Two North American Travel Treasures: Gorgeous Mountains, Lakes and Waterfalls in the Canadian Rockies (Banff, Yoho, Kootenay and Jasper National Parks and Lake Louise area) and in Yosemite National Park
(as of 7-14-21, Americans cannot enter Canada for nonessential travel)

By Jim Jacobson and John Cloud

as of 2-11-19f.rvd as of 7-14-21
Photos from trips by Jim and John

- **Canadian Rockies trips**
  - Jim’s trips - July, 2004 and August, 2017
  - John’s trip - June, 2015
- **Yosemite trips**
  - Jim’s trip - May, 2007
  - John’s trip - June, 2006

- Note: there are many beautiful sights to see and things to do which we did not see and/or have limited info or do not have time to discuss.
- Good for hiking, fishing, whitewater rafting, downhill snow and cross country skiing, horseback riding, viewing animal wildlife, etc.
Map of Canadian Rockies location in Canada
Location of Canadian Rockies area in Canada
Map of Western Canada and United States
Map of Banff, Kootenay, Yoho and Jasper National Parks in the Canadian Rockies
General Information on Canadian Rockies

• Banff National Park is the oldest of the Canadian national parks. In 1885, lands were set aside and in 1887 the Rocky Mountains Parks Act was passed. In 1911, the Dominion Forest Reserves and Parks Act officially created the Canadian National Parks system. The town of Banff is 79 miles west of Calgary. Most of its scenic tourist attractions are close to the road system. It contains 2,656 square miles, all in Alberta. Banff National Park has 217 miles of roads and 806 miles of hiking trails. Banff is more busy and crowded than the other Canadian Rocky Mountain parks: Kootenay, Yoho, Jasper and Waterton. About 4.7 million people visit Banff annually, compared with 2.2 people who visit Jasper annually, which is a larger park. Tourism has continued to increase over the years. The park includes Lake Louise. While the park is open year round, many road closures occur in winter in mountain passes. The Banff townsite has a permanent population of about 8,000 and many more in the summer.
General information on the Canadian Rockies

- Yoho National Park was created in 1886. “Yoho” is a Cree Indian word of amazement. It contains 525 square miles, and is the smallest of the Canadian national parks. The whole park is in British Columbia.
- Jasper National Park was created in 1907. It contains 4,320 square miles, and is the largest Canadian national park. The whole park is in Alberta. The town of Jasper is located 264 miles northwest of Calgary and 224 miles west of Edmonton. Some tourists get to Jasper by passenger rail from Vancouver.
- Kootenay National Park was created in 1920 and contains 543 square miles. The whole park is in British Columbia.
- Great divide (Continental Divide) the point where all waters flow either east or west- east flow of rivers toward the Bow River, the South Saskatchewan River and Hudson Bay; west flow of rivers toward the Columbia river and the to the Pacific ocean.
- The Canadian Rockies are overall more jagged than the American Rockies because the Canadian Rockies have been more heavily glaciated, resulting in sharply pointed mountains separated by wide, U-shaped valleys gouged by glaciers, whereas the American Rockies are overall more rounded, with river-carved V-shaped valleys between them.
Canadian Rockies places not covered

- Kananaskis Country Recreation Area – 56 miles southwest of Calgary and 37 miles southeast of Banff National Park.
- Vermillion Lakes (near Banff)
- Lake Minnewanka (near Banff)
- Two Jack Lake (near Banff)
- Mount Assiniboine Provincial Park (between Banff and Yoho)
- Hector Lake
- Panther Falls
- Mount Edith Cavell
- Mount Robson in Jasper National Park
Parks in the Canadian Rockies

- From Wikipedia:
- Five national parks are located within the Canadian Rockies, four of which are adjacent and make up the Canadian Rocky Mountain Parks. These four parks are Banff, Jasper, Kootenay and Yoho. The fifth national park, Waterton, is not adjacent to the others. Waterton lies on the north side of the Canadian-US border as the Canadian half of the Waterton-Glacier International Peace Park. All five of these parks, with three British Columbia provincial parks, were declared a UNESCO World Heritage Site in 1984 for the unique mountain landscapes found there.
- Numerous provincial parks are located in the Canadian Rockies, including Hamber, Mount Assiniboine and Mount Robson parks.
- The Canadian Rockies are the source of several major river systems, and also for the many rivers within the range itself. The Rockies form the divide between the Pacific Ocean drainage on the west and that of Hudson Bay and the Arctic Ocean on the east (“continental divide”). Notable rivers originating in the Canadian Rockies include the Fraser, Columbia, North Saskatchewan, Bow and Athabasca rivers.
More information on the Canadian Rockies

