping crane takes to the air. Orcas swim past the Gulf Islands. And in Peace River country, wolves howl at the northern lights. The national parks of British Columbia and Alberta are blessed with a remarkable variety of wildlife. Certain species, such as the Banff Springs snail, exist nowhere else on Earth.

There's no limit to the wildlife viewing opportunities in the national parks. Around every turn, around every bend in the river and in every rocky, saltwater inlet, there's something new to see, and something new to learn about our natural world.

Protecting the wide variety of wildlife and its habitats is a key part of maintaining the

ecological integrity of the natural environment, a top priority for Parks Canada. As you journey through the national

parks, do your part to ensure that even the smallest creature continues playing its important role far into the future. Please take the time to learn some important precautions for viewing wildlife. Information is available at park visitor centres. For your safety and that of the animals, keep your distance from all wild creatures. Never feed any wild animal, big or small. Always treat them and their environment with respect.



Camping & Accommodations

The National Parks and National Historic Sites of British Columbia and Alberta are popular destinations, so it's best to plan your accommodations early.

- A reservation system is available for some national park campgrounds. To reserve a campsite call: **1-877-RESERVE (737-3783) or visit www.pccamping.ca.**
- To receive accommodation or camping guides, call:
Alberta: 1-800-ALBERTA (252-3782)
British Columbia: 1-800-HELLOBC (435-5622).



THE STORY OF A NATION

The grizzly bear stops and looks toward the sound. Sniffing the air, he searches the dim, early-morning horizon. That sweet smell of spring pervades the cool Rocky Mountain air. In the distance, Mount Victoria and Mount Lefroy mark the Continental Divide. Soon, newly-sprouted wildflowers will greet the hikers who pass this way.

Canada's national parks and national historic sites are where the story of Canada is written. They are special places, gateways to nature, to adventure, to discovery and solitude. They celebrate the beauty and infinite variety of one of the world's most geographically and culturally diverse nations.

Protected and preserved for all Canadians and the world, each park and site provides a haven, not only for plants and

animals, but also for the human spirit. They are places where visitors from all over the world can learn more about Canada, while discovering more about themselves.

Whether it's a grey whale diving deep off Pacific Rim, ice crashing off a glacier in Jasper, or an arrow-straight chevron of honking geese over Wood Buffalo, the national parks of British Columbia and Alberta stir the emotions. They tell a story of jagged,

snow-capped peaks, plunging waterfalls, wide-open seascapes, and wildlife of every size and variety. Hiking a mountain trail or kayaking an ocean inlet, you hear that story—you feel it.

At national historic sites such as Fort Langley, the cultural landscape is front and centre. When gold was discovered near Hell's Gate Canyon on the upper Fraser River in the spring of 1858, people arrived at the fort from every corner of the globe to begin their dangerous journeys to the gold fields. At times, it seemed the flow of new cultures to the young colony of British Columbia exceeded even the intensity of the Fraser's powerful currents.

Historic sites are gateways to the collective spirit of people who carved out a life in a wild land. They tell stories of Aboriginal peoples who have lived here for thousands of years, and immigrants who came from every corner of the world. They show what

everyday life was like for men and women as they struggled to raise their families and to pass on their stories. They recount the lives of people who changed this land forever — the railway builders, fur traders and explorers who lay beside swift-moving rivers, watching the stars of night slowly disappear behind the mists of morning.



At this moment in Gwaii Haanas, ancient, moss-covered

mortuary poles of SGang Gwaay speak to visitors of the Haida's respect for spiritual values. At the Bar U Ranch, someone is learning about Johnny Left-Hand and Jonas Rider who roped, wrangled and rode their way into cowboy history. At the Cave and Basin, a child is fascinated by the journey of water as she listens to it percolating upwards, heated by earth's molten core. And somewhere in the mountains, a grizzly bear is looking for food, sniffing the air and searching the horizon.



FORT LANGLEY

NATIONAL HISTORIC SITE

Gateway to the Gold Fields

Feel the cool water dripping off your hands as you pan for gold. Scan the west-coast sky from the bastion of the Hudson's Bay Company trading post. See and feel the variety of furs that were traded by the Aboriginal peoples of the area. Free your imagination. Listen to the distant voices of the past—prospectors, traders, and Aboriginal people who played key roles in British Columbia's colourful history.

Why You Will Love It!

- ◆ The site is a mix of beautiful reconstructions and original buildings. Climb the bastion and explore the gallery of an authentic reconstruction of a 19th-century walled fort.
- ◆ Learn from the many fascinating interactive displays, activities and demonstrations by costumed interpreters.
- ◆ A stroll through the Fort will transport you to a colourful time. Who would expect to find Aboriginal people, Canadians, Scots and Hawaiians working together, trading furs, processing salmon and farming?
- ◆ See the oldest building on the British Columbia mainland and the eight-foot, cedar, Aboriginal welcoming figure in the new visitor centre.

Fort Langley National Historic Site of Canada

23433 Mavis Avenue

Fort Langley, B.C., Canada V1M 2R5

(604) 513-4777

www.pc.gc.ca/fortlangley

Endless Opportunities

Walking & Hiking

Walk the Fort-to-Fort Trail, a 4-km trail connecting Fort Langley National Historic Site to the Fort's first location (1827-39) in Derby Reach Regional Park.

Stroll through artists' studios, bookstores, specialty shops and antique stores. Spend a relaxing day in Fort Langley Village's tree-lined streets and relaxed country atmosphere. The village area has over 80 stores and restaurants and is just a few blocks from Fort Langley National Historic Site.

GETTING THERE

From Vancouver, drive east for 50 km (31 mi.) on the Trans-Canada Highway, or from Hope, drive 105 km (65 mi.) west. Take the 232nd Street exit north off Highway #1. Fort Langley National Historic Site is just 6 km (4 mi.) from the highway.

Open daily from
March to October.

Open Tuesday through
Saturday from
November to March.

Significance

In 1827, the Hudson's Bay Company built Fort Langley on the mighty Fraser River to trade with Aboriginal peoples. Fort Langley is a remarkable example of an original fur-trading post. Pelts were shipped to Europe via Cape Horn, produce was traded to the Russians in Alaska, local cranberries found their way to California, and Fraser River salmon was enjoyed as far away as Hawaii. In 1858, rumours of gold on the Fraser River caused a massive influx of Americans to the area. Fearing annexation by the United States, England proclaimed British Columbia a Crown Colony on this site on November 19, 1858, and made James Douglas the colony's first governor.



FORT RODD HILL & FISGARD LIGHTHOUSE

NATIONAL HISTORIC SITE

Standing Guard, Lighting the Way

Scanning the Strait of Juan de Fuca, you hear gulls screeching as they dart and weave over the gun batteries and command posts. Close your eyes and imagine a night long ago. A siren is blaring. Powerful searchlights slice through the blackness to scan the strait, replacing the blinking beam from the lighthouse tower. Roused by the alarm, nervous soldiers rush to their guns. The enemy may be near.

Why You Will Love It!

- ◆ Discover secret underground magazines complete with shells, refurbished barracks where soldiers lived and ate and command posts where officers could order up thunder from the waiting guns.
- ◆ Learn more about the amazing technology behind lighthouses and what life was like, keeping the lens clean and the lamp burning, lighting the way.
- ◆ Bring your camera. Majestic ships, from slender sloops to destroyers and cargo carriers, glide past in the Straits of Juan de Fuca.
- ◆ Picnic to your heart's content, under spreading Garry oak trees, or on the beaches.

Fort Rodd Hill and Fisgard Lighthouse National Historic Sites of Canada

603 Fort Rodd Hill Road

Victoria, B.C., Canada V9C 2W8

(250) 478-5849

www.pc.gc.ca/fortroddhill, www.pc.gc.ca/fisgard

Endless Opportunities

Interpretive Programs

Learn more about Fort Rodd Hill from interpretive signs and audio-visual programs throughout the site. The keeper's house at Fisgard Lighthouse now contains modern exhibits, original lighthouse lenses and a video station. Attend an on-site program or demonstration with our welcoming and knowledgeable staff.

The fort was built for defence in time of war, but today there's peace for the black-tailed deer,

river otters and harbour seals that frequent the fort and lighthouse sites. The eagles, herons, ducks and songbirds are a birder's delight.

GETTING THERE

Located 14 km (8.7 mi.) west of downtown Victoria.
(Hwy. 1, Hwy. 1A, Ocean Blvd.
Follow the signs.)

Open daily year-round.
Hours vary summer
and winter.

Significance

Built in the late 1890s, Fort Rodd Hill's gun batteries protected the port of Victoria and the naval base at Esquimalt. Through two World Wars, its underground magazines, command posts, guardhouses, barracks and searchlights were stalwart sentinels in the defence strategy of Canada and the British Empire. During World War II, its soldiers kept careful watch for any maritime traffic entering Juan de Fuca Strait that might threaten the commercial ports of Victoria and Vancouver, or the naval base and shipbuilding facilities in Esquimalt harbour.

Fisgard Lighthouse, built in 1860, was the first permanent lighthouse on Canada's west coast. Its light still shines proudly, ushering marine traffic safely into harbour.



FORT ST. JAMES

NATIONAL HISTORIC SITE

Trade Centre of New Caledonia

It's a perfect place to contemplate the past. The breeze from Stuart Lake stirs the trading post and its people as it has for more than two centuries. You can feel the past in everything it touches—in the buildings, the fields and the warehouse furs. Listen. Can you hear the voices of the past?

Why you will love it!

- ◆ The present-day Fort, with its reconstructed and original buildings and landscape, has changed little in appearance from its 19th-century fur-trading days. Restored to the summer of 1896, it is considered one of the finest restorations in Canada.
- ◆ Fort St. James displays the largest group of original wooden buildings representing the fur trade in Canada.
- ◆ The Fort's general warehouse building holds the highest designation Parks Canada can bestow on heritage resources. It is, perhaps, North America's finest example of Red River framing.
- ◆ Animators dressed in period costume carry out daily chores and activities that portray the lifestyle of this trading post in 1896.

Fort St. James National Historic Site of Canada

P.O. Box 1148

Fort St. James, B.C., Canada VOJ 1P0

(250) 996-7191

www.pc.gc.ca/stjames

GETTING THERE

Fort St. James National Historic Site is located 164 km (102 mi.) northwest of Prince George, B.C., on Stuart Lake. From Prince George, take Hwy. 16 to Hwy. 27, and then on to Fort St James.

