

ROCKY MOUNTAINEER EXCURSION

CANADIAN ROCKIES BY TRAIN
WITH GOAHEAD TOURS

SEPTEMBER 20 – 29, 2021

WITH JIM AND ALEDA
LITTLEFIELD



Calgary, a.k.a. "Cowtown"



Calgary – at sunset from the Calgary Tower



Photo: R. Nepute

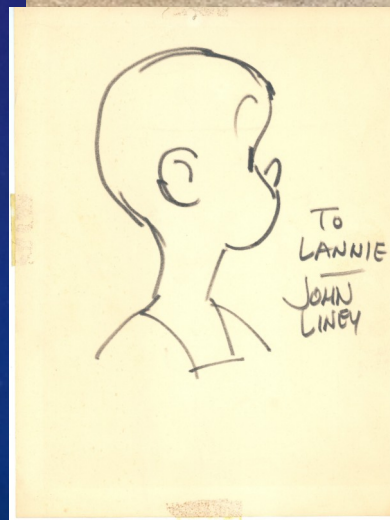
Calgary – Saddledome and horse sculpture
“By the Banks of the Bow”



Ab. Our trusted bronze horse whisperer, Aleda



Left: our trusted guide and minder was Deb Skwark



Calgary – ab. Central Memorial Park

Mid. Jim at restaurant “Ten Foot Henry”

Jim & Ruth Nepute and Aleda enjoying the sunshine, and walking to the book store



Calgary – Winsport Arena at Canada Olympic Park

Rt. Our tour bus





Calgary to Banff

Along Canada 1, the Trans Canada Highway

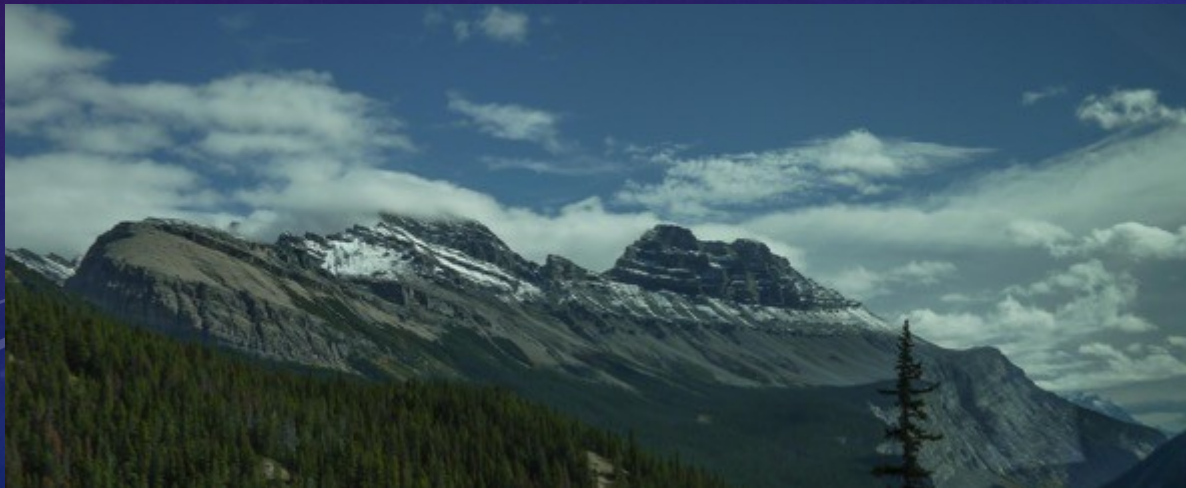
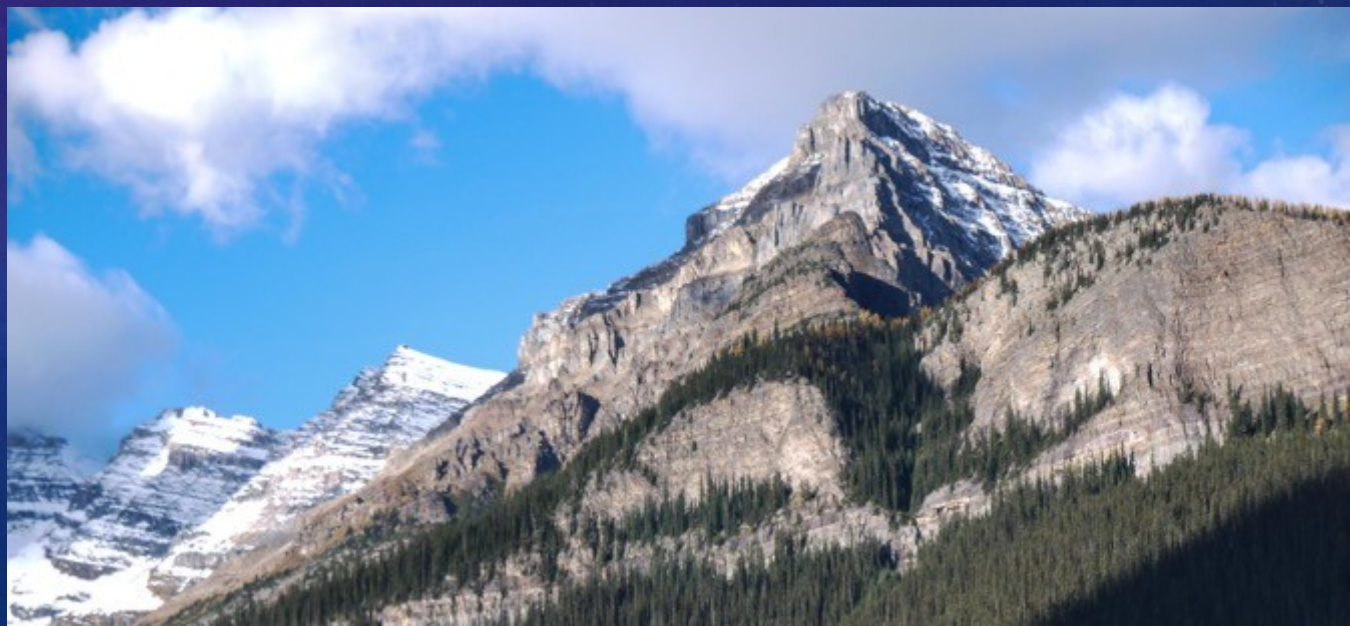
Or “Up along the Bow”. A fair amount of time was spent on the bus traveling along Trans-Canada 1 to Lake Louise, the Athabaska Glacier on our tour bus. This was mostly paralleling the Bow River, winding it’s way to Hudson Bay.





