



LAST CHANCE!
Closing for the season August 31, 2008

210 Village Road
Lake Louise, Alberta

Drive in and stop for freshly baked scones, cake and tea served in an authentic rustic log cabin on the grounds of the Lake Louise Inn

Open Saturday and Sunday 4pm to 6pm

For traditional Afternoon Tea, please call 403-3791 for reservations

the tea cottage
at the Lake Louise Inn

Did You Know?

Glass collected in regional recycle bins is used locally by the Lafarge cement plant near Exshaw. Take glass beverage containers to bottle depots. Other glass containers can go in municipal recycle bins with lids removed.



Bow Valley Waste
MANAGEMENT COMMISSION



Prenatal Wisdom Series

Natural Childbirth Education Classes
Six Week Series
Sep 22nd – Oct 27th 2008
Mondays at 7pm
INVESTMENT \$165

Please call to register.

Mimi Pothaar, Doula, Childbirth Ed, BF Spec 403-678-4904
Angie Evans BScH, MH, Doula 403-609-1733



Saturday Night Fever
Funken-Disco every Saturday night @ 10:30
Hosted by DJ Lacey
With added live percusain by (the one and only) B2
\$5 cover starts at 11:00

709 9th, 403 609 2000

Friday the 15 Don't miss the Red Deers
(gypsy-jazz-folk) 10:30 \$2 cover



THE VIEW FROM HERE Wayne Milburn works on a scenic oil painting behind the Whyte Museum as part of Banff Culture Walk. MICHAEL BUCKLEY PHOTO

Tiny trail guide offers huge insights

ROB ALEXANDER BOW VALLEY

The Canadian Rockies Trail Guide has long been one of the must-have books for residents and visitors to the Bow Valley. It passed all of the tests long ago, demonstrated by its eight editions, and along with Ben Gadd's *Handbook of the Canadian Rockies*, the popular trail guide is easily the one book most people who enjoy the Rockies have in common.

But not everyone who buys that book is looking for the big, multi-day hikes that seem to take up a fair amount of space between the covers. Some hikers are more modest, seeking shorter, more manageable adventures.

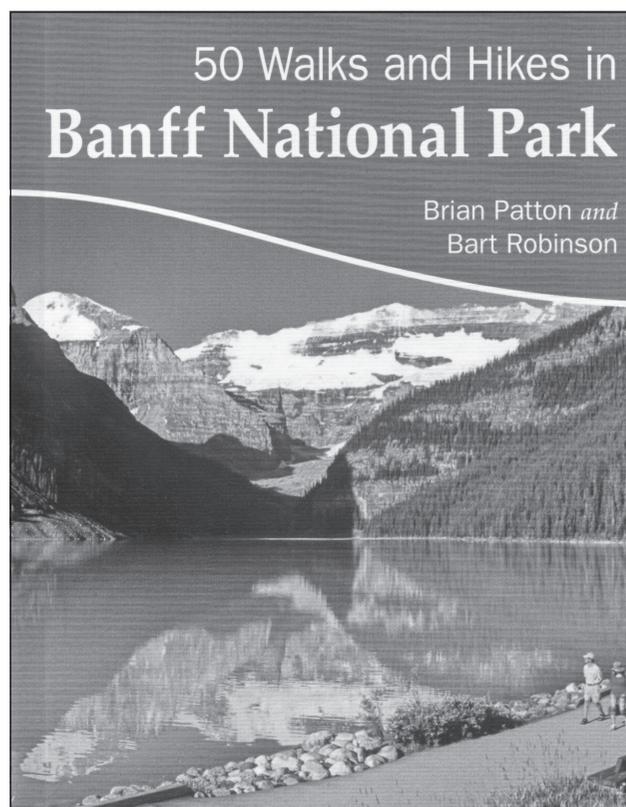
These folks will be pleased to see the authors of *The Canadian Rockies Trail Guide* – Brian Patton and Bart Robinson – have a new book that narrows the focus and offers hikes and walks in Banff National Park that can all be done in a day or less.

50 Walks and Hikes in Banff National Park, published by Banff-based Summerthought, is a compact 144-page guidebook that fits nicely into pockets and packs, featuring rambles that range from easy walks to full-day hikes.

The book highlights the obvious hikes, including Paradise and Larch Valleys, with descriptions, full-colour photographs and simple maps, while offering good reasons to take on the lesser known hikes or the “been-there-done-that” that are worth return trips.

Each hike begins with a quick tag line of a few short words that give hikers an honest reason to do a certain hike. For example, the one for Tunnel Mountain states “summit a mountain before breakfast” or a “test of fitness” for Cory Pass.

The essential information, length, estimated time, starting point and origin of the name of the hike follow the descriptor. Easy-to-read icons accompany that information, indicating if the hike is signed on the highway and whether or not trail information, bathrooms, picnic tables or food services are available at the trailhead. The icons also indicate if cyclists share the trail.



Short trail descriptions and numerous photographs illustrating the worthwhile elements of each hike follow the initial descriptors.

This approach makes *50 Walks and Hikes* a great resource for long-time locals, new residents and visitors. Compact, easy to carry, a nice design and quality information from two recognized and respected authors makes this little gem worth the \$19.95 it costs.