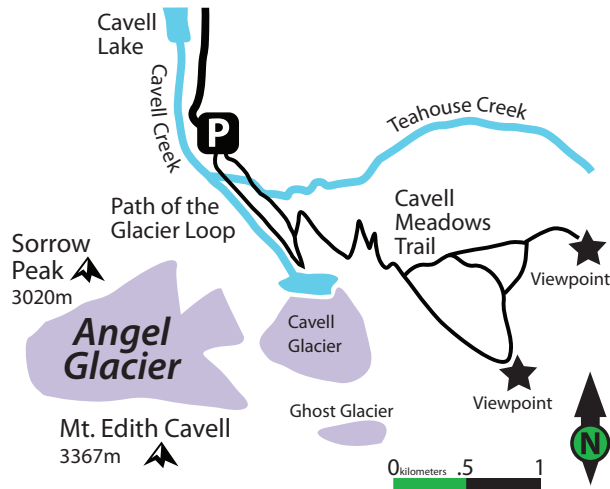


Mt. Edith Cavell



Mt. Edith Cavell Road

Which winds uphill for 14.5km (9 miles) to the base of Mt. Edith Cavell and the extraordinary Angel Glacier. There are several viewpoints on the way, affording shots of the Astoria River. Also, the trail to the magnificent Tonquin Valley, Amethyst lakes, and the Ramparts begins on this road. The Ramparts, it is said, were thought by the First nations People to be occupied by supernatural spirits with wild powers, and this reflected by their names - Paragon, Recoubt, Dungeon, Bastion, and the others. Just up the road from the trail head is the often crowded parking lot at the base of this impressive mountain, with its unusually and lovely colored lake, as well as the hanging glacier over the lake, which rests in a cirque, or glacier-carved bowl. The mountain is named for a heroic nurse who was shot as a spy during the First World War. From the natural beauty of Cavell we descend to Cabin Lake, which is the town's reservoir, and the old Hydro plant, used until the reservoir was changed to Cabin Lake.

After meeting the highway again, the next interesting turn is to the ...

Jasper Tramway

Which is clearly visible from the road as it makes its way up the side of Whistlers Mountain. From the parking lot at the base of the mountain you can be whisked to a marvelous view of Jaspers lakes, valleys, and peaks in minutes. For the hardy, a walk to the top of the peak is possible (and well worthwhile!) Be warned, though you are at a high altitude, and it will take longer to catch your breath if you over-exert yourself. Getting to the top has its own rewards - you can see for miles in all directions, even to the summit of mighty Mt. Robson, sixty miles distant. Informative displays and plaques make the Jasper Tramway a great addition to any Jasper trip. After this "natural high," a short trip back to the road (Highway 93 south) leads you back to a delicious dinner at Sunwapta Falls, and the opportunity to rest your tired feet.

The time required for this trip is about six hours return, but it will give you memories that last a lifetime.