Scenery along Canada 1: viz Mount Rundle and the Bow River
From the Trans-Canada Highway

Scenes along Canada 1





Mountains along Canada 1



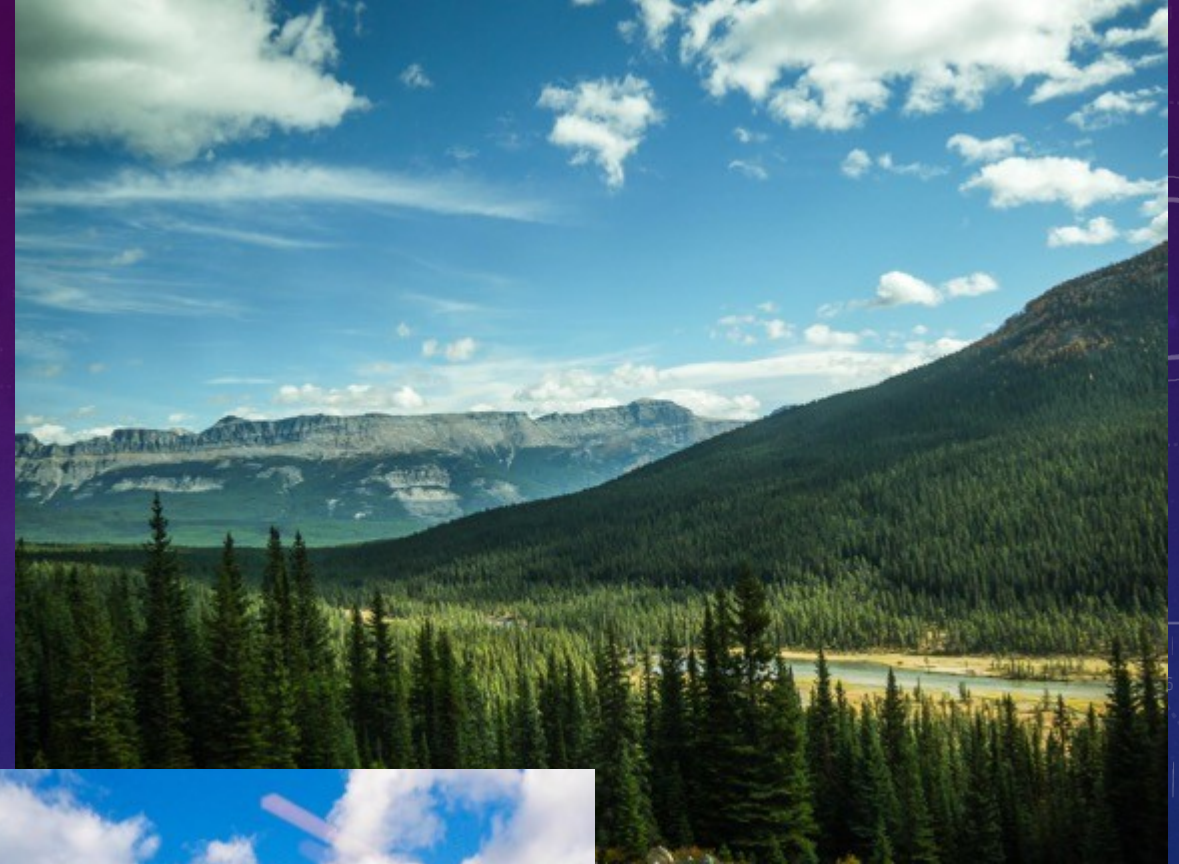
Travelling along Canada 1





Fall scenery along Canada 1





Mountains along
Canada 1







Banff, the main “drag” and Cascade Mountain



At the falls of the Bow



Banff - The Falls of the Bow