Open from mid-May
to the end of September.

Endless Opportunities

Interpretive Programs

There is a modern Visitor Reception Centre with an exhibit room and theatre. Watch a nine-minute introductory video called A Letter Home. Learn more about the Carrier First Nations people who live in British Columbia's rugged north central interior.

Walking & Hiking

Located on the shores of Stuart Lake, Fort St. James offers the outdoor recreation enthusiast many opportunities for hiking, canoeing, camping, boating and fishing.

Accommodations

The community of Fort St. James offers motels, restaurants, provincial campgrounds and grocery stores.

Significance

British Columbia's lakes and rivers were once part of a vast and sophisticated fur-trading network. In the roar of rapids, you can almost hear the distant echoes of those who travelled here—the First Nations people, the fur-traders and explorers, such as Simon Fraser and David Thompson. In 1806, Fraser chose Fort St. James as a North West Company post due to its strategic location on Stuart Lake in northwestern B.C. Goods were brought to the Fort from eastern Canada by the voyageurs, paddling hard in their birchbark canoes. Fort St. James soon became the main contact point between fur traders and the Carrier First Nations people and the hub of the fur-trade district known as New Caledonia.



GLACIER

NATIONAL PARK

Courage, Adventure and Wilderness

In 1899, when two Swiss mountain guides climbed down from the Pacific Express train at Glacier House near Rogers Pass, things were about to change in the mountains. Riding the crest of growing interest in mountaineering by Europeans and Americans, the Canadian Pacific Railway advertised Canada's mountain parks as "50 Switzerlands in one," and North American sport climbing was born in Glacier National Park.

Why you will love it!

- ◆ Glacier National Park is in the Selkirk and Purcell ranges of the Columbia Mountains. Its tangled rainforest valleys are narrow, steep and laced with avalanche paths.
- ◆ Rogers Pass has been designated a National Historic Site in commemoration of its role as an essential, yet perilous, link in the building of the transcontinental railway. Learn more at the Rogers Pass Discovery Centre inside the Park.
- ◆ There are new interpretive exhibits at the ruins of Glacier House. Relive the glory days of a wilderness luxury hotel that catered to a new, adventurous climbing clientele.
- ◆ Deep powder snow makes Rogers Pass one of the world's great backcountry skiing destinations.

Glacier National Park of Canada
P.O. Box 350
Revelstoke, B.C., Canada V0E 2S0
(250) 837-7500
www.pc.gc.ca/glacier

GETTING THERE

Glacier National Park is accessible by car via the Trans-Canada Highway. Rogers Pass Summit is 342 km (213 mi.) from Calgary and 643 km (400 mi.) from Vancouver. Avalanche season is November 15 to May 15. Highway closures for avalanche control can happen at any time during that period.

The Rogers Pass Discovery Centre is open year-round.

Endless Opportunities

Interpretive Programs

Set your own pace on five easy interpretive trails that introduce Glacier's rainforests, landslides, avalanches and railway history. Campfire talks and guided strolls are also among staff offerings during the summer.

Walking & Hiking

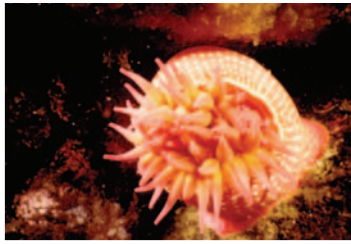
Eleven hiking trails lead from Illecillewaet Campground up into glacier country. These trails range from the 1-km Meeting of the Waters Trail to all-day, knee-pounding grinds to reach spectacular alpine ridges and viewpoints.

Accommodations

Spectacular campsites just below the glaciers and high in the mountain meadows: Illecillewaet Campground (60 sites) and Loop Brook Campground (20 sites) are located 3 km (2 mi.) and 5 km (3 mi.) west of Rogers Pass summit respectively.

Significance

A. B. Rogers was a tough man to work for. Searching for a route through the Columbia Mountains, the Canadian Pacific Railway's chief engineer drove his men hard. The pass that now bears his name allowed a railway to be built and a nation to grow. Rogers Pass and Glacier National Park that surrounds it are carved as much out of the Canadian imagination as they are out of rock. Since 1886, Glacier has been the story of courage and adventure in a remarkable landscape. Avalanches, deep ravines and raging rivers looked insurmountable, but not to the railway pathfinders and builders, intrepid train crews and the early mountain climbers forging first ascents.



GULF ISLANDS

NATIONAL PARK RESERVE

Expect the Unexpected!

A distant urban skyline peeks through the trees. A beachside campsite is a front-row seat for watching the antics of seals and river otters. Aboard a boat anchored in a quiet cove, you scan the tranquil, moonlit horizon of sparkling ocean, dotted with island silhouettes. It enchants your imagination.

Why you will love it!

- ◆ With warm, dry summers and mild winters that rarely see snow, the Gulf Islands are a little bit of heaven.
- ◆ Garry oaks and the fancifully contorted red-barked arbutus are unique to this small area of British Columbia.
- ◆ Porpoises ride your wake, seals pop their heads up above water, and killer whales “spyhop” to see who’s passing by.
- ◆ Scenic ferry rides make car and cycle touring of Mayne, Saturna and the Penders great ways to experience the islands.

GETTING THERE

Gulf Islands National Park Reserve is located in the southern Strait of Georgia. Park lands are located on 15 islands and numerous smaller islets and reefs. There is BC Ferries service to Mayne Island, Saturna Island and North and South Pender Islands. A foot-passenger ferry serves Sidney Island in the summer. All other areas of the park are accessible only via powerboat, sailboat or kayak.

Park lands are open year-round, but no services (or limited services) are available in the off-season.

Gulf Islands National Park Reserve of Canada

2220 Harbour Road

Sidney, B.C., Canada V8L 2P6

250-654-4000

www.pc.gc.ca/gulf

Endless Opportunities

Interpretive Programs

Interpretive programs in the park are just getting started. Look for information about programs, special events or guided walks posted at information kiosks. Private businesses also provide a variety of land and marine tours throughout the Gulf Islands region. First Nations are initiating tours that invite you to experience the islands from their unique perspective.

Walking & Hiking

There are only a few developed trails in the park. Shoreline walks and tidal-pool exploration are popular and fun, but much

of the terrain is hilly and rocky with steep coastal cliffs—not the best footing for visitors—so great care must be taken. The larger islands are very hilly, but attaining a summit is rewarded with spectacular views.

Accommodations

Park facilities are limited, but include two small campgrounds, backcountry campsites, day-use areas, pit privies and short trails.

Significance

Created in 2003, Gulf Islands National Park Reserve is new, but includes land and waters with a long and diverse history. Salish-speaking First Nations peoples continue their millennia-long relationship with these islands. Settled by European peoples in the 18th and 19th centuries, the islands' seductive land and seascapes have always been magnets for people who value tranquility. The new national park reserve provides visitors with many opportunities to experience the exceptional coastal-island landscape and the cultures of the people who live there. Spectacular scenery and hundreds of kilometres of shoreline are siren songs for the many sea kayakers who visit every year.



GULF OF GEORGIA CANNERY

NATIONAL HISTORIC SITE

Mountains of Fish and a Monster Cannery

Smell the sea! Hear the clattering cans and the rhythmic hum of long-retired machines in the monster cannery. There used to be mountains of fish here early in the last century. Hear stories of cannery workers—women, mostly—and life in the steamy, noisy, smelly world of fish slime and machine oil. Punch your own time card on the old cannery time-clock and begin your journey to the past.

Why you will love it!

- ◆ Learn about Canada's west coast fishing industry and the important role women played in its development.
- ◆ Walk through the late 19th-century building where Chinese, Japanese, Aboriginal and European fishermen and plant workers toiled long hours to process mountains of sockeye salmon.
- ◆ Sample the authentic sights, sounds, images and artifacts of the massive 4,500-square-metre cannery.
- ◆ Learn about seining, gillnetting, trolling, longlining, trawling and trap fishing and all the gear involved.

Gulf of Georgia Cannery National Historic Site of Canada

12138 Fourth Avenue
Richmond, B.C., Canada V7E 3J1
(604) 664-9009
www.pc.gc.ca/georgiacannery

GETTING THERE

Located about 30 km (19 mi.) from downtown Vancouver. Granville Street south to Hwy. 99; Hwy. 99 to the Steveston Highway exit; Steveston Highway west to No. 1 Road; No. 1 Road south to Chatham Street; Chatham Street west to Fourth Avenue. Turn left into the parking lot.

Open from May to October.
Hours vary.

Endless Opportunities

Interpretive Programs

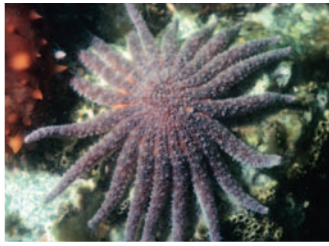
Large archival photographs transport you to a time when workers toiled to meet daily quotas. Lights on an immense map reveal the numerous canneries that once dotted British Columbia's coasts. Heritage interpreters lead you on a journey through the massive structure.

Interactive displays, artifacts, and archival photographs invite you to step into the wheelhouse of a commercial fishing troller and explore the living space where crewmates rested between spates of frantic fishing.

Past and present come to life through an impressive 1900s Rivers Inlet gillnetting skiff and our dynamic Internet station provides up-to-date information on the ever-volatile issues affecting the fishing industry today.

Significance

For thousands of years, the Aboriginal peoples of coastal British Columbia fished for salmon, herring and halibut. Commercial fishing began in the 1830s when the Hudson's Bay Company salted salmon for export in barrels. The Gulf of Georgia Cannery commemorates the history of Canada's west coast fishing industry from the 1870s to the present. Built between 1894 and 1964, the wood-frame complex chronicles the changing technology and needs of a vibrant coastal industry. It also highlights the enormous contributions that were made by women and immigrants, many of whom devoted their lives to cannery work.



GWAII HAANAS

NATIONAL PARK RESERVE AND HAIDA HERITAGE SITE

Place of Beauty

Scents of seaweed and cedar invigorate the spirit, while the warmth of the natural thermal pools heals and soothes. Still-standing remnants of carved cedar poles and longhouses bear eloquent witness to the harmony and beauty of the ancient Haida culture. Raven the Trickster speaks from tree branches overhead. Walk softly here.

Why you will love it!