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Sunwapta Falls Resort

Self Drive - Tour One

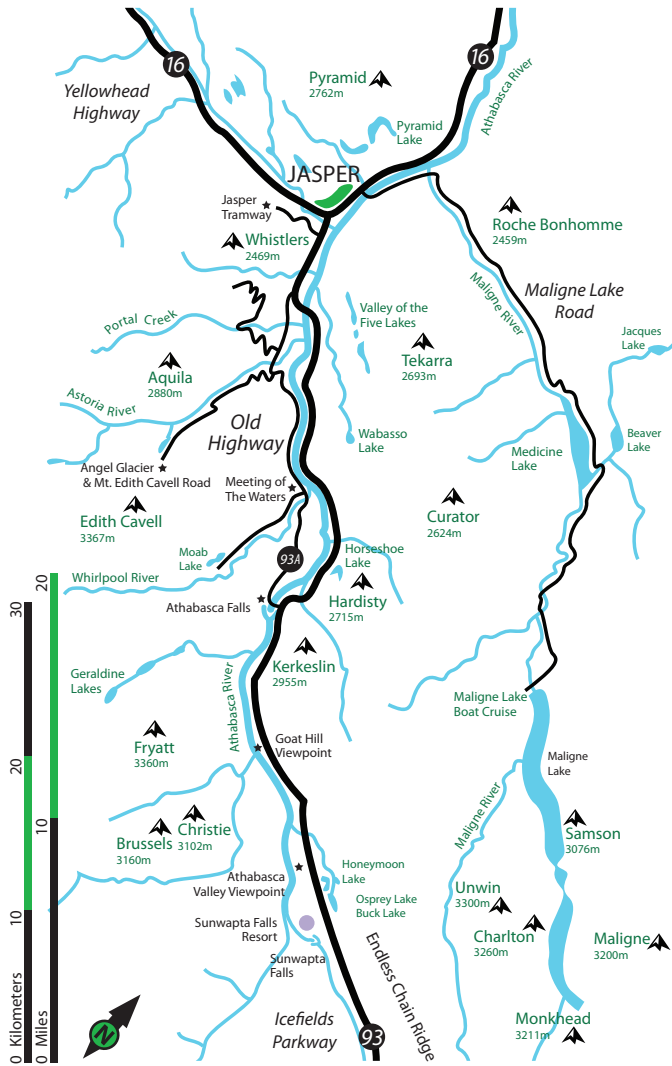


The Old Highway



Spectacular Mountain Getaway

Jasper - North of Sunwapta Falls



Tour One The Old Highway

Depart from Sunwapta Falls driving north 4 km (2.5 miles) on Highway 93 "The Icefields Parkway" to the

Athabasca Valley Viewpoint

One of best overlooks available for a broad, expansive view of the Athabasca Valley. Looking to the south beyond the 3170m (10,400 ft.) Summit of Mt. Quincey, you can see nearly to the headwaters of the Athabasca River. The valley to the right of Mt. Quincey is that of the Chaba River, which leads to Fortress Lake, one of the largest Lakes in the Canadian Rockies.

On Highway 93, Continue north another 13km (8 miles) to the

Goat Hill Viewpoint

One of the best viewpoints in the Park. On any given Summers' day, many Mountain Goats congregate here to take advantage of the natural mineral licks. The Goats are willing to pose for photos, but please do not feed them. Also a word of caution - do not park on the shoulder. There is a large parking lot on top of the hill, and care should be taken in crossing the road. Apart from the goats, there is also a great viewpoint at Goat Hill. You can see the summit of Mt. Christie, first climbed in July 1930, and Mt. Edith Cavell. The bands of snow are due to glaciation, and stay there year-round. There is also a good view of the Valley, looking South.

Back on the road, and another 6.3km (4 miles) north, is the turnoff for the old road, Highway 93A, and the beautiful

Athabasca Falls

Here the Athabasca River drops over a lip of Precambrian quartz sandstone and thunders down into a narrow canyon, which is short but quite scenic. Watch for rainbows on a sunny day! The reddish mountain across the road is the 600 million year old Mt. Kerkeslin.

If you continue down the old highway (93A), there are a host of scenic wonders, and all are readily accessible from the road.

First up is the ...

Valley of the Crooked Trees

These Ancient Trees have been Subjected to the tremendous forces of the glacial masses, stretching their trunks this way and that. (Maybe it was Paristites)

The next Stop is the historic ...

Meeting of the Waters

Here, the Whirlpool and the Athabasca Rivers meet in a spot familiar to fur traders of old, who would ford the river here en route to the Athabasca Pass, and then on to the West. There is an informative display here for your information.

Continuing north, past Otto's Cache picnic area and the Wabasso Campground, is the the turn-off for the ...

"The Stargazer"

"Koo-Koo-Sint" or "the Stargazer" was the local aboriginal name given to Canadian fur trade legend David Thompson. Sailing from his native England at age 14, he began exploration as an apprentice, for the colossal Hudson Bay Company. He deserted them after 13 years in 1797, for their bitter rivals the North West Company, becoming part of a band of Voyageurs setting out to break the Hudson Bay Company's stranglehold on the North American fur trade.