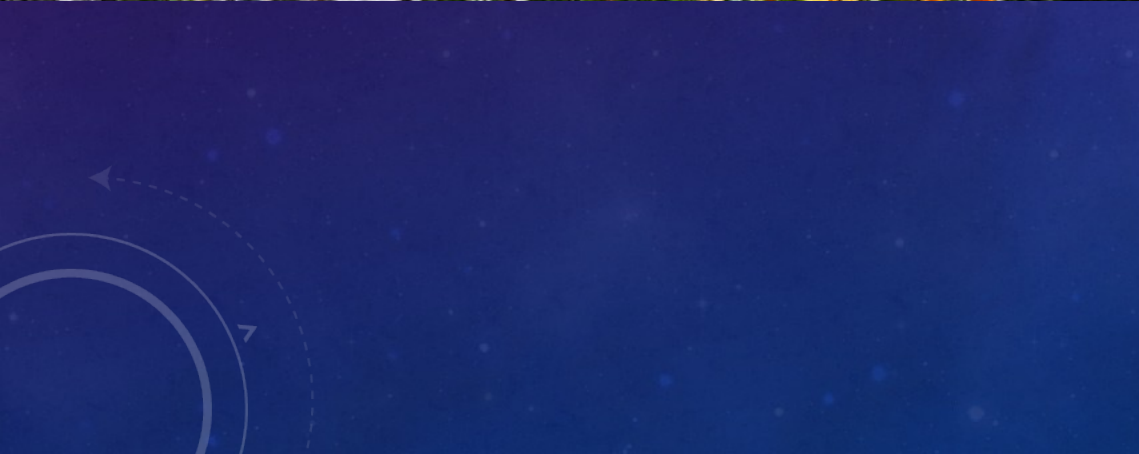




Banff – Echoes of Time Park

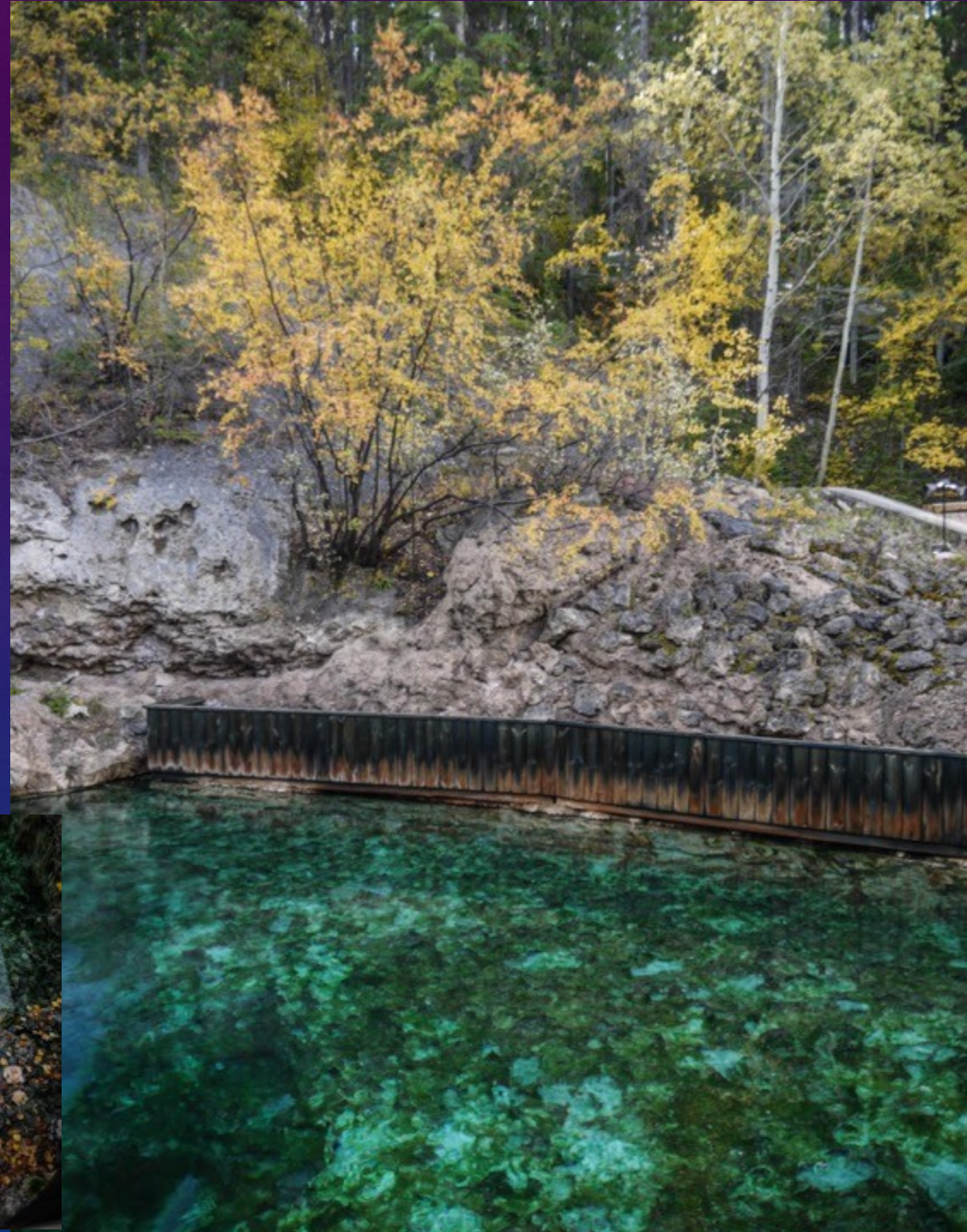
The town of Banff has two attractions to visit besides the bars and boutiques. One is the Cascade of Time Gardens, a well manicured small park with seasonal flowers and a view of Mount Rundle. A short visit was a nice respite from the bustle of the tour.