- ◆ Soak in any one of the natural thermal pools on Gandll K'in Gwaayaay (Hotspring Island). The pools are revered for their healing qualities and are sacred to the Haida people. Visit K'uuna Lnagaay (Skedans), one of the few remaining village sites with standing poles.
- ◆ The hauntingly-beautiful village of T'aanuu Lnagaay is located on the east shore of Tanu Island on Laskeek Bay. The Haida spirit is strong here among the ruins of the old longhouses.
- ◆ For many visitors, there is a pervasive feeling of mystery in Gwaii Haanas—an awareness of those who were taken by the ravages of disease. Visitors find a peaceful stillness here.
- ◆ Gwaii Haanas is where the land and sea meet, a vast archipelago of surf-bound beaches, sea lions and towering spruce trees. It is where an ancient culture still matters. It is wilderness.

Gwaii Haanas National Park Reserve & Haida Heritage Site of Canada

P.O. Box 37

Queen Charlotte, B.C., Canada V0T 1S0

(250) 559-8818

www.pc.gc.ca/gwaiihaanas

GETTING THERE

Gwaii Haanas lies in the southern part of Haida Gwaii/Queen Charlotte Islands. It is a wild and remote area with no roads and few services and facilities. Access is by boat or chartered aircraft.

Unless travelling with a licensed tour operator, only very experienced and self-reliant outdoor travellers should attempt this challenging north-coast environment on their own.

Endless Opportunities

Interpretive Programs

The Haida Watchmen are guardians of these ancient places. They play an important role in educating visitors about the natural and cultural heritage of Gwaii Haanas.

Walking & Hiking

There are no designated maintained trails in Gwaii Haanas. All hiking is of the “bushwhacking” variety. Use map and compass at all times.

Accommodations

There are no designated campsites within Gwaii Haanas. Random camping is encouraged, so as to avoid concentrating impacts in a few places.

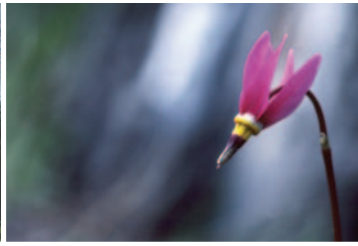
Wildlife Alert

Gwaii Haanas has a rich diversity of wildlife, including seabirds, sea lions and a unique subspecies of black bear.

Gwaii Haanas is on the spring migration route of the grey whales. Killer whales (orcas), humpback and minke whales also feed in the area.

Significance

Drifting through Burnaby Narrows as the early morning fog clears, kayakers gently dip their paddles. At low tide, the narrow channel reveals a rich diversity of life: startling green algae, sunflower stars, sea cucumbers and urchins encrust the sea floor. The ancient, moss-covered mortuary poles of SGang Gwaay speak eloquently of the Haida’s respect for spiritual values. This is a place of such cultural significance that UNESCO named it a World Heritage Site. Gwaii Haanas is a place of haunting and mysterious beauty. For thousands of years, it has been the home of the Haida, their world, their spiritual connection to the earth.



KOOTENAY

NATIONAL PARK

From Cactus to Glacier: Across the Great Divide

An eagle soars over the western Rockies. Here, the Continental Divide sends mountain streams to the Pacific on one side and to the Arctic on the other. To the west, bighorn sheep graze the semi-arid grassland of the Columbia Valley. To the east lies the great prairie. For centuries, Aboriginal hunters crossed these streams and mountains to hunt bison on the plains.

Why you will love it!

- ◆ Kootenay's landscape ranges from rugged peaks and alpine meadows, to narrow canyons, warm dry grasslands and hot and cold mineral springs.
- ◆ Traversing the park from north to south, the Banff-Windermere Highway (93 South) provides visitors with stunning views of the diverse landscape. Many of the park's key attractions can be enjoyed along its 94-km route.
- ◆ Stand astride the Continental Divide, 1,651 metres (5,416 ft.) above sea level, at the summit of Vermilion Pass, where water on one side drains toward the Pacific Ocean and on the other toward the Arctic.
- ◆ Walk to the Paint Pots, where cold, iron-rich mineral springs bubble up through small pools and stain the earth a deep ochre colour. Aboriginal people gathered ochre here for decoration and trade.
- ◆ Soak in the Radium Hot Springs, Canada's largest hot-springs pool. See page 22.

Kootenay National Park of Canada

P.O. Box 220

Radium Hot Springs, B.C., Canada V0A 1M0

(250) 347-9615

www.pc.gc.ca/kootenay

GETTING THERE

Kootenay National Park lies 888 km (552 mi.) east of Vancouver and 170 km (106 mi.) west of Calgary. Highway 93, also called the Banff-Windermere Highway, runs 94 km (58 mi.) through the centre of the park. Open year-round.

Endless Opportunities

Interpretive Programs

Theatre programs are offered during the summer at Redstreak Campground. The Friends of Kootenay also offer special guided hikes and a Junior Naturalists program. Interpretive signs and exhibits at visitor centres, viewpoints and trails reveal the stories behind the scenery.

Walking & Hiking

Kootenay has many remarkable hiking and walking trails. The Fireweed Trail, the Paint Pots and Olive Lake trails are wheelchair accessible.

Wildlife

Elk, white-tailed deer, mule deer, mountain goats (at Mount Wardle) and bighorn sheep (in the Radium Hot Springs area) are most common.

Accommodations

Parks Canada operates four campgrounds in Kootenay National Park on a first-come, first-served basis. There are 401 campsites with a variety of services. Serviced (hookup) campsites are available only at Redstreak Campground.

Significance

Established in 1920, Kootenay has a long history of hosting travellers. The Banff-Windermere Highway was the first road to carry travellers by car across the Canadian Rockies and the Great Divide. The agreement to build the road included provisions to set aside lands for Kootenay National Park. Colour is a persistent theme in the park, from the blue glacial waters and grey limestone walls of Marble Canyon to the ochre beds of the Paint Pots and the green hue of Olive Lake. Visitors to Kootenay cannot help but be amazed at its diversity of landscapes, elevation, climate and ecology.



MOUNT REVELSTOKE

NATIONAL PARK

Place of Contrasts

They moved with the force of the mighty Columbia itself. Before the coming of the railway, fur traders and explorers camped where the big river joined the Illecillewaet at the foot of Mount Revelstoke. Even then, they would have been awed by the giant cedars, the dense rainforest and the Columbia's surging rapids.

GETTING THERE

Mount Revelstoke National Park is located 1 km (0.6 mi.) from the City of Revelstoke, B.C., via the Trans-Canada Highway.

Open year-round.
Accessibility and hours vary.

Why you will love it!

- ◆ Mount Revelstoke is famous for summer wildflower displays. By the middle of August, the meadows near the summit blossom into brilliant colour.
- ◆ The Meadows in the Sky Parkway allows private vehicles to drive to within 2 km (1.2 mi.) of the summit. A free shuttle takes visitors the rest of the way.
- ◆ Ecologically and geologically, the Mount Revelstoke area is distinct from the Rocky Mountains to the east and the Coast Mountains to the west.
- ◆ The park contains stands of old-growth cedar and hemlock, a forest type that is rapidly declining outside of protected areas.

Mount Revelstoke National Park of Canada

P.O. Box 350

Revelstoke, B.C., Canada V0E 2S0

(250) 837-7500

www.pc.gc.ca/revelstoke

Endless Opportunities

Interpretive Programs

See the new interpretive exhibits at Skunk Cabbage and Giant Cedars boardwalks and at the Nels Nelsen Ski Jump. Park staff members offer educational and interpretive programs year-round. Contact the park for the latest information.

Walking & Hiking

Mount Revelstoke has 10 hiking trails. Some are steep, tough climbs that lead to alpine lakes, while others, like the Inspiration Woods Trail, are shorter, valley-bottom walks. Some feature panoramic mountain views and lush wildflower meadows and others wind through old-growth forests of cedar and hemlock.

Wildlife

Mount Revelstoke is home to black bears, grizzly bears, mountain caribou, wolverine, mountain goats, moose and more. The best time to see bears is mid-May through early June, very early or late in the day. Keep your distance.

For birdwatching, May and June are the best months for variety.

Accommodations

There are no road-accessible campgrounds in Mount Revelstoke National Park. Several commercial campgrounds are found in the City of Revelstoke.

Significance

Mount Revelstoke National Park is a place of contrasts. A drive along the summit parkway passes through dense rainforest, subalpine forest, and subalpine meadows. Residents of the area always marvelled at the beauty and, in 1908, the City of Revelstoke broke a trail to the summit. The opulent floral displays of the meadows inspired local citizens to lobby for a road to the summit. They knew that this unspoiled mountain scenery had great potential for recreation. In 1914, the national park was established. During its construction, members of the British royal family visited often to mark its progress.



PACIFIC RIM

NATIONAL PARK RESERVE

In the Theatre of the Magnificent

Gnarled and stunted, it seems too small to be old. Yet, for more than a century, the tiny cedar has stood here, a silent witness to the rhythm of the tides. Sometimes, when there's a full moon over Long Beach, its tired old branches glow and, just for a moment, it steps out of the wings and takes centre-stage in the theatre of the magnificent.

Why you will love it!

- ◆ Thrill to shipwreck stories. Probe the mysteries of the rain forest. Learn about the rich heritage of the Nuu-chah-nulth First Nations people.
- ◆ Pacific Rim is a rain forest that drips with water and teems with plant life, a world of cedar, vivid green moss and arching ferns. All three of the park's units offer great opportunities for birdwatching as well as whale, seal and sea lion watching.
- ◆ Dozens of sheltered coves and bays beckon to kayakers. Explore the shores of countless little islands in this coastal Eden.

GETTING THERE

The Long Beach Unit is located on the west coast of Vancouver Island, between the villages of Ucluelet and Tofino.

The Broken Group Islands are located on the west coast of Vancouver Island. Accessible only by boat.

The 75 km West Coast Trail is located along the coastline of southwestern Vancouver Island. Hikers must make their own arrangements for all services.

The Park's operating season is from mid-March to mid-October.

Pacific Rim National Park Reserve of Canada

2185 Ocean Terrace Rd., P.O. Box 280

Ucluelet, B.C., Canada V0R 3A0

250-726-7721

www.pc.gc.ca/pacificrim

Endless Opportunities

Interpretive Programs

At the Long Beach Unit, from late June to early September, park interpreters offer daily programs, including guided rainforest walks, tide-pool walks, fish and plant T-shirt printing and evening theatre shows.

Accommodations

The Long Beach Unit has one campground on a forested terrace with 112 sites. Green Point Campground is on Highway 4, midway between Ucluelet and Tofino.

