Favourite Stops

- Banff
- Jasper
- Lake Louise
- Radium Hot Springs

Photo: Lake Louise Gondola
The Rockies region, of British Columbia and Alberta, have been welcoming international visitors for more than a century, offering vacation possibilities as diverse as the Rockies themselves. Once you visit this truly unique area of Western Canada, you'll know why more people from all over the world come to enjoy the unique feeling, and natural beauty, of the Canada's Rocky Mountains.

This majestic region that encompasses Banff, Jasper, Kootenay, Yoho, Waterton Lakes National Parks and the Columbia Icefields hosts over 4 and a half million of visitors every year. They come to enjoy the majestic scenery and the outdoor recreational activities. The Mountain National Parks are an UNESCO World Heritage Site and one of the largest protected areas in the world.

Banff Townsite
With a resident population of more than 8,700, Banff is a bustling place year long with tourists from all corners of the globe. It serves as an Information Centre for Banff National Park and features a full range of services and recreational facilities. Both the town and park date back to the mid 1880’s and owe their existence to the hot springs and the building of the CP Railway.

Throughout the years, the town (90 minutes west of Calgary) has experienced many changes and has expanded to meet the needs of the tourist trade. Shopping Centres, groceries, souvenirs, hotels, motels, lodges, restaurants, fast-food outlets, recreational equipment and sporting goods, cinemas, museums, bus tours and tourist information . . . the town of Banff has it.

The town of Banff, at the base of Tunnel and Sulphur Mountains by the Bow River in the Bow Valley could not ask for a more beautiful setting. Dominating over the town, the people and the activities are Cascade Mountain and Mount Rundle making a spectacular backdrop. Within the town limits are many attractions and numerous things to do. Visit the Cascade Gardens, the Banff Park Museum, and the Bow Falls, just to mention a few.

Along with spectacular downhill skiing and snowboarding terrain, Banff National Park is a hiking wonderland, containing over 1,600 kilometres (1,000 miles) of trails, more than any other mountain park. Hikers can find anything from a one-hour jaunt up a mountain to a month long backcountry excursion into the lonely wild regions of the park. See and photograph some of the most spectacular scenery and wildlife in the world.

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Lake Louise

Located 4 km (2.5 miles) from the lake, this community has a population of just over 1000, and serves as the Information Centre for Lake Louise and surrounding area. Like the rest of the towns in this region of the Rocky Mountains Lake Louise owes its beginning to the CP Railway. At the time, the railway by-passed the lake, and stopped at a siding known as “The Summit”. Tourists then had to make their own way up to Lake Louise and the rustic accommodations there. The siding through the years was also called “Holt City”, “Laggan” and finally in 1913 it was changed to Lake Louise to stop tourist confusion.

The trains no longer stop at Lake Louise, and the Trans Canada Highway (Hwy # 1), is the main transportation link. Today this mountain resort provides needed services for travelers and sightseers alike. The Lake Louise area is world famous for its skiing facilities and the Lake Louise Gondola. Within the town limits you will find service stations, motels, hotels, restaurants, fast food outlets, canoe rentals and horse stables.

With its blue-green water, set against the stark backdrop of Victoria Glacier, Lake Louise is probably the most beloved and most photographed spot in the Canadian Rockies. International royalty, Hollywood stars and heads of state have all come to Lake Louise to relax and enjoy the beauty of the region. Come savour the finer things in life, a good book in front of a fireplace, the stillness of the outdoors, a ride on the gondola or a quiet walk after dinner.

Jasper

The townsite of Jasper is the main service centre in Jasper National Park. Situated in the midst of the Canadian Rockies, the town overlooks the Athabasca Valley with towering peaks all around. The setting is very beautiful and attracts tourists from all corners of the world who come to enjoy the many outdoor recreational facilities in Jasper National Park.