Banff – Cave and
Basin Nat. Hist.
Site
Thermal springs
and home to the
Banff Springs
snail.





Lake Louise is a glacial lake in Banff National Park. It is named after the fourth daughter of Queen Victoria. The turquoise color is caused by the rock flour carried into the lake from the glacier.





Lake Louise: First nations people, a Cree Indian chief on the marge of Lake Louise and Aleda at the Fairmount. They say God would stay at the hotel if he could afford it. Aleda, too.





Moraine Lake: near Lake Louise, in the valley of the 10 peaks with Mt. Bolin and Township peak in the distance. Below a stuffed bear by the lake. The stuffed bear is on the left, not above.

Bow Lake, along the Icefields Parkway



Banff – Sulphur Mountain

Perhaps the highlight of the trip for Jim was a trip, via gondola car, to the top of Sulphur Mountain. Here one can view the magnificence and expanse of the Canadian Rocky Mountains.

For example, below, is the town of Banff with the Bow River coming down from Lake Louise and flowing to the east (right) onto the prairie. Above Banff looms Cascade Mountain with its distinct striations indicative of a sedimentary origin of these mountains.

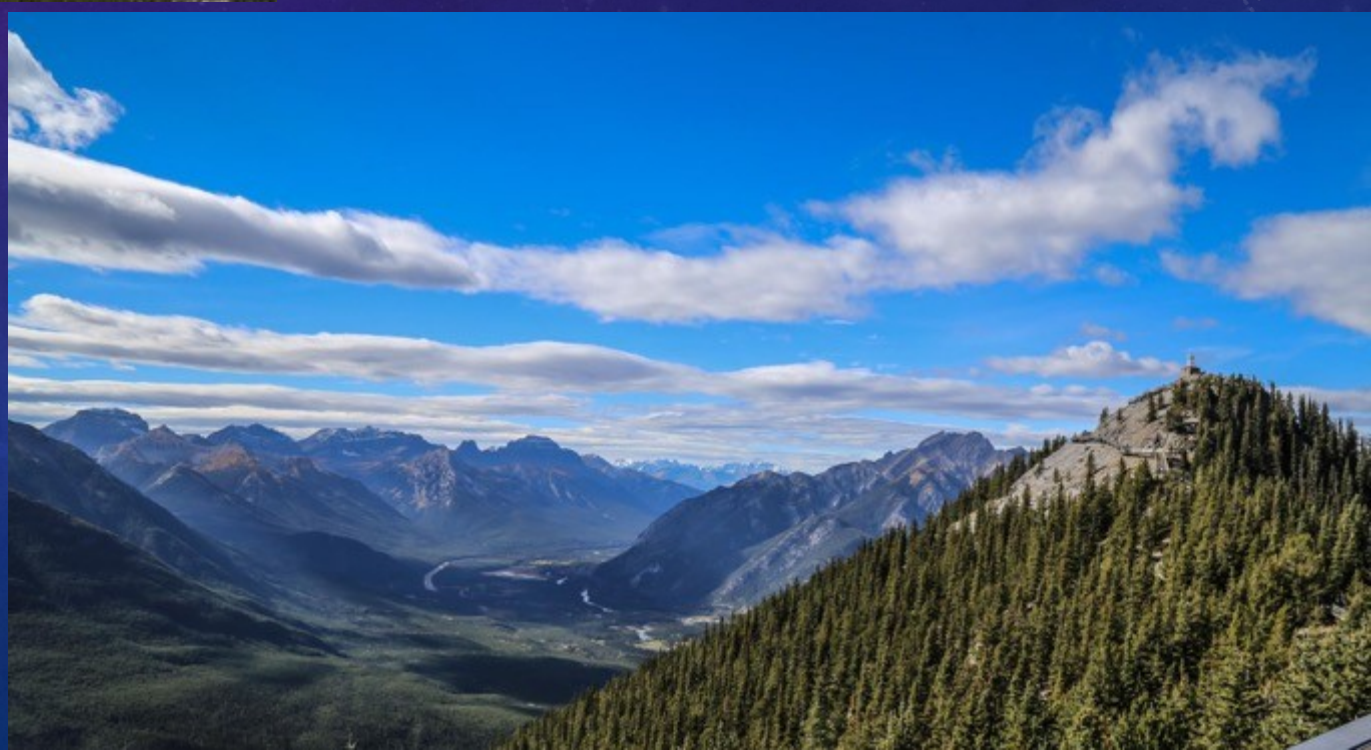
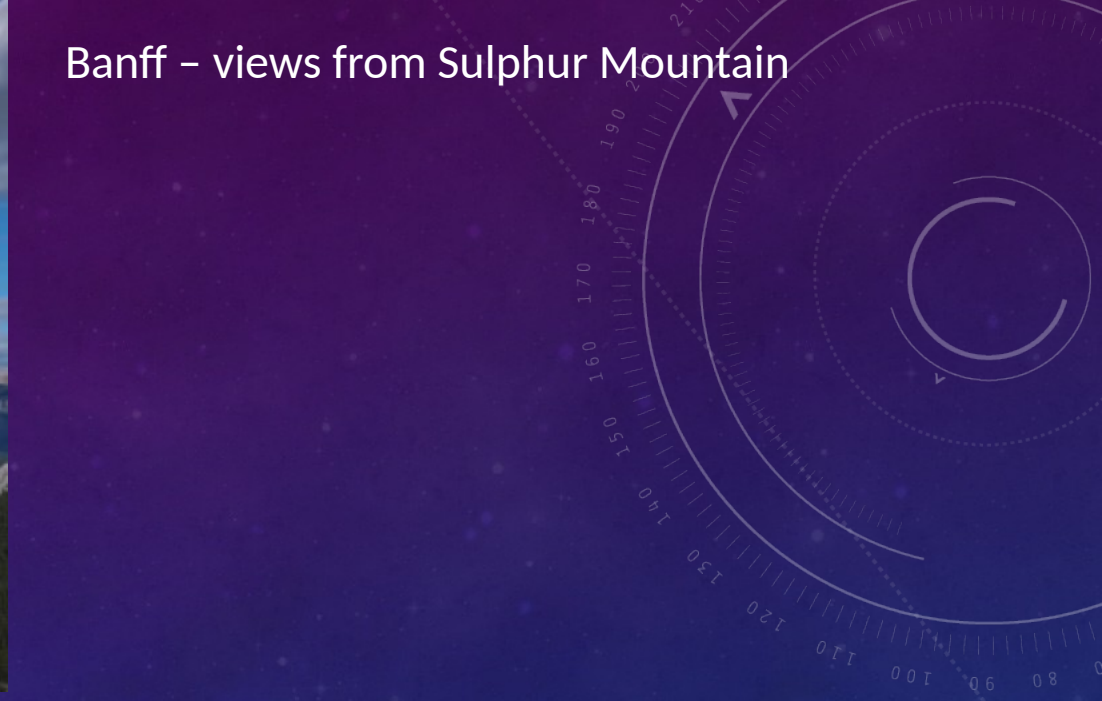