Outside the park, the nearby villages of Tofino and Ucluelet have motels, lodges, resorts, bed & breakfasts, restaurants, commercial campgrounds, banks, gas stations and retail stores.

Walking & Hiking

Overnight users of the West Coast Trail must participate in a 90-minute orientation session to get the latest safety, environmental and trail-condition information and learn a bit about the history and heritage of the trail. Several hikes in the most northerly section—the Cape Beale Headlands, near Bamfield—include temperate rainforest, swampy bogs, saltwater lagoons, exposed crescent beaches and the historic Cape Beale Lighthouse at the entrance to Barkley Sound.

Significance

Shaped by an ocean that embraces nearly half the planet, Pacific Rim National Park Reserve revels in diversity. A hundred islands invite visitors to explore. A hundred thousand lifeforms swim the powerful currents, cling to wave-worn rocks, or wait in tidal pools for the ocean's next sustaining sweep. Above the rocky shores, the cobbled beaches and the wind-swept dunes, seabirds, as various as the land below, wheel and soar and sing their hungry songs.



YOHO

NATIONAL PARK

Awe and Wonder

There's a full moon over Emerald Lake tonight. Nearby, a glacier-capped mountain, known as The President, glows brightly in the summer moonlight. To the north, Takakkaw Falls, Canada's second-highest waterfall, resembles a ghostly spirit as it tumbles more than a thousand feet over the rock face. To the south, the Kicking Horse River is fast and powerful as it roars over Wapta Falls. Yoho! said the Cree. Awe and wonder.

Why you will love it!

- ◆ Yoho is a 'best-kept secret.' With its rock walls, spectacular waterfalls and soaring peaks, it's the Rocky Mountains in their fullest majesty.
- ◆ The Spiral Tunnel viewpoints reveal the entry and exit portals of the rail line through Cathedral Mountain and Mount Ogden. Laying a railway through Yoho's dramatic terrain brought days filled with dynamite and danger.
- ◆ There are lots of accessible hiking trails at Takakkaw Falls and Emerald Lake, including the world-renowned Iceline trail. Twin Falls Tea House National Historic Site is a well-preserved example of rustic design in Canada's national parks.
- ◆ You're bound to see bears if you explore Yoho in May and June. Watch for other rare animals and birds that thrive in the protected mountain landscape. To view any roadside wildlife, pull well off the highway and watch from the safety of your vehicle.

Yoho National Park of Canada

P.O. Box 99

Field, B.C., Canada V0A 1G0

250.343.6100

www.pc.gc.ca/yoho

Endless Opportunities

Interpretive Programs

Parks Canada staff members offer interpretive programs throughout the summer. In July and August, the Kicking Horse Campground outdoor theatre presents lively programs throughout the week. Interpretive signs and exhibits at visitor centres, viewpoints and trails reveal the stories behind the scenery.

Walking & Hiking

Numerous spectacular backcountry hikes are available in Yoho along more than 400 km of hiking trails in mountain settings. Short walks include the Emerald Lake Trail, an interesting and flat 5.2-km (3.2-mi.) circuit.

GETTING THERE

The town of Field, inside Yoho National Park, is on the Trans-Canada Highway, 832 km (523 mi.) east of Vancouver, B.C., and 211 km (130 mi.) west of Calgary, Alta.

Open year-round.

Accommodations

Parks Canada operates all four campgrounds in Yoho National Park on a first-come, first-served basis only. There are 297 sites with a variety of services available. There are also five established backcountry campsites and random camping is permitted in some of the wildest areas of the park.

Significance

In 1909, Charles Walcott, a paleontologist and secretary to the Smithsonian Institution, was riding a trail high on the western slope of Mount Field when his horse stopped beside a rock face. That's where Walcott discovered many fossils previously unknown to science. The Burgess Shale is just one of many natural wonders in a place where ocean waves once rippled with ancient life. There's the mighty Kicking Horse River, one of Canada's Heritage Rivers and the Natural Bridge that arches over it. The landscape here is daunting, surreal. So are the feats of railway construction. Yoho! said the Cree. Awe and wonder.



Radium Hot Springs

KOOTENAY NATIONAL PARK

Lying back and stretching out in the hot water, you sigh and feel your weary muscles relaxing in the soothing warmth. Look up! The bighorn sheep on the slopes of Redstreak Canyon see you too. The wildlife, the cliffs, the canyon wall, the feeling of protection - it's all so so primal, so powerful.

Why you will love it!

- ◆ Radium is the largest hot spring pool in Canada and is internationally renowned.
- ◆ World-class golf facilities and outstanding alpine and cross-country skiing are nearby. There are hiking trails close to the springs too and a campground.
- ◆ Relax, detoxify and soothe the soul at Pleiades Massage and Spa with a hot stone massage, or a glacial-clay body wrap. Enjoy the aromatherapy steam room and plunge into the pool.
- ◆ Redstreak Canyon provides a crucial wildlife corridor. The habitats created by the combination of hot springs, sheltered slopes and rock walls make for excellent wildlife viewing.

GETTING THERE

Radium Hot Springs is located 3 km (2 mi.) east of the Town of Radium Hot Springs via Hwy. 93.
Open year-round.

The journey of water in Radium Hot Springs is an amazing process. Deep inside the earth's crust, seeping groundwater is heated, loaded with minerals—in this case, sulphate, calcium, bicarbonate, silica and magnesium—and pushed back to the surface by geological pressures. For the hot springs pools, the water is cooled and chlorinated to meet strict quality control standards.

Radium Hot Springs P.O. Box 40 Radium Hot Springs, BC, Canada V0A 1M0
(250) 347-9485 or 1-800-767-1611, www.pc.gc.ca/hotsprings, www.hotsprings.ca