In 1806 fears over the American expedition of Lewis and Clark, prompted Thompson, then age 36, to be tasked in with finding a route to the Pacific. His 1806 -1808 Expedition discovered, at the western headwaters of the Whirlpool River, the Athabasca Pass through the Continental Divide. Three years later, David Thompson and his First Nations guide made their first documented crossing and from then on this pass became a major point on the fur trade route between Rupert's Land and the Columbia District.

David Thompson mapped and explored an amazing one-fifth of the continent. His discoveries would help build our nation. Many years after his quiet burial in an unmarked grave in Montreal, "the Stargazer" would be first recognized as and then long remembered for being **"the Greatest Land Geographer who ever lived."**

Maligne Canyon

This Canyon is a natural wonder, with many Bridges and fences which afford you a glimpse in to the depths of history. The erosion of the water has created exceptionally smooth walls, which catch the sun on a bright day. Truly unusual, and very pretty, Maligne Canyon is a Highlight of any Jasper Visit.

Upon departing the canyon, you will drive 15km (9miles) to another marvel of nature the mysterious

Medicine Lake

This lake can only be visited in the summer months for it is gone when the winter comes. Every year the water fills the lake, then disappears, a phenomenon which frightened the superstitious first nations people who believed that there were evil spirits living in the lake. There is an informative display here for your information. This is a good fishing lake as well.

The last major stop on this spectacular trip is a visit to world-famous Maligne Lake. Maligne is a French word meaning evil, and the waters got their name from the difficulty the trappers had in traversing them.

The best way to see the large lake is by boat, so all aboard the

Maligne Lake Boat Cruise

Operated daily during the summer months this trip offers you and opportunity to photograph the celebrated Spirit Island, which may be the most familiar image of the Jasper area, and not without reason. The backdrop of the mountains and the deep blue lake combine to portray natural beauty offered only in an alpine environment such as Maligne. The fishing here is outstanding, and guides are available from local sports stores to pick the best spots for you.

Trout of 10 pounds and more are commonly pulled from the cool waters, after the fight of your life of course.

This magnificent trip concludes an Exciting day of about 8 hours, return, Including the Boat cruise, Which takes about two hours.

You will be running through Jasper, and may want to visit the beautiful

Patricia & Pyramid Lakes

Just a short drive from town via a clearly marked route. These two lakes offer many photo opportunities, great fishing and hiking and at the Pyramid Lake Stables, a chance to go for a ride along the ridge above the town - take your camera on this trip!

After returning to Jasper the highway will get you back to a roaring fire and a comfortable cabin at Sunwapta Falls in about half an hour. It may take a while longer if you wish to stop along the road, especially elk and deer. A savory meal and a cup of our Delicious special coffee await you, and you can plan the day ahead as you rest in our cozy main Lodge.



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Sunwapta Falls Resort

Self Drive - Tour Two



Spectacular Mountain Getaway

Jasper - North to Maligne Lake

Buck and Osprey Lakes

Valley of the Five Lakes

These two lakes are reached by short hiking trails, an easy walk or bicycle ride from the Parking lot. They feature undisturbed calm and the solitude, as well as varied bird life, including Grey Jays (camp Robbers, or whiskey Jacks) and Loons, whose eerie call is a symbol of the wilderness.

These five jewels set in the forest are easily reached by a looping trail which touches all five. There is an informative plaque at the parking lot allowing you to choose how much of the area you would like to see. This area is a popular fishing spot for locals, especially the second and Third Lakes.

A short drive up the road is ...

The historic Yellowhead Highway is our next destination. It gets its name from the blond hair of one of the first men to explore the area Anthony Henday, who was a fur trader for many areas previously unknown to white men.

Honeymoon Lake

Only 2km (1.5 miles) from Sunwapta, Honeymoon Lake exhibits many of the best features of mountain lakes - a beautiful colour, clarity, superb fishing, and unparalleled views. It is possible to swim in this lake, but only during July and August.

The Town site of Jasper is located at this junction, however, we will be turning right at the traffic lights, to the east and on 6km (4miles) to the Maligne Lake Road, which also leads to Jasper Park lodge and lakes Edith and Annette.