Jasper’s history is also tied to the railroad. Both the Grand Trunk and Canadian Northern were given rights to build through the Yellowhead and 1921 they were taken over by the government and became part of the Canadian National Railway (CNR). Jasper townsite became the CNR division point and many of the town residents are still employed by the railway, but tourism is the main industry.

The resident population of Jasper is about 4180 and enjoys living in a mountain resort community, and most take advantage of the recreational opportunities here. Many are mountain climbers, mountain bikers, avid skiers and hikers. It’s the natural way to enjoy the majestic scenery of mountains, glaciers, lakes, and rivers that are near.

Don’t be surprised if you encounter an elk or deer walking down Main Street ... and remember they have the right of way. Jasper offers the traveling public motels, hotels, lodges, camping facilities, restaurants, fast food outlets, retail stores, sporting goods outfitters, souvenir and art shops, museums and other amenities.

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**Jasper Continued...**

Jasper National Park is the largest of Canada’s Rocky Mountain Parks. Broad valleys, rugged mountains, glaciers, forests, alpine meadows and wild rivers along the eastern slopes of the Rockies in western Alberta make up this span of 10,878 square kilometres (4200 square miles) of park. Large numbers of elk, bighorn sheep, mule deer and other large animals, as well as their predators make Jasper National Park one of the great protected ecosystems remaining in the Rocky Mountains. This vast wilderness is one of the few remaining places in southern Canada that is home to a full range of carnivores, including grizzly bears, mountain lions, wolves and wolverines. There are more than 1200 kilometres (660 miles) of hiking trails (both overnight and day trips), and a number of spectacular mountain drives.

**Radium Hot Springs**

The village of Radium Hot Springs (population about 800), located just outside the West Gate of Kootenay National Park, is the closest full service town. Here’s where Highways # 93 and # 95 separate. Highway # 93 heads in a northeasterly direction to the Radium Hot Springs Pools and Kootenay National Park. Highway # 95 travels along the Columbia River to Golden. Radium Hot Springs is a busy resort town with a population of approximately 400 where you will find all necessary amenities. Not far from the townsit are the Radium Hot Springs Pools that are operated by Parks Canada attracting people from all over the world. The pools are surrounded by towering mountain scenery and open all year long. Enjoy golfing on world class golf courses in this region. There are resorts, lodges, motels, hotels, gourmet restaurants, fast food outlets, grocery stores, service stations and much more at Radium Hot Springs.

**Field**

Field was a railroad town that started as a railway construction camp in 1884 and reached its heyday at the turn of the 20th Century. It was at this time in history that mountain-eers, miners, railway workers, scientists and artists congregated using Field as their base of operation. The building of Mount Stephen House in Field in the year 1886 was the CPR’s first mountain hotel drawing visitors from around the globe. In 1918, Mount Stephen House was sold to the YMCA and was a hostel until 1953. Today the Trans Canada Highway is Field’s main transportation link.

This small community of approximately 250 people serves as the Information Centre for Yoho National Park where spectacular mountain scenery is all around. If you wish to go overnight backcountry packing within the park boundaries a Wilderness Pass is required and the Park staff can help with your plans. Field located in Yoho National Park provides basic services for tourists.

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Waterton
Waterton Lakes National Park was established in 1911, and it was after this that the town of Waterton evolved, mainly for the tourists. This mountain resort town, located in the heart of Waterton Lakes National Park is the park information centre and offers a complete line of tourist facilities.

From the townsite you have easy access to the many outdoor recreational opportunities Waterton Lakes offers; such as hiking, trail riding, golfing, canoeing, backcountry packing and camping. Waterton has motels, hotels, lodges, restaurants, fast food outlets, shopping, full convention facilities and naturalist programs and other tourist and traveller needs.

Canmore
The town of Canmore is situated along the Trans Canada Highway bordering Kananaskis Country and Banff National Park. Canmore is linked to the construction of the CPR and to the discovery of coal that was used to fire the locomotives. After 1979, when the last coal mine shut down, Canmore changed and became a residential community and a tourist town. The town setting is very pretty. Over looking the town are the Three Sisters, that were originally called the Three Nuns. These three peaks are locally known as Faith, Hope and Charity.