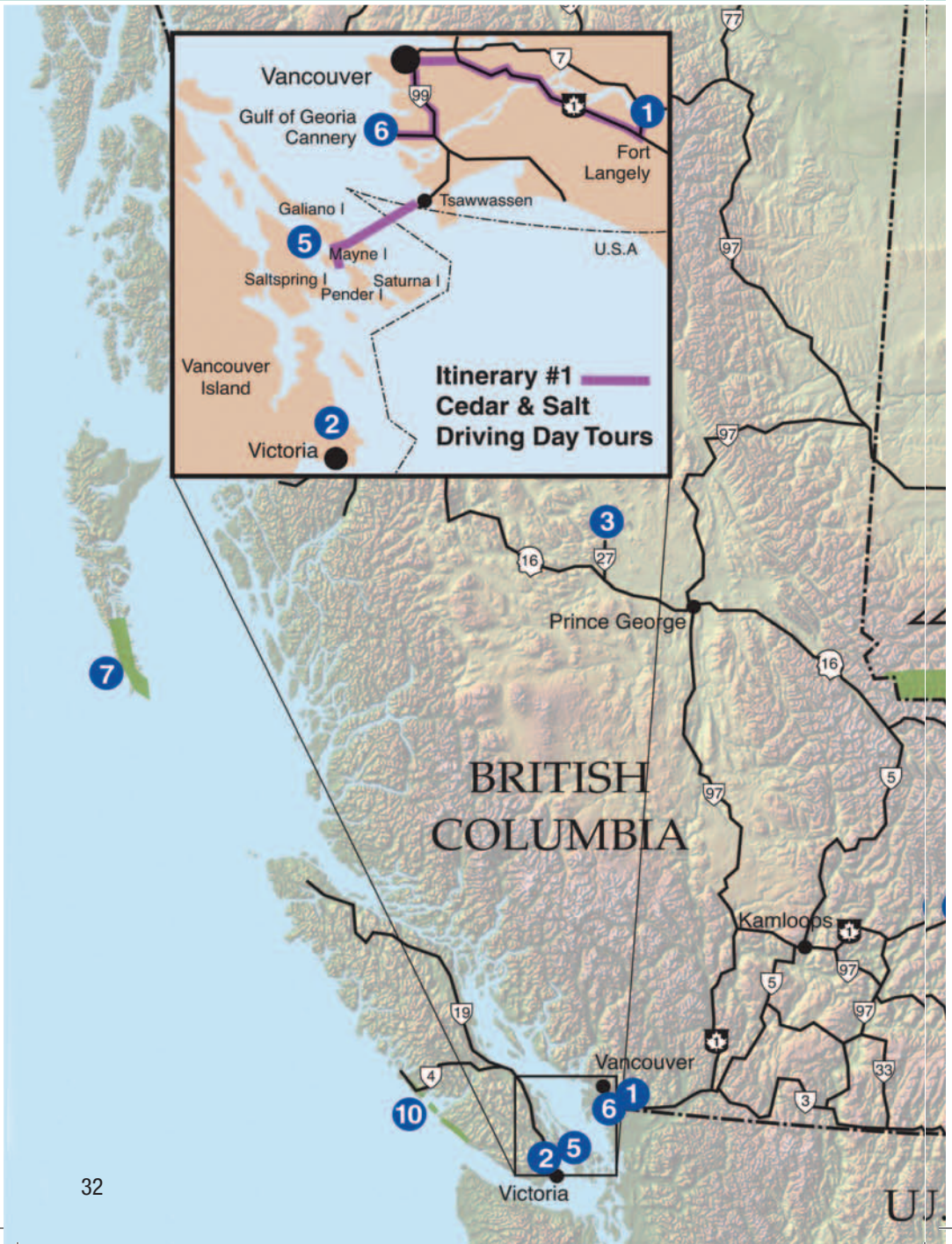


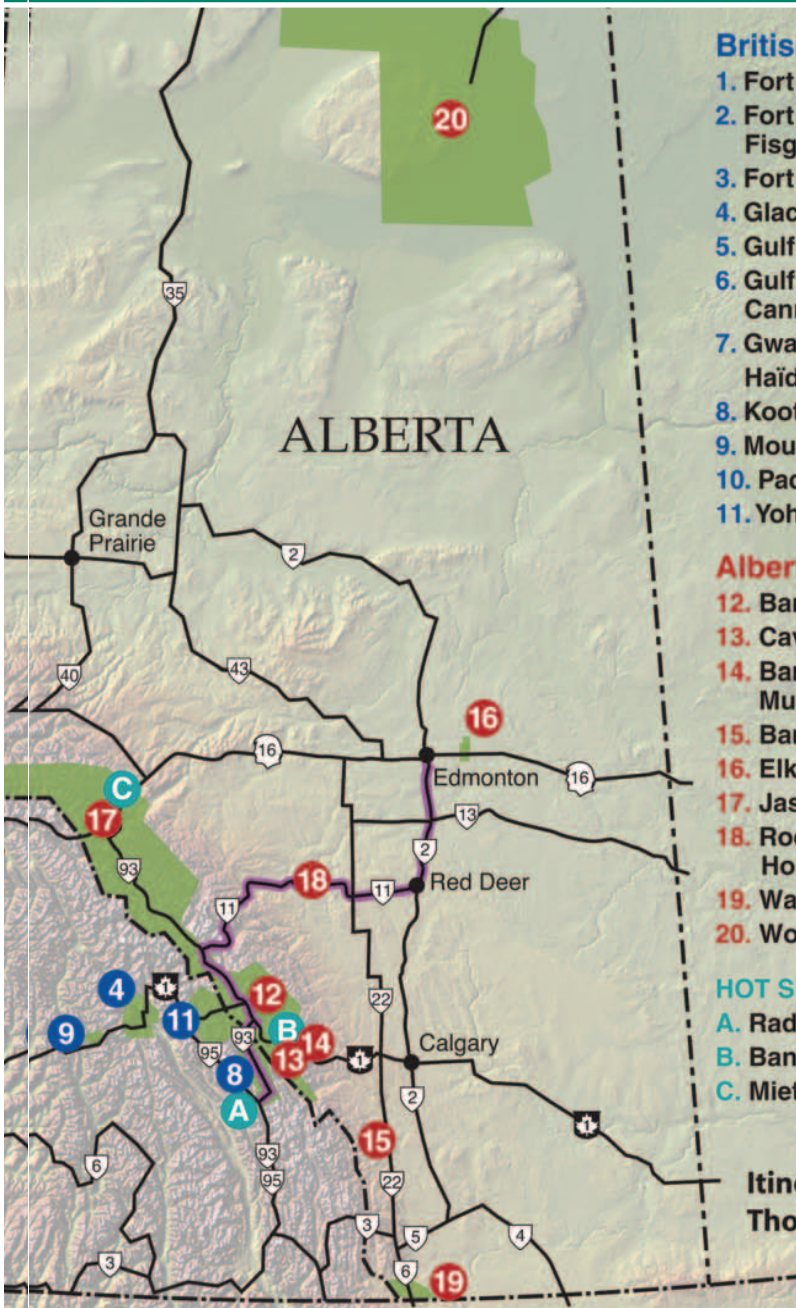
Things to Consider

Park and site rules and regulations are designed to protect these special places and ensure that you have a safe and memorable visit.

- ◆ Please do not disturb or collect any natural objects or historical artifacts.
- ◆ Never feed, touch or hunt any wildlife.
- ◆ Keep pets on a leash at all times.
- ◆ Please drive with care and stay on public roads. Road conditions can change rapidly.
- ◆ Stay on established trails to avoid trampling vegetation.
- ◆ Each park or site has specific hazards. Consult on-site publications for other important safety messages.
- ◆ Never underestimate the power of weather. Check the local forecast and dress appropriately. For information on avalanche conditions see: www.avalanche.ca
- ◆ Be safe. Be prepared. Drop in to the Visitor Reception Centre for information to enhance your visit.

The National Parks and National Historic Sites in
British Columbia and Alberta





British Columbia

- 1. Fort Langley NHS
- 2. Fort Rodd Hill NHS and Fisgard Lighthouse NHS
- 3. Fort St. James NHS
- 4. Glacier NP
- 5. Gulf Islands NPR
- 6. Gulf of Georgia Cannery NHS
- 7. Gwaii Haanas NPR and Haïda Heritage Site
- 8. Kootenay NP
- 9. Mount Revelstoke NP
- 10. Pacific Rim NPR
- 11. Yoho NP

Alberta

- 12. Banff NP
- 13. Cave and Basin NHS
- 14. Banff Park Museum NHS
- 15. Bar U Ranch NHS
- 16. Elk Island NP
- 17. Jasper NP
- 18. Rocky Mountain House NHS
- 19. Waterton Lakes NP
- 20. Wood Buffalo NP

HOT SPRINGS

- A. Radium
- B. Banff Upper
- C. Miette

Itinerary #2 ———
Thompson Trails

Cedar and Salt

Driving Itineraries #1

British Columbia's Pacific landscape, steeped in history, ranges from verdant valleys to island-studded, rain-forested coastal vistas of breathtaking beauty. These one-day itineraries are easily accessible from Vancouver. The national parks and national historic sites give modern explorers a taste of the beauty and history of B.C.

Trip One:

Vancouver, B.C., to Fort Langley, B.C.

Visit: Fort Langley National Historic Site

Driving Time: About 45 minutes

Directions: From Vancouver, drive east for about 50 km (31 mi.) on the Trans-Canada Highway. Take the 232nd Street exit north off Highway No. 1. Fort Langley National Historic Site is just 6 km (4 mi.) from the highway.

Fort Langley is a remarkable example of an original fur-trading post. Pelts were shipped to Europe via Cape Horn, produce was traded to the Russians in Alaska, local cranberries found their way to California and Fraser River salmon was enjoyed as far away as Hawaii.

Trip Two:

Vancouver to Gulf of Georgia Cannery National Historic Site

Visit: The Gulf of Georgia Cannery National Historic Site

Driving Time: About 45 minutes

Directions: Take Granville Street south to Highway 99. Take Highway 99 to the Steveston Highway exit. Take Steveston Highway west to No. 1 Road. Take No. 1 Road south to Chatham Street. Take Chatham Street west to Fourth Avenue. Turn left into the parking lot.

The Gulf of Georgia Cannery commemorates the history of Canada's west coast fishing industry from the 1870s to the present. The wood-frame complex chronicles the changing technology and needs of a vibrant coastal industry and the enormous contributions of those workers who built it. Known as the Gateway to the Orcas, the Village of Steveston has long been known for its commercial fishery, and was once home to 14 canneries. Explore Fisherman's Wharf and try the seafood.



Trip Three:

Vancouver to Gulf Islands National Park Reserve

Visit: The southern Gulf Islands
by car and ferry

Driving Time: About 45 minutes

Directions: Drive Highway 17 south
and follow the signs to the
Tsawwassen B.C. Ferries Terminal.
Ferry from the mainland to either
Mayne Island, Saturna Island, North
Pender Island or South Pender Island.

The siren song of seductive land and seascapes has been playing for centuries in the Strait of Georgia's Gulf Islands. These quiet and peaceful island gems have always been magnets for people who value tranquility. Hear the gulls screeching as they dart and weave around the ferry.

Explore Your Chosen Island

Consider: kayaking, fishing, marine-life tour, land tour, beach walking, birdwatching, trail hiking or cycling.

Head back to Vancouver or overnight on your chosen Gulf Island.

Thompson Trails

Driving Itinerary #2

In the early 1800s, explorer David Thompson began his search for a trade route through the Rocky Mountains to the Pacific. From his base in the foothills of Alberta, he made several survey trips, finally reaching the Columbia River in 1807. This comfortable three-day driving itinerary crosses the great explorer's path at a number of locations and gives a sense of what he and his companions must have experienced two centuries ago.

Day One:

Edmonton to Rocky Mountain House

Visit: Rocky Mountain House National Historic Site

Driving Time: About 3 hours (220 km/137 mi.)

Directions: Go south on Highway # 2 to Red Deer. Turn west on Highway # 11 to Rocky Mountain House.

The North West Company's trading post at Rocky Mountain House, built in 1799, was Thompson's base in his search for a route through the mountains to the Columbia River and the Pacific. Often his Métis wife and children accompanied him and his voyageurs through mountain passes and down wild rivers.

Spend the rest of the day visiting Rocky Mountain House.

Overnight in the town of Rocky Mountain House.



Day Two:

Rocky Mountain House to Lake Louise in Banff National Park

Visit: Lake Louise

Driving time: About 3.5 hours
(250 km/155 mi.)

Directions: Drive Highway 11 west from Rocky Mountain House along the North Saskatchewan River and Abraham Lake to Highway 93 junction, located at Saskatchewan River Crossing in Banff National Park. Follow Highway 93 southward to the Trans-Canada Highway and head east to Lake Louise.

This is the route that David Thompson followed in 1807 with his family and a party of voyageurs. Highway 93, the Icefields Parkway, has some of the most spectacular scenery in the world. Thompson descended the Blaeberry River to the Columbia in his search for a route to the Pacific.

Enjoy Lake Louise.
Overnight in Lake Louise.

Day Three:

Lake Louise to Kootenay Park and Radium Hot Springs

Visit: Radium Hot Springs

Driving time: 2 to 4 hours with stops
(145 km/90 mi.)

Directions: Drive east from Lake Louise on the Trans-Canada Highway, turn south on Highway 93, continue through Kootenay National Park to Radium Hot Springs.

Cross the Continental Divide at Vermilion Pass. The highway parallels first the Kootenay and then the Vermillion River. Descend through spectacular Sinclair Canyon to Radium Junction and the mighty Columbia River. Explorer David Thompson, his family and voyageurs arrived at Windermere Lake, just south of here, on July 18, 1807, and spent the winter trading with the Kootenay First Nations peoples.

Enjoy Radium Hot Springs.
Overnight in Radium Hot Springs.



BANFF

NATIONAL PARK

One of the World's Great Protected Areas

Even the packhorses are impressed with the view. Every now and again they just stop, give their heads a little shake and turn their eyes towards Mount Victoria, the surrounding glaciers and the emerald-coloured lake far below. Lake Louise—called the Lake of Little Fishes back in 1882 when Stoney Indian guide Edwin Hunter led outfitter Tom Wilson to its shores—always inspires awe.

Why You Will Love It!

- ◆ Banff is one of the world's leading tourism destinations. Hike over a mountain pass, ride a horse on the paths of early explorers or go mountain biking. Then soak in the hot springs. See page 56.
- ◆ Picnic sites, scenic trails along the Bow River, Cascade Gardens and the spectacular Banff Springs Hotel are all within walking distance from the townsite.
- ◆ Drive the Icefields Parkway or meander along quiet, mountain roads. Get a terrific view as you ride the Banff Gondola to the top of Sulphur Mountain.
- ◆ Learn more at Cave and Basin and the Banff Park Museum—both national historic sites. Celebrate Canada's land, culture and achievements at Canada Place, located in the Banff Administration Building.