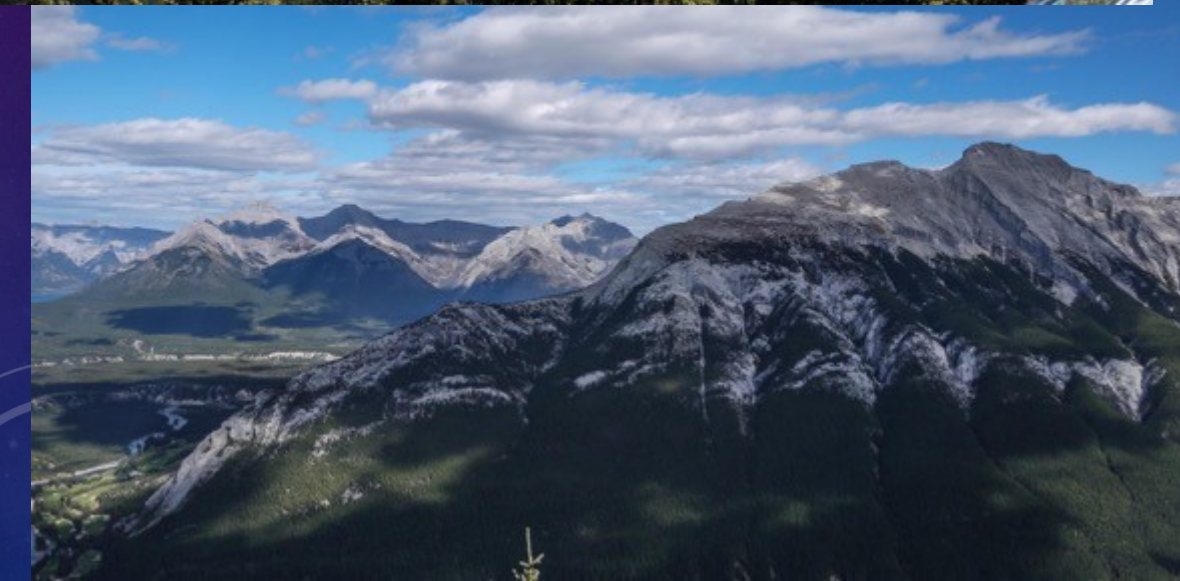
Banff - Sulphur Mountain views
Lake Minnewanka lower right
Mt. Aylmer in background