In 1988, Canmore was chosen as the site where the Winter Olympic cross-country ski events were held. Since this time, thanks to the Canmore Nordic Centre that was built for the games, a number of international Nordic skiing, dog sledding and mountain biking competitions have been held. The 56-km (25-mi.) of trails are in use year round, with 2.5-km (2-mi.) of lit tracks.

This thriving town is home to a number of galleries and shops featuring work by local artisans. Mining artifacts, a historical doll collection and an Olympic Collection are all housed in the newly built Canmore Centennial Museum. Canmore is very well equipped to deal with the thousands of tourists who flock to the town every year. There are hotels, motels, resorts, service stations, grocery stores, sporting goods sports, rental shops, restaurants and unique boutique shops.

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The Icefields Parkway
The Parkway (Highway 93 N) is a 230km (140 mi.) excellent paved roadway from Lake Louise to Jasper. It twists and turns around mountains; climbs over high passes and winds into forest covered valley floors. Take your time, because along the way you go by some inspiring sites such as Crowfoot Glacier, Bow Summit, Peyto Lake, Mistaya Canyon, Saskatchewan River Crossing, The Icefield Centre, Athabasca Glacier, Sunwapta Falls, and dozens of mountains reaching for the heavens. The Parkway is one long site-seeing tour so enjoy every striking and dramatic scene.

Golden
Located in a panorama of mountain and water, this unpretentious community is an idyllic vacation spot - a splendid cast of massive snow-clad peaks, shimmering lakes and high country blue skies.

Preserved remnants of early 19th century architecture harmonize with alluring shops and restaurants. Playgrounds, in-town hiking paths and a riverside park are appealing features. Nature prevails on a picture-perfect golf course with a nest of eagles on the 14th hole. Naturalists converge on Golden as a vantage point for wildlife viewing and birdwatching. Anglers fish the local rivers and lakes for trophies.

Recreation
All areas of Rocky Mountain region, in British Columbia and Alberta, are unique -- each with its own special characteristics. Regardless, recreational activities are basically the same.

**Backpacking & Backcountry Camping:** Before you head out on an overnight trip you need a Wilderness Pass. These passes are available at all Park Information Centres.

**Hiking & Walking:** There are hundreds of trails which vary from an easy walk or stroll, to challenging treks into alpine meadows and mountain terrain.

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Recreation Continued...

**Biking:** Some park trails are designated for mountain bikers only. Remember wear a helmet and visible clothing. Rentals are available.

**Mountaineering:** Experienced climbers come from all parts of the globe to climb the Rocky Mountains

**Wildlife Viewing & Photography:** Viewing the abundant wildlife within the park boundaries is best in the early morning or early evening. Never feed the animals, and always give them the right of way.

**Swimming & Hot Springs:** The smaller lakes offer excellent swimming. And if you want to really relax and soothe the body, there are hot springs and pools in Banff, Jasper, Radium, and Kootenay.

**Horseback Riding:** Guided horse trips are available from outfitters. You can head out on your own, but a Wilderness Pass and a grazing permit are needed for any overnight stay.

**Boating & Canoeing:** Non-motorized crafts are allowed on most lakes and rivers. The rivers in the mountains can present a variety of hazards, so knowledge and experience are called for. Commercial tours are available.

**Fishing:** You must have a national park fishing permit. Go out on your own, or hire a fishing guide. Park waters are not stocked, so catch and release angling is encouraged.

**Camping:** Each park offers excellent overnight camping facilities, but camp only in designated campgrounds. All mountain parks offer interesting scenic drives with roadside viewpoints and some have interpretive exhibits.