GETTING THERE

The town of Banff, Alberta, in the heart of Banff National Park, is located 128 km (80 mi.) west of Calgary or 600 km (373 mi.) east of Vancouver, via the Trans-Canada Highway.

Banff National Park of Canada

Box 900

Banff, AB, Canada T1L 1K2

(403) 762-1550, Banff Tourism: (403) 762-8421

www.pc.gc.ca/banff, www.banfflakelouise.com

Endless Opportunities

Interpretive Programs

Park staff, Friends of Banff National Park and local licensed guides offer many hands-on learning opportunities. Experience the scenery and discover the stories of this magnificent park. Park interpreters also offer interpretive theatre performances, campground theatre programs and guided tours at national historic sites.

Walking & Hiking

Banff's hiking trails are among the best in the world. You can walk for hours alone in the

wilderness, or stroll along specially-designed interpretive trails which are located along the Bow Valley Parkway, the Lake Louise Promenade and the Icefields Parkway.

Accommodations

Parks Canada operates all 13 campgrounds in Banff National Park. The spacious sites offer a variety of services for everyone, from the backpacker to folks with motor homes. Banff has many fine hotels, hostels and home accommodations.

Significance

Named for Banff, Scotland, Canada's first national park is one of the world's great protected areas. Comprising more than 6,000 square km, Banff National Park protects hundreds of glaciers, amazing coloured lakes, lush alpine meadows and rugged mountain passes. As the birthplace of Canada's national park system, it symbolizes, and protects, Canada's natural and cultural heritage, the very fabric of the Canadian imagination. In Banff's Vermilion Lake wetlands, archaeological evidence shows that humans have lived in the area for almost 10,000 years. Who knows what these early inhabitants imagined as they went about their daily lives. Occasionally, though, they must have paused for a moment, turned their eyes towards the mountains and just gazed in wonder at the snow-capped peaks all around them.



CAVE AND BASIN

NATIONAL HISTORIC SITE

Where it all Began

Intriguing, mysterious—the cave seems almost in another dimension! Senses are stimulated. Smell the sulphur. Listen to the sound of water—dripping, thermal springs—heated by earth’s molten core. Tropical warmth percolates upwards in this dark, eerie place; birthplace of Canada’s national parks; birthplace as well for a tiny creature found nowhere else on the planet.

Why you will love it!

- ◆ The Cave is a mysterious place. Explore its interior pool and the original vent hole. Breathe deeply and feel the warmth of the sulphur vapours.
- ◆ Visit the Basin and the open-air mineral pool. Look closely at the mats of brilliant pink bacteria and blue-green algae growing in the pool.
- ◆ Life abounds in the Cave and Basin wetlands. The springs are home to a special creature, the Banff Springs Snail, found nowhere else in the world.
- ◆ Explore interactive displays and exhibits and enjoy the video *Steam, Schemes and National Dreams* in the Bathhouse Theatre.

Cave and Basin National Historic Site of Canada

Box 900

Banff, AB, Canada T1L 1K2

(403) 762-1566

www.pc.gc.ca/cave

Endless Opportunities

Interpretive Programs

Interpretive tours reveal how one of the world's largest park systems started and explain the geological origins of the thermal springs. Parks Canada staff members are available to answer your questions.

Walking & Hiking

Enjoy a summer snack in the Sundance Bistro at the Cave.

Explore boardwalks above and below the Bathing Pavilion to find out more about the site's treasures. There are also longer walks in the vicinity.

Wildlife alert

Enjoy a safe walk along these trails by watching for wildlife and giving it the space it needs.

GETTING THERE

Located 128 km (80 mi.) west of Calgary via the Trans-Canada Highway, in the Town of Banff, at 311 Cave Avenue.

Open daily year-round.
Hours vary summer and winter

Significance

On November 8, 1883, Frank McCabe and the McCardell brothers followed an odd-smelling stream of warm water near the Bow River in Banff. When they discovered a cave with a pool of water as hot as a bathtub, they knew they had found something valuable. Attracting people to Banff to soak in the hot springs seemed like a good business idea to the Canadian Pacific Railway. It persuaded the Canadian government to create a special, 26-square-km area called the Banff Hot Springs Reserve and allow the CPR to start its grand hotel legacy. Formally established on November 28, 1885, the reserve became the birthplace of Canada's national parks.



BANFF PARK MUSEUM

NATIONAL HISTORIC SITE

Opening the Door on Frozen Moments in Time

The sly fox has been standing here for almost a century, a pheasant trapped between its jaws. You'd think he would have decided by now whether to eat his prey, or let it go. You can almost see him thinking. It's another mountain drama, frozen in time

Why you will love it!

- ◆ Opening the front door and stepping into the museum is a sensory treat. It feels as though you're stepping into a place that is frozen in time.
- ◆ Visitors are guaranteed wildlife sightings at the museum, with displays that elevate taxidermy to an art form.
- ◆ The 'museum of a museum' shows visitors the changes in attitude that have taken place in the way we view nature over the last century or so.
- ◆ Some of the oldest of the specimens and a number of the finely-crafted, wooden display cases were also featured in the Canadian Pavilion at the World's Columbian Exposition in Chicago in 1893.
- ◆ The museum building's graceful design, elaborate use of Douglas fir and its setting contribute strongly to the character of Banff National Park.

Banff Park Museum National Historic Site of Canada

P.O. Box 900

Banff, AB, Canada T1L 1K2

(403) 762-1558

www.pc.gc.ca/banffparkmuseum

Endless Opportunities

Wildlife

Visitors can see just about every bird and animal that exists in Banff National Park. Mammals with misunderstood reputations, such as grizzlies, wolves and large cats, are posed with teeth bared. This old-fashioned style of taxidermy is symbolic of the way people viewed these animals—as fierce symbols of a threatening landscape.

GETTING THERE

Located on Banff Avenue, on the downtown side of the Bow River Bridge.

Summer Hours
(Mid-May to late September):
10 a.m. to 6 p.m.
The rest of the year:
1 p.m. to 5 p.m.
Closed December 25, 26
and January 1.

Significance

The museum's first curator, Norman Bethune Sanson, wanted to make it the best of its kind in Canada—a sort of 'university of the hills,' as he liked to say. Hired in 1896, Sanson was not one to sit behind a desk. His office was Banff National Park. Until he retired in 1937, he hiked over 20,000 kilometres searching for animals, plants, rocks and fossils to put on display. He was as dedicated to the museum as he was to the goal of portraying Banff's natural heritage. That's why the aroma of history is so enticing here. It's the smell of the land, as fragrant as a mountain morning, as comforting and pervasive as an evening campfire.



BAR U RANCH

NATIONAL HISTORIC SITE

Wranglin', Ropin' and Reminiscin'

Climb aboard the wagon. Feel the power of the Percherons as they pull you onto the site. Load up your plate with authentic cowboy grub. Watch the sparks fly in the smithy. Listen to the stories of ranching pioneers, fortunes made and lost, cattle-killing winters and massive round-ups. Walk alongside Pekisko Creek. Breathe deep. Relax and have fun. You're in the land of the big sky now.

Why you will love it!

- ◆ Rope a steer and wrangle a seat at round-up camp. Celebrate the human history of ranching. Enjoy cowboy coffee, freshly-made bannock and the ever-present music and story telling.
- ◆ Wander through historic buildings that show Canada's ranching development. Watch costumed interpreters work the Bar U, just as ranch hands have for more than 120 years.
- ◆ Learn about where the Sundance Kid worked, how royalty moved in next door and how the Bar U helped save the Percheron breed of horses after World War I.
- ◆ Watch the award-winning video, *The Mighty Bar U*, and learn about the unbeatable horsemanship of Aboriginal riders, the painful lessons of greenhorns, the spirit of camaraderie and the solitude of life on the range.

Bar U Ranch National Historic Site of Canada

P.O. Box 168

Longview, AB, Canada T0L 1H0

1-800-568-4996

www.pc.gc.ca/baru

Endless Opportunities

Interpretive Programs

Interpretive staff members lead visitors back into the days of hard-working ranch cowboys who laboured for little pay and truly loved the land. Hands-on activities let visitors immerse themselves in the romance of the Old West and life on the Bar U. Head out to roundup camp. Listen to cowboy stories and try rope making or leather working. Of course, there's horseback riding at a neighbouring guest ranch with plenty of room to ride off into the sunset.

GETTING THERE

Located about 100 km (62 mi.) south of Calgary on Highway 22 (The Cowboy Trail), 13 km (8 mi.) south of Longview.

Open daily from late May to October.

Significance

Founded in the shadow of the Rockies during the late 1800s, the Bar U was one of Canada's foremost ranching operations. It was big — more than 150,000 acres — stretching farther than the eye could see. The range of characters who swaggered through its front gate was as wide as the Alberta prairie, as colourful as a Rocky Mountain sunset. Johnny Left-Hand was one of the Bar U's legendary riders, men who cared for the cattle, venturing into the foothills, even in freezing weather, to make sure the herd was safe. They roped, wrangled and rode their way into the mythology of the nation, and Johnny Left-Hand was one of the best.



ELK ISLAND

NATIONAL PARK

At Home in the Aspen Parkland

Wild animals love the aspen parkland. This is home to the smallest and largest land mammals in North America, the pigmy shrew and wood bison. Such contentment, as you watch herds of bison, elk, moose and deer graze. Scenes from the past. Thanks to Elk Island, scenes from the present.

GETTING THERE

Elk Island National Park is located 35 km east of Edmonton on Yellowhead Highway 16. The park is less than an hour's drive from Edmonton city centre and just over an hour away from West Edmonton Mall.

There is no public transit to the Park.

The park is open year-round, however, many services and facilities are open only during the summer season.

Why you will love it!

- ◆ Elk Island National Park is like an oasis with a feast of sights, smells and sounds for even the casual visitor. The park's rolling landscape has an excellent network of hiking and cross-country ski trails.
- ◆ The park is also renowned as a birdwatchers paradise with over 250 species that can be seen throughout the year. Visitors enjoy Elk Island year-round on foot, ski or snowshoe.
- ◆ Canoeing, kayaking and sailing are permitted on Astotin Lake (rentals not available). Paddle around the many islands and see some of the oldest forests in Elk Island. Visitors are encouraged to dock and investigate, but no fires or camping are permitted.