Banff – views from Sulphur Mountain



Banff
–
Sulphur
Mountain
views

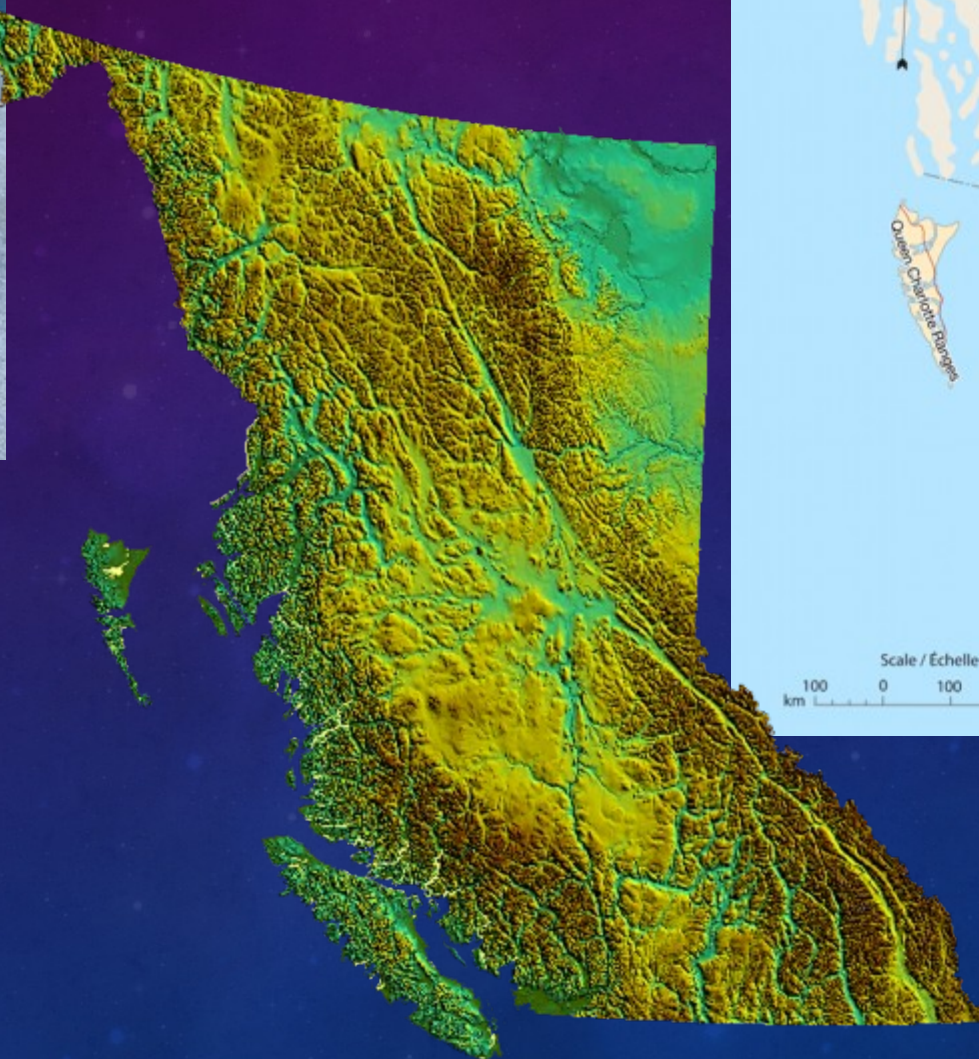


Athabasca Glacier