**Skiing:** The mountains in this region offer world class skiing. There are several downhill ski resorts and a number of cross-country ski areas. When snow covers the mountains, snowboarders, downhill and cross-country skiers from all corners of the world come to the region.
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Activities: Three Bars Ranch offers one of the most diverse activities programs available with a world class horse program, river rafting, shooting sports, archery, fly fishing, guided hiking, mountain biking, ATV tours, tennis, pool/hot tub, and a full evening program.
Mountain Shadows Campground

www.mountainshadows.ca
stay@mountainshadows.ca
Phone: (250) 425-7815

For more info click on the links above.

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Accommodation: Our campground features 63 sites, Wi-Fi, water-power-sewer, Sani-Dump, Handicapped access, picnic area, pull-throughs, playground, Hot showers (heated), Hiking and cart path to golf course. Very popular spot in the Summer and reservations are strongly recommended.

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Mountain Shadows Campground
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Becker’s Lodge Bowron Lake Adventures Resort

www.beckerslodge.ca  
info@beckerslodge.ca  
(250) 992-8864  
Toll Free: (800) 808-4761

Location: Take Hwy 26, North of Quesnel to Barkerville. Turn left at the billboard 1 km before Barkerville and follow the gravel road to Bowron Lake Park and Becker’s Lodge.

Accommodation: No matter what your preference for accommodations, our resort is famous for its cleanliness and cozy atmosphere. Our main lodge building does not have hotel or motel type rooms. All lodging is in private log cabins, some with a kitchen unit.

Activities: Holiday at our destination resort while doing day trips on Bowron Lake and Bowron River, or fishing in the area. Go hiking, sunbathe, swim, and explore Barkerville Historic Town, the heart of the Great Cariboo Gold Rush.
**Barkerville Historic Town**

www.barkerville.ca  
barkerville@barkerville.ca  
Phone: 1-888-994-3332  
Fax: (250) 994-3435  

For more info click on the links above.

**Location:** Barkerville is 80km east of Quesnel in the foothills of the Cariboo Mountains, close to Troll Mountain Ski Resort, Bowron Lake Provincial Park, and the dynamic cultural community of Wells.

**Accommodation:** Barkerville has 3 onsite bed and breakfasts, 3 campgrounds containing 157 individual sites. The nearby community of Wells (8km from Barkerville) has additional hotels, motels, RV parks and camping facilities.

**Activities:** Town tours, gold panning, cemetery tours, courthouse, Chinatown, Church services, Victorian Schoolhouse lessons, Chinese school lessons, Blacksmith, stage coach rides, Waterwheel demo’s, Theatre Royal, 3 full-service restaurants, bakery, gift shops, Post Office, and more.

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BC Adventure Network

www.bcadventure.com
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We Provide: Detailed listings, photos & contact info for hundreds of resorts, guides & tours. Travel and destination info for every region and community in British Columbia, including accommodations, points of interest, events and more. Thousands of vacation ideas: Guest Ranches, Fishing Lodges, Eco-adventures, Ski & Golf Vacations, Wilderness Expeditions, Whitewater Rafting, Houseboating, RV Vacations, Storm Watching, Guided Tours, Charters & more!

About Us: Established in 1995, The BC Adventure Network is British Columbia’s most visited travel and tourism website. Each year, we help over 5.5 million visitors plan their BC vacations. With more than 7,500 webpages of travel information, you’ll find everything you need to plan your BC vacation!

BC Outdoor Adventures

www.bcoutdooradventures.com
A web guide of some of British Columbia’s finest outdoor adventures.

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BC Outdoor Adventures: If you are looking for adventure and recreation in the great outdoors, there are few places in the world that compare to British Columbia, Canada. And it’s no wonder - this vast province is full of natural wonders and breathtaking scenery. Ancient rainforests, windswept coasts, towering mountains, glacial rivers, lush meadows, crystal lakes - they all provide the perfect opportunity for outdoor adventures. Whether you enjoy a game of golf with a scenic backdrop, family-style soft adventures, rugged wilderness treks or just somewhere in between, British Columbia has it all!

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