From Honeymoon Lake return to the Icefields Parkway (Highway 93) and continue to the north past Athabasca Falls, just up the Road, some 27km (17miles) from Sunwapta Falls, the bend in the road leads to the Unique

The road crosses the Athabasca River immediately after Leaving the highway and it is only a short ride to the famed ...

Jasper Park Lodge

Enjoy a round of golf at the world-renowned 18-hole Championship Golf Course, which features equipment rental, a pro-shop, and great views of lac Beauvert, which offers kayaking, row boat, paddle boat and sailboat rentals. Bike rentals and riding stables are also located in the lodge area.

Horseshoe Lake

An Exceptionally deep lake of great clarity, horseshoe Lake is in a crevasse created by and avalanche. The beautiful deep Blue Color is due to glacial silt, and it is said that the bottom of this lake has never been found. The lake is short walk from the highway, along a pleasant path which passes through a meadow to a cliff overlooking the lake. A great spot for photos, and very quiet.

Lake Edith & Lake Annette

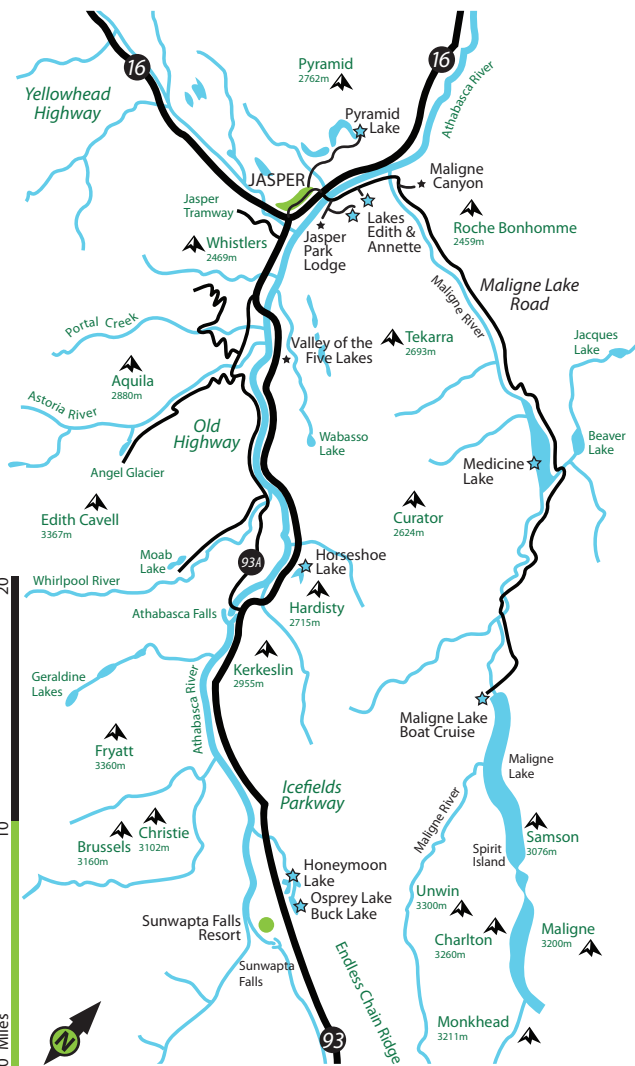
On a warm sunny day, these two lakes offer a relaxing atmosphere to anyone wishing to soak up some sun on the pleasant beaches and for brave souls, a dip in the warmest water in the Jasper Area. This is a favorite spot for locals.