Elk Island National Park of Canada

Site 4, R.R.#1

Fort Saskatchewan, AB, Canada T8L 2N7

(780) 992-2950

www.pc.gc.ca/elkisland

Endless Opportunities

Interpretive Programs

Environmental education programs are offered to all visitors free of charge. Throughout July and August, evening interpretive programs are offered on Fridays and Saturdays at 8 pm and Junior Naturalists programs are offered Saturday and Sunday afternoons between 2 pm and 4 pm.

Walking & Hiking

Elk Island National Park offers 11 hiking trails that vary in length from a short leisurely stroll across the Living Waters Boardwalk to the scenic 18.6-km Wood Bison Trail. Three hikes are accessible from the Astotin Lake area.

Wildlife

Elk Island is one of the few places in North America where bison, elk, moose and deer still co-exist in this transitional natural region protected by the park. Wandering herds of bison can be seen from the scenic parkway and trails winding around lakes and beaver ponds. Please keep at least 100 metres away from wild animals at all times.

Accommodations

Located in the Astotin Lake area, the Sandy Beach Campground is within walking distance of the beach. There are hotels and motels near the park.

Significance

Established as Canada's first wildlife sanctuary in 1906, then declared a national park in 1913, Elk Island is Canada's only entirely-fenced national park. Sitting in the Beaver Hills, about a 45-minute drive east of Edmonton, Alberta, the park plays an important role in the re-establishment of threatened species such as the wood bison and the trumpeter swan. The forests, wetlands and wildlife particular to Elk Island make it a geographical and biological island in an ocean of parkland. With the creation of Elk Park in 1906 came the best of both worlds, bison-dominated plains and the forested hills, rich in beaver and waterfowl.



JASPER

NATIONAL PARK

Powerful Symbol of a Distinctive Landscape

First, a sharp crack—like a rifle shot—then the deafening, rolling rumble of tonnes of ice and snow booming down from the glacier. From their lookout, hikers watch, fascinated as the snow swirls and billows into ghostly-white clouds over Mount Edith Cavell’s Angel Glacier. The First Nations peoples respectfully called this distinctive mountain White Ghost. The fur-trading voyageurs who travelled the Athabasca Pass with David Thompson referred to it as ‘la montagne de la grande traverse.’

Why you will love it!

- ◆ Jasper’s scenery is so impressive, even grizzly bears pause to take it all in.
- ◆ Drive the Icefields Parkway, one of the world’s most scenic drives.
- ◆ The wildlife viewing is superb. Large carnivores roam the park’s broad valleys, rugged mountains, forests and alpine meadows.
- ◆ Jasper has the only sand-dune ecosystem in the Rocky Mountain Parks, along Jasper Lake, as well as Canada’s longest underground drainage system, the Maligne Valley karst.
- ◆ Thrill to the thunder of Maligne Canyon and Athabasca Falls; experience Athabasca Glacier up close; soak in the soothing warmth of the Miette Hot Springs. See page 57.

GETTING THERE

Located on the Yellowhead Highway (#16), 370 km (192 mi.) west of Edmonton, 404 km (256 mi.) northwest of Calgary via the Trans-Canada Highway (#1) and Icefields Parkway (Hwy. 93), and 805 km (500 mi.) northeast of Vancouver.

Open year-round.

Jasper National Park of Canada

Box 10

Jasper, AB, Canada T0E 1E0

(780) 852-6176

www.pc.gc.ca/jasper, www.jaspercanadianrockies.com

Endless Opportunities

Interpretive Programs

At the Jasper-Yellowhead Museum and Archives, you can travel back in time to discover the events and people that shaped Jasper.

Park staff, Friends of Jasper National Park and local licensed guides offer many opportunities for experiences behind the scenery and management of this magnificent park.

Walking & Hiking

Jasper's wildlife established its own pathways here, long before humans arrived about 11,000 years ago. Since the park was founded in 1907, this natural trail network has been expanded and maintained. Whether you're

strolling the short Mary Schäffer Loop, mountain-biking the Wabasso Trail or riding a horse near Pyramid Lake, there is something here for you.

Accommodations

Parks Canada operates all 10 campgrounds in Jasper National Park. The spacious sites offer a variety of services for everyone from backpackers to folks with motorhomes. Camping is available year-round, or you might prefer to stay at one of Jasper's many fine hotels, hostels or home accommodations.

Significance

In early 1811, following trails that the Aboriginal people had used for centuries, David Thompson established a new fur-trading route across the mountains via Athabasca Pass. The route made the Jasper area an important transportation link. It still is. Jasper National Park connects with Banff National Park to the south via the Icefields Parkway, regarded by many as one of the world's most scenic drives. The Park protects more than 10,000 square kilometres of the Rocky Mountains, a beautiful and dramatic landscape that supports a rich variety of plants and wildlife.



ROCKY MOUNTAIN HOUSE

NATIONAL HISTORIC SITE

Home Base for The Man Who Looked at Stars

June 1807. An owl hoots. Lying under the stars beside the rapids, David Thompson wonders how often he's heard that ghostly sound. Following the journey of water through the wilderness, the explorer, trader and mapmaker has waited countless times beside swift-moving rivers, watching the stars of night slowly disappear behind the mists of morning.

Why You Will Love It!

- ◆ Follow in David Thompson's footsteps. Imagine what life was like for him and his family when he was in charge of Rocky Mountain House from 1806 to 1807.
- ◆ Hear the squeaks and squeals of Red River carts. Explore the lives and relationships of First Nations, Métis and fur traders.
- ◆ See the David Thompson Puppet Show and enjoy hands-on activities and demonstrations, including fur-trade skills and Métis culture and crafts.
- ◆ Imagine you're a voyageur arriving with your load of trade goods at the 100-foot-long Playfort, a model of the last fort that closed here in 1875.

Rocky Mountain House National Historic Site of Canada

Site 127, Comp 6, RR 4

Rocky Mountain House, AB, Canada T4T 2A4

(403) 845-2412

www.pc.gc.ca/rockymountainhouse

Endless Opportunities

Interpretive Programs

The site has two interpretive trails: the Chimney Trail passes through the original sites of the two most-recent Hudson's Bay Company forts. The River Trail takes you back more than 200 years to the oldest sites. Enjoy a picnic in a tipi along the way.

Wildlife Alert

The birdwatching and wildlife viewing are great. Rocky Mountain House protects more than 500 acres of field, marsh and old spruce forest along the banks of the North Saskatchewan River.

GETTING THERE

Located 6 km (3.7 mi.) west of Rocky Mountain House on Highway 11A.

Open daily, 10 a.m. to 5 p.m., from Victoria Day weekend (mid-May) to Labour Day.

Camping

Nine walk-in campsites are available for river users. This primitive site has a kitchen shelter, one outhouse, fire pits and no drinking water. Campsites are available on a first-come, first-served basis only.

Significance

The fur trade played an enormous role in opening up western Canada. Commercial rivalry spurred men like David Thompson to journey into unexplored areas in search of furs. A fur-trade post was built at the Rocky Mountain House site in 1799 by the North West Company to attract the trade of the Kootenay First Nation's people living west of the Rockies. The voyageurs who traveled with Thompson followed him through mountain passes and down wild rivers. Often, his Métis wife and children came along. Some First Nations people called Thompson Koo Koo Sint — you who look at the stars — because of his almost constant use of the sextant.



WATERTON LAKES

NATIONAL PARK

Where the Mountains Meet the Prairie

A hawk surfs on the warm breeze blowing across the prairie. Trembling aspen and grass rustle. An elk grazes in the distance. You're cruising along the Red Rock Canyon Parkway with the windows down and you're feeling free. You see rolling prairies, the iron-rich red rocks of the mountains and meadows speckled with wildflowers. Mount Blakiston looks as pretty as a prairie sunset.

Why You Will Love It!

- ◆ Prairie grasslands sweep up Waterton's wide valleys and lower mountainsides, creating vistas unique among the Rocky Mountain parks.
- ◆ Waterton has a vast network of hiking trails. Outdoor activities include camping, hiking, mountain biking, horseback riding, golf, scuba diving and even windsurfing on Upper Waterton Lake.
- ◆ This park straddles the Continental Divide on a crucial, north-south Rocky Mountain wildlife corridor. The vistas create excellent opportunities to view wildlife.
- ◆ Enjoy a scenic boat tour on Upper Waterton Lake or have tea at the Prince of Wales Hotel, overlooking the lake.

GETTING THERE

Waterton Lakes National Park is located 270 km (168 mi.) south of Calgary, Alta., and 130 km (81 mi.) southwest of Lethbridge, Alta.

Open year-round. From late fall to early spring, most park facilities are closed and very few services are available in the village.

Waterton Lakes National Park of Canada

Box 200

Waterton Park, AB, Canada T0K 2M0

(403) 859-2224

www.pc.gc.ca/watertonlakes

Endless Opportunities

Interpretive Programs

Summer visitors can participate in a variety of interpretive programs, including evening theatre programs at the Falls Theatre, near Cameron Falls and the Townsite Campground.

Walking, Hiking & Driving

Waterton has 200 kilometres (124 miles) of hiking trails, ranging from easy strolls to strenuous wilderness hikes. It's possible to complete a few strolls in one day, or choose a day hike. Waterton is a superb park to experience by car. One of the best places to see Waterton's classic prairie-meets-mountain landscape is the Blakiston Valley on the

Red Rock Canyon Parkway. Other drives include the Akamina Parkway and the Chief Mountain International Highway. Scenic viewpoints allow for great sightseeing.

Accommodations

Parks Canada operates three campgrounds in Waterton Lakes National Park. Peak visitor season is during July and August. If you're planning a trip to Waterton during these months, be sure to book your accommodation in advance.

Significance

Waterton Lakes National Park sits in the southwest corner of Alberta, close to the United States. Prairie grasslands sweep up Waterton's wide valleys and lower mountainsides, creating an openness unique among the Rocky Mountain parks. Characterized by glacial lakes, dramatic mountain vistas, alpine meadows and prairie grassland, the Park has distinct east- and west-side climates. At 525 square kilometres, it's the smallest of the Rocky Mountain parks. In 1932, Waterton joined with Montana's Glacier National Park to form Waterton-Glacier International Peace Park, the first of its kind in the world. The Peace Park was designated a World Heritage Site in 1995.



WOOD BUFFALO

NATIONAL PARK

Bison, Bears, Wolves and Whooping Cranes

There's poetry in the sound of a dripping paddle. You think about this as the canoe catches the Peace River's main current. Slowly the white gypsum cliffs near Peace Point Reserve disappear into the early-morning mist. Sweetgrass Landing is two days away. You're on the edge — the very edge — of the Peace-Athabasca Delta, a slipstream of solitude so big and so primal that the mind slows just to take it all in.