• From Wikipedia:
  • The Canadian Rockies are quite different in appearance and geology from the American Rockies to the south. The Canadian Rockies are composed of layered sedimentary rock such as limestone and shale, whereas the American Rockies are made mostly of metamorphic and igneous rock such as gneiss and granite.
  • The Canadian Rockies are cooler and wetter, giving them moister soil, bigger rivers, and more glaciers. The tree line is much lower in the Canadian Rockies than in the American Rockies.
  • Mount Robson (3,954 meters, 12,972 feet) is the highest peak in the Canadian Rockies, but not the highest in British Columbia.
  • The blue-green color of Lake Moraine and Lake Louise is the result of the silt created when rocks underneath the surface of the ice were grinding from the movement of the glacier. The rock flour is very light and stays suspended in the lake water for a long time. The sunlight that reflects off this rock flour is what gives the lakes their spectacular turquoise blue or green color. The silt-like rock flour is continually being carried into the lakes by melted water from the surrounding glaciers. The tiny and uniform particles become suspended in the water, refracting blue and green wavelengths of light.
Canada National Parks Passes Available

• There are two types of passes: A daily pass and an annual pass, each with four pricing categories. Cash and major credit cards are accepted as payment.

• Daily Pass – a daily pass is valid until 4pm the next day regardless of what time it was purchased.

• Annual Discovery Pass – valid for a full year until the end of the calendar month from the date purchased. The Annual Discovery Passes provides entry into over 100 National Parks, National Marine Conservation Areas and National Historic Sites.

• Cost of Daily Park Passes: Price Per Day For Daily Passes:
  • Adult (ages 17 to 64): $10 (had been $9.80 in 2019 when PP was made)
  • Senior (age 65 and up): $8.40 (had been $8.30 in 2019)
  • Youth 17 and under: admission is free
  • Family/Group $20 (up to 7 people traveling together in one vehicle): (had been $19.60 in 2019)

• Cost of Annual Discovery Passes: Annual Discovery Pass Prices:
  • Adult (ages 17 to 64): $69.19 (had been $67.70 in 2019)
  • Senior (age 65 and up): $59.17 (had been $57.90 in 2019)
  • Youth (17 and under): $33.30
  • Family/Group $139.40 (up to 7 people arriving together in a single vehicle at a National Park or National historic site) (had been $136.40 in 2019)
Focus on Banff National Park in the Canadian Rockies
Places in and near Banff in the Canadian Rockies

- Mt Norquay
- Mt Rundle
- Sulphur Mountain (Banff) gondola
- Fairmont Banff Springs hotel
- Hot springs
- Bow Falls
- Tunnel Mountain
- Cascade Mountain
- Vermilion Lakes
- Lake Minnewanka
- Two Jack Lake
- Johnston Canyon
- Castle Mountain
Mount Rundell (near Banff) 7-04
Banff downtown 8-17
Banff Gemstone store 8-17
Banff Springs Hotel restaurant buffet 7-04
Banff Springs Hotel 7-04
Banff Springs Hotel – view of hotel front 8-17
Banff Springs Hotel - view of back of hotel 8-17
Banff Springs Hotel view from rear of hotel 7-04
Banff Springs Hotel – view from back of hotel 8-17
View from Banff Gondola top of Banff Springs Hotel in valley 7-04
View from Banff Gondola top 7-04
View from Banff Gondola top 8-17
View from Banff Gondola top 7-04
View from Banff Gondola top 8-17
View from Banff Gondola top 8-17
View from Banff Gondola top 8-17
View from Banff Valley 7-04
Johnson Canyon, northwest of Banff 7-04
Johnston Canyon in winter from internet
Castle Mountain, northwest of Banff 7-04
Mount Assiniboine Provincial Park from internet
Focus on Kootenay National Park in the Canadian Rockies
• Kootenay National Park (west of Banff National Park & south of Yoho National Park)
• Marble Canyon
• Radium Hot Springs
• Painted Pots
• Mount Assiniboine Provincial Park – between Kootenay and Banff National Parks
Stream leading to Marble Canyon in Kootenay National Park 8-17
Marble Canyon in Kootenay National Park 8-17
Looking Upstream from Marble Canyon 8-17
Scenery in Kootenay National Park 8-17
Painted Pots in Kootenay National Park 8-17
Painted Pots in Kootenay National Park 8-17
Painted Pots in Kootenay National Park 8-17
Focus on Banff National Park - Lake Louise area- in the Canadian Rockies
Places in and near Lake Louise in the Canadian Rockies