After the calm of Horseshoe Lake continue another 18km (11miles) north past an optional foray to Wabasso Lake, which is reached by hiking trail to arrive at the popular

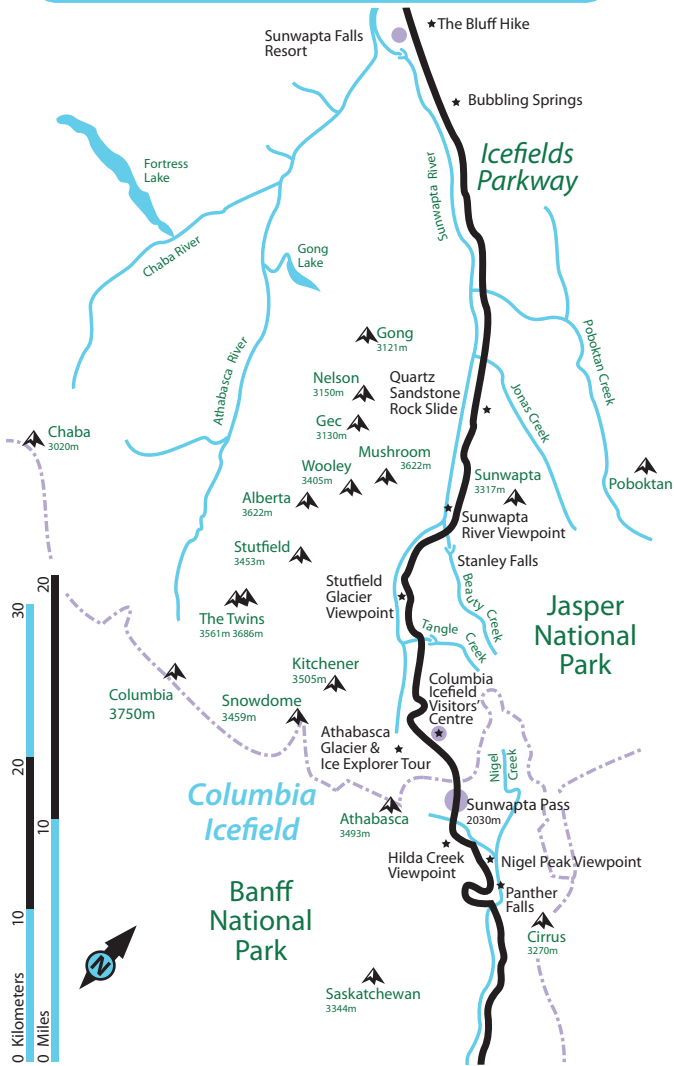
After returning to Maligne Lake Road we continue about 6 km (4 miles) to ...

Tour Two Jasper Via the Parkway

Depart Sunwapta Falls travelling north and it is only a short drive to the local lakes



South Towards Banff National Park



Tour Three The Ice

This tour to the South, leaves Sunwapta Falls after a leisurely breakfast and on through scenic wonders to the awesome Ice fields covering the mountains at the apex of the Columbia Watershed. Our first stop, 6km (4 miles) south on Highway 93, will be

Bubbling Springs

This small picnic area is enclosed within a dense forest of Lodge Pole Pine, an indication that this section of Sunwapta Valley was once swept by a forest. These woods are home to numerous species of birds that are typical of the pine and Spruce Forests in Banff and Jasper. The area is named for small cold water spring which bubbles to the surface in its midst. There is an informative plaque showing where the water comes from as well.

Continuing South, 14.5km (9 miles) past the Sunwapta Warden Station is a large

Quartz Sandstone Rock Slide

The highway intersects an ancient rock slide at this point and although in this quiet place it is hard to imagine the thunderous sound, that happened when a slab of the stone fell away from the side of the ridge to the East, covering the surrounding area with tons of pinkish rock.

Approximately 9.5km (6 miles) further South we reach the

Sunwapta River Viewpoint

From this lofty point you can see the giants that live in the Columbia Icefield region across to the west is the 3371m (11,060 ft.) face of the Diadem Peak and straight to the South is the smaller Tangle Ridge. Between these two is the impressive and enormous Mt. Kitchener, which stretches skyward some 3505m (11,400 feet.) The view here is just a taste of the marvels down the road.

Continue South 4.5km (3 miles) watching carefully, on the left you will see the old Banff-Jasper roadbed. To find the trail head look for a large shoulder on the left where two large culverts cross underneath the highway. By hiking up this old road a series of cascades is to be found and the last is the best, the

lovely Stanley Falls. Somehow bypassed by the road engineers, this pretty little spot would be lost but for people like you who take the time to appreciate natural beauty.