Why You Will Love It!

- ◆ Wood Buffalo is home to one of the largest free-roaming and self-regulating bison herds in the world and the last remaining natural nesting area for the endangered whooping crane.
- ◆ Water is everywhere. Canoeists of all skill levels can find routes to suit their styles, from easy day-paddling on Pine Lake to wilderness adventures on the Peace, Athabasca and Slave rivers for experienced backcountry paddlers.
- ◆ The park has wetlands of international significance. Birdwatchers love the Peace-Athabasca Delta, one of the largest inland freshwater deltas in the world. Migratory birds from all four North American flyways pass through the delta every spring and fall.
- ◆ Fall and winter visitors can often get amazing views of the aurora borealis, or northern lights. Wood Buffalo is ideally situated in an area of intense aurora activity.

Wood Buffalo National Park of Canada

Box 750

Fort Smith, NWT, Canada X0E 0P0

Fort Smith (867) 872-7960, Fort Chipewyan (780) 697-3662

www.pc.gc.ca/buffalo

Endless Opportunities

Walking & Hiking

The park's trail system offers a choice of hiking experiences, from short, relaxing strolls to energetic day hikes.

Frontcountry trails include the Salt River Trail System and the Lane Lake Trail.

Wildlife Alert

Black bears inhabit all areas of the park. Please read *You Are In Bear Country* for bear safety information. Bison are free-roaming and are at their most dangerous during the rutting season, which starts in mid-July. Do not approach them.

Accommodations

Fort Smith, the gateway to Wood Buffalo National Park, has a

hotel, campground and bed & breakfasts, as well as air charter services and commercial airline flights. Fort Chipewyan has a hotel and bed & breakfasts.

GETTING THERE

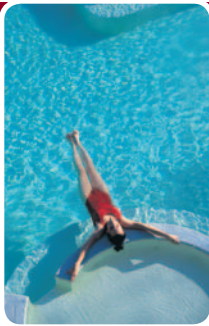
Wood Buffalo National Park of Canada straddles the border between Alberta and the Northwest Territories.

Fort Smith, N.W.T., is accessible year-round via the Mackenzie Highway. Fort Chipewyan, Alta., a fly-in community, has winter-road access for three months of the year.

Open year-round.

Significance

Big. Bigger than Switzerland. Established in 1922, Wood Buffalo National Park is Canada's largest national park and one of the largest in the world. It is also a UNESCO World Heritage Site. For more than 8,000 years, Aboriginal peoples have been sharing this vast boreal wilderness with bison, bears, wolves and whooping cranes. It's a veritable Garden of Eden for wildlife. Solitude is one of the hallmarks of this park. Water is another. It is truly a place where you can walk, or even paddle, where few have been before. In winter, even the wolves are moved by the mystery and clarity of the northern lights.



Banff Upper Hot Springs

BANFF NATIONAL PARK

Slipping into the hot water, there's a sense of freedom, an almost-primal release of stress and concern. A bit strange at first, but then joy takes over. Such enveloping warmth. Here, in the shadow of Sulphur Mountain, a deep breath—crystal clear harmony. Abundance.

Why you will love it!

- ◆ The temperature of the hot springs is kept between 37 and 40 degrees Celsius, or 98 and 104 Fahrenheit—just right to soothe tired muscles after a day of hiking, or skiing.
- ◆ The outdoor mineral spring hot pool has a children's wading area and inspiring views of famous Mount Rundle.
- ◆ The restored, 1930s heritage bathhouse has all the amenities of a modern facility. Visitors enjoy the feel of the place where movie stars, kings and presidents all have 'taken the waters.'
- ◆ Pamper yourself at Pleiades Massage and Spa with scented sea salts, rich emollient oils and rose- and lavender-infused gels. Enjoy the spa's natural light and delightful fragrances.

GETTING THERE

Banff Upper Hot Springs is located on Mountain Avenue.
Open year-round.

The journey of water in Upper Banff Hot Springs is almost magical. Groundwater seeps down into the earth's crust, where it's heated, pressurized, loaded with minerals—sulphate, calcium, bicarbonate, magnesium and sodium—and then channeled back to the surface at a rate of 454 litres (120 gallons) per minute. For the hot springs pools, the water is cooled and chlorinated to meet strict health standards. Go south on Highway # 2 to Red Deer. Turn west on Highway #11 to Rocky Mountain House.

Banff Upper Hot Springs P.O. Box 900 Banff, AB, Canada T1L 1K2
(403) 762-1515, 1-800-767-1611, www.pc.gc.ca/hotsprings, www.hotsprings.ca

Miette Hot Springs

JASPER NATIONAL PARK



Be silent. There's peace all around. You feel it as you immerse yourself in the soothing, mineral-enriched water. Feel the warmth and contentment. A light breeze blows through the larch, as it has for centuries, humming the hymn of the universe.

Why you will love it!

- ◆ The hot springs are flowing! The Miette mineral springs—hottest in the Rockies—flow from the mountain at 54°C. The water is cooled to a comfortable 40°C as it enters the pools.
- ◆ Located at the head of the famous Fiddle Valley, the two outdoor hot springs pools have inspiring views. It's peaceful here, tailor-made for quiet reflection, viewing and hiking.
- ◆ The scenic, winding mountain road to Miette Hot Springs is one of Jasper's finest for wildlife viewing, morning or evening. Black bears, deer and bighorn sheep are often sighted here.

GETTING THERE

Miette Hot Springs is located 61 km (38 mi.) east of Jasper townsite, via Hwy. 16, at the end of Miette Hot Springs Road.

Open from early May
to mid-October

The journey of water in Miette Hot Springs is fascinating. Water travels deep into the earth and flows back to the surface hot and loaded with dissolved natural minerals—sulphate, calcium, bicarbonate, magnesium and sodium. Sulphate, a common mineral, gives the springs their distinctive smell. The hot water pours out of the ground at 1,540 litres (350 gallons) per minute. For the hot springs pools, the water is cooled and chlorinated to meet strict health standards.

Miette Hot Springs P.O. Box 2579 Jasper, AB, Canada T0E 1E0
(780) 866-3939 or 1-800-767-1611, www.pc.gc.ca/hotsprings, www.hotsprings.ca



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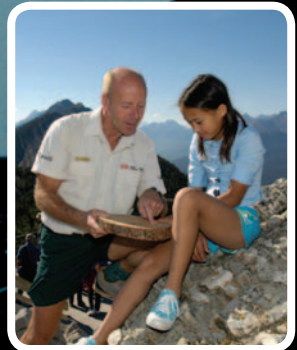
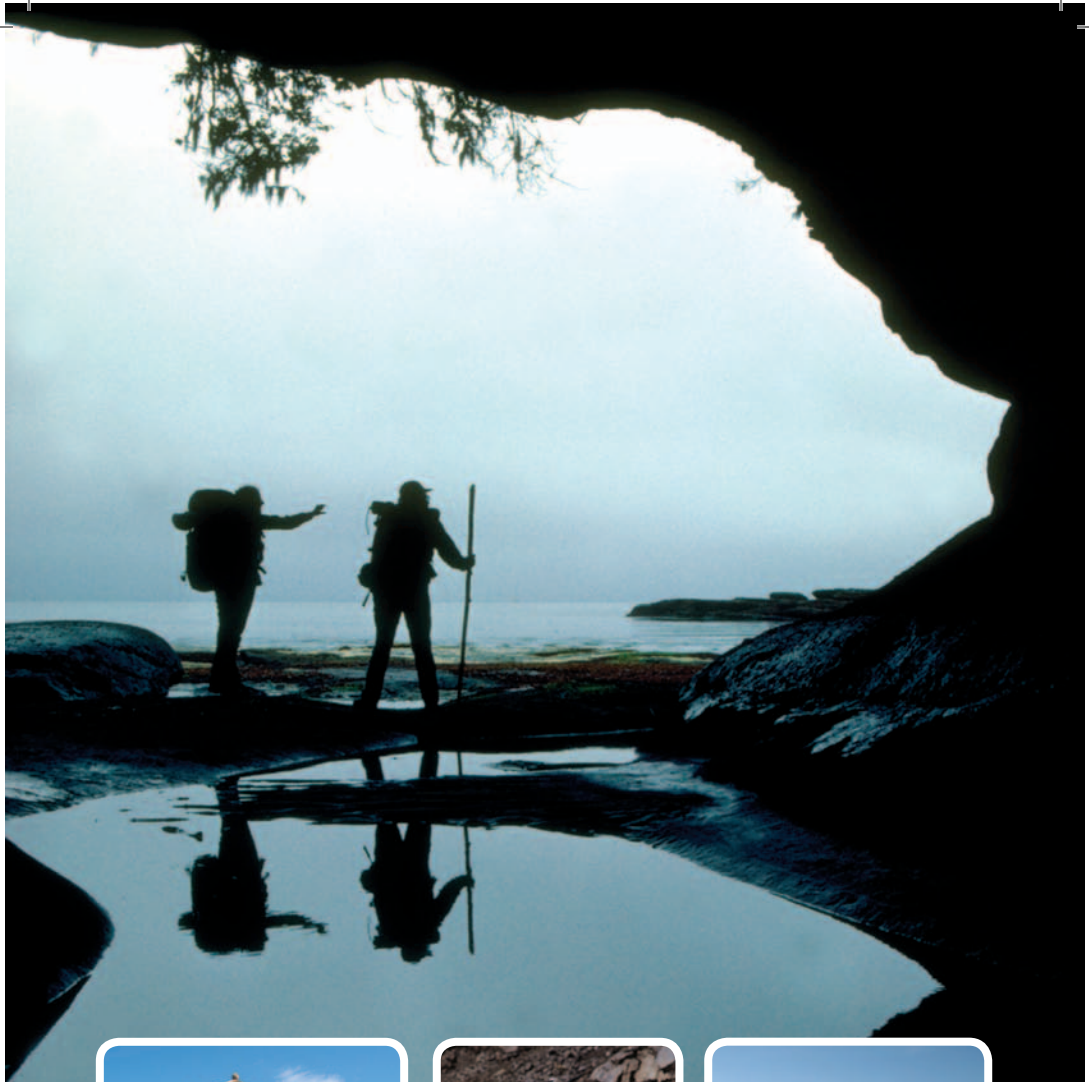
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