The Rocky Mountaineer Banff to Vancouver



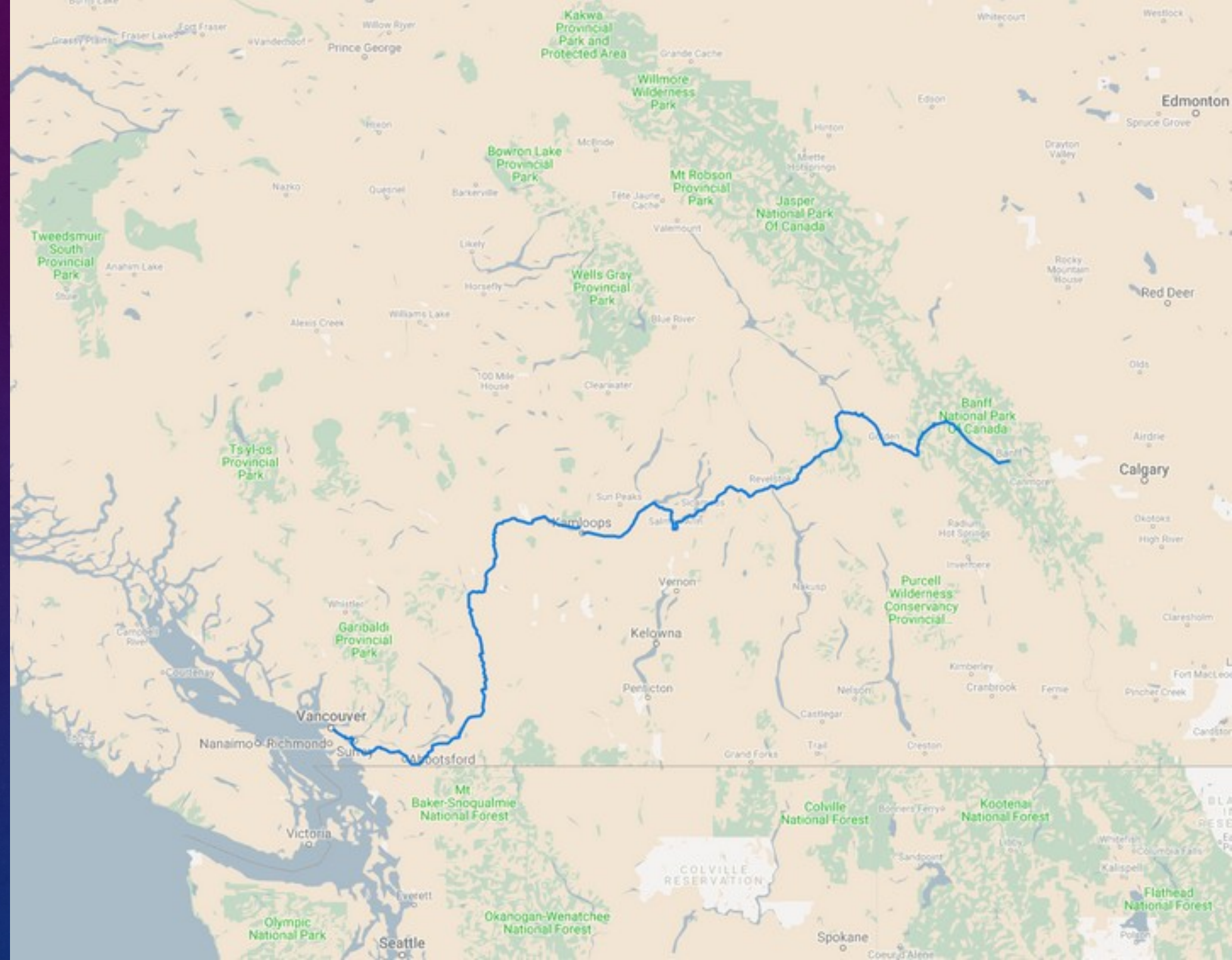
Above left: Ruth and Jim Nepute and Jim and Aleda
boarding the Rocky Mountaineer in Banff.