Across the road Beauty Creek becomes gravel flats and meanders towards the nearly hidden Hostel.

As you drive another 6km (4 miles) passing through another Avalanche Zone, you can see across the flats to the where the rock slide carved a swathe through the trees to the valley floor. You can actually see the debris - timber and stones in piles on the river flats. Here we have reached the breathtaking ...

Stutfield Glacier Viewpoint

From here can be seen the gorgeous Stutfield Glacier, a mass that is merely an arm of the huge Columbia Icefields. It hangs from Mt. Kitchener and Stutfield Peak, tumbling 900m (3,000 vertical feet) towards the valley below.

Continuing towards "The Ice," 9km (6 miles) down the road we will pass Tangle Falls, where Tangle Creek plunges in a series of steps over cliffs of 500 million year old limestone, and the Sunwapta Canyon Viewpoint, which is set on the lower slopes of Mt. Wilcox. With the Sunwapta River dashing through and old rock slide, you will be able to see Mt. Athabasca and Mt. Kitchener from this viewpoint, and we will soon be approaching the fabulous Columbia Icefields. It is necessary to drive carefully through this area, however - the many bends in the road expose dramatic views (and sometimes - Big Horn Sheep.)

The Columbia Icefield

At last, the famous Columbia Icefield has been reached. On the left you'll find the parking lot entrance of the Columbia Icefield Visitors' Centre, and looking right is the magnificent Icefields. Wearing something warm is advised even on bright sunny days the wind here is always cool, however you'll soon forget the breeze coming from the mass of ice as you marvel at its sheer size.

The Icefield measures 325 square kilometers (130 square miles) and is over 300 meters (1,000 feet) thick. This frozen expanse is the largest amount of snow south of the Arctic Circle, and is the headwater of the mighty Athabasca River. The snows here have been accumulating and forming ice for over 400 years. The Icefield is the source of eight glaciers, including three visible from the parkway; Dome, Stutfield, and the world Famous Athabasca Glacier, with its unique Ice Explorer tours.

Ice Explorer Tour

The Athabasca Glacier flows 6km (3.75 miles) from the Icefield, and it is over 1km (.5 miles) wide. Take a guided, 90 minute tour to the glacier's heart in the massive custom built Ice Explorers, you will enjoy a 5km round trip with a stop in the middle and a chance to walk on the surface of the Athabasca Glacier.

We travel 13km (8 miles) to Panther Falls, but first we find the

Sunwapta Pass

The pass is the watershed divide for the ice fields rivers, the North Saskatchewan, which flows from here to Edmonton and north to Hudson Bay, and the Athabasca, which flows to the Arctic via the Northwest Territories. It is also the park boundary so from here south you are in Banff National Park.

Hilda Creek Viewpoint

This spot is of note because of Hilda Peak, the jagged mountain visible to the West. Its shape is a result of glacial action over centuries and you can even see a small glacier on its side to this day.

Nigel Peak Viewpoint

Named for Nigel Vavasour, a Packer from an 1898 expedition, the mountain is folded into stone waves called syncline and the low pass is visible from the viewpoint.

Panther Falls

A 1km (.5mile) trail leads from the parking lot to these very pretty falls, which are among the most beautiful and least seen in the park. Also visible across the valley are Bridal Veil Falls, tossed by the wind into a gossamer mist.

This Concludes our 5.5 hour return trip to the South, and will leave you time to explore the falls, gorge and canyon at Sunwapta or perhaps take the

Hike to the Bluff

This twenty minute hike offers a panoramic vista of the entire Athabasca Valley, Buck, Osprey and Honeymoon Lakes. From here Sunwapta looks like a speck in the wilderness. But if you get a little overwhelmed by it all, just come down and let us entertain you with friendly staff and wonderful food and drink. We'll make sure your Rocky Mountain holiday is one you'll treasure forever.



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Self Drive - Tour Three



Spectacular Mountain Getaway