- Two roads link Banff to Lake Louise: the TransCanadian Hwy. is the quicker route, but the Bow Valley Parkway, which splits off of the TransCanadian Hwy. about three miles west of Banff, is the more scenic route.
- Lake Louise- about 31 miles northwest of the town of Banff by the TransCanadian Hwy. Route 93 starts here and heads northwest to Jasper National Park.
- Lake Louise Ski area/lift (Canada’s largest ski area)
- Fairmont Chateau Lake Louise
- Lake Agnes Tea House (up the path from the Chateau about 45 minutes on the right side of Lake Louise)
- Moraine Lake and Valley of the Ten Peaks
Scenery on way from Banff to Lake Louise with haze from forest fires 8-17
Lake Louise view from ski area 7-04
Lake Louise view from ski area 7-04
Lake Louise Chateau 7-04
Lake Louise Inn where we stayed in 7-04
Lake Louise view from near Chateau 7-04
Lake Louise view from above 8-17
Lake Louise view from near Chateau 8-17
Lake Louise view from near Chateau 8-17
Lake Agnes Tea House, from internet
Lake Agnes Tea House, from internet
Moraine Lake and Valley of the Ten Peaks - near Lake Louise, from internet
Famous Scenery

• The picture of Moraine Lake and Valley of the Ten Peaks was on the reverse side of the 1969 and 1979 issues of the Canadian twenty dollar bills.
Moraine Lake and Valley of the Ten Peaks 7-04
Moraine Lake and Valley of the Ten Peaks 7-04
Moraine Lake and Valley of the Ten Peaks 8-17
Focus on Yoho National Park in the Canadian Rockies
Yoho National Park west of Lake Louise

- Kicking Horse River rafting
- Spiral Tunnel viewpoints- upper and lower
- Natural Bridge
- Emerald Lake
- Takakkaw Falls
- Lake O’Hara (cannot drive there- long hike or must make reservations on bus long in advance- I did not realize until too late and did not go there)
- Wapta Falls (I did not go there)
Natural Bridge in Yoho National Park 8-17
Natural Bridge in Yoho National Park 8-17
Natural Bridge in Yoho National Park 8-17
Natural Bridge
in Yoho 8-17
River in Yoho National Park 8-17
Emerald Lake in Yoho National Park 8-17
Emerald Lake in Yoho National Park 8-17
Takakkaw Falls in Yoho National Park 8-17
Takakkaw Falls in Yoho National Park 8-17
Takakkaw Falls in Yoho National Park 8-17
Lake O’Hara (cannot drive there- make bus reservations long in advance), from internet
Lake O’Hara (cannot drive there - make bus reservations long in advance), from internet
Wapta Falls, from internet
Places north of Lake Louise and on the way to Jasper in the Canadian Rockies

- Hector Lake & Mt Hector
- Bow Lake
- Peyto Lake
- Mistaya Canyon
- Saskatchewan River Crossing
- Weeping Wall
- Sunwapta Falls
- Mt. Edith Cavell
Bow Lake north of Lake Louise 8-17
Peyto Lake north of Lake Louise 7-04
Peyto Lake north of Lake Louise 8-17
Scene between Lake Louise and Jasper 8-17
Scene between Lake Louise and Jasper 8-17
Mistaya Canyon between Lake Louise and Jasper 8-17
Mistaya Canyon between Lake Louise & Jasper 8-17
Mistaya Canyon between Lake Louise & Jasper 8-17
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Mistaya Canyon between Lake Louise & Jasper 8-17
Mistaya Canyon between Lake Louise & Jasper 8-17
Mistaya Canyon between Lake Louise & Jasper 8-17
Sunwapta Falls between Lake Louise and Jasper 8-17
Sunwapta Falls between Lake Louise and Jasper 8-17
Weeping Wall 7-04
Tangle Creek 8-17
Focus on Jasper National Park in the Canadian Rockies