Banff to Kamloops: 309 miles
Kamloops to Vancouver: 285 miles

The Rocky Mountaineer Route

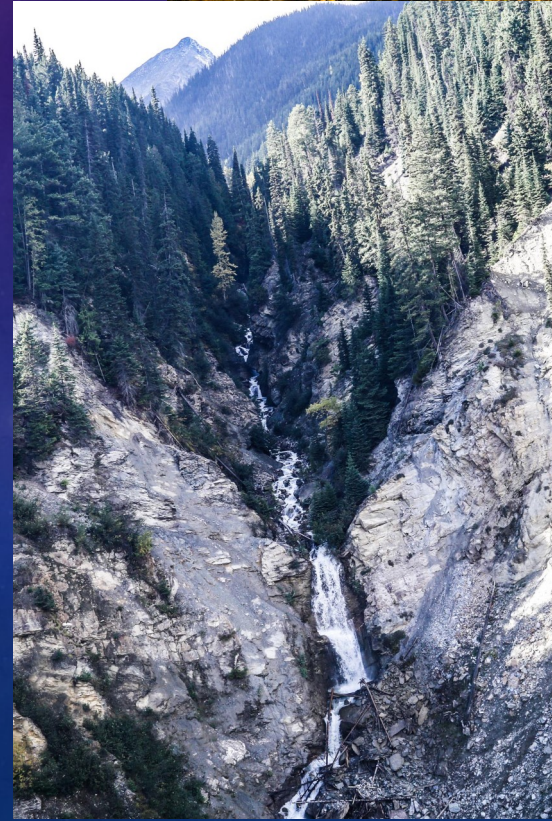
The train route From Banff to Vancouver is on the route of the Canadian Pacific Railway, though the R.M. is not part of or owned by the C.P. The train and the Trans-Canada Highway follow the same journey to the Pacific and one is seldom out of sight of the other.

The route is essentially following eight river beds: The Bow from Banff to Lake Louise. Just north of Lake Louise the road turns west into the Kicking Horse River Pass where it transits the Continental Divide and moves from Alberta into British Columbia. It soon goes by Wapta Lake which is the source of the Kicking Horse River. Further west the train passes through the Spiral Tunnels. It continues down the Kicking Horse and makes a hairpin turn at Mount Hunter. The Kicking Horse empties into the Columbia at Golden, B.C. The road then goes north a short way along the Columbia River. Note: this valley along the Columbia is called the Rocky Mountain Trench. On to the town of Donald where the road again turns west and then south to go through Rogers Pass. We are now in Selkirk mountains. It then moves along the Illecillowet R. to where this river empties into the Columbia at the town of Revelstoke and where the train crosses the Columbia once again. After travelling along the Eagle River it soon runs along the shore of Shuswap Lake. The Shuswap is the source of the South Thompson River which the train follows into the town of Kamloops. There is an overnight stay at a hotel in Kamloops. At Kamloops the South Thompson River meets the North Thompson to form the Thompson. The Thompson then flows west before it turns south to meet the Fraser at Lyton. From Lyton the rest of the journey is heading south and then west to where the Fraser empties into the Pacific at Vancouver.





Scenes along the Bow from train
Ab. Mt. Rundle





Around the bend



Shuswap Lake west of Sicamous



Left: Shuswap Lake.

Right, houses along the lake, near Canoe, which, on closer examination, reveals some "wavers. These are residents living along the tracks (and lake) who know the R.M. schedule and come out every day and wave at the travelers on the train who also wave back.

Below: Scenes along the river. The Thompson flows almost due east from Kamloops to Ashcroft, where it turns south for about 40 miles to Lyton, where it meets the Fraser.





At Kamloops, not only do the North and South Thompson rivers meet, but also a meeting of the Canadian National and Canadian Pacific railroads. We have been traveling on the Canadian Pacific right-of-way from Banff. As the rail tracks move west of Kamloops, the Canadian National stays on the north side of the Thompson and the Canadian Pacific on the south.

However, at Ashcroft where the train road turns almost due south, there is a shared roadway where the trains of the CN and the CP share the same track, but the northbound trains all stay on the west side of the Thompson and the southbound



South of Ashcroft along the Thompson





Along the Thompson



Cisco Bridges





Ab. Scuzzy Creek falls, just below Boston Bar on the Thompson



Where the Thompson meets the Fraser

Nearing the end of our journey, having traversed the southern part of the Thompson Plateau, we meet the Fraser which flows south and then west into the Pacific Ocean at Vancouver.



Photos courtesy of Ruth Nepute



Vancouver

Our final stop was a day in Vancouver. We visited Stanley Park with a view of the Lion's Gate Bridge and the harbor (below).

Aleda with totem poles in Stanley Park.

After the third Covid Rapid test of the trip was negative, we left early on the 29th for Chicago and then home to Saint Louis.



Vancouver – Queen Elizabeth Park with Lion's Gate Bridge



Vancouver





First slide: Mountains along Canada 1, Trans-Canada Highway.

Last slide: from Mount Sulphur, Banff, AB, with Cascade Mountain behind.

N.B. Cascade Mountain is not part of the Cascade Range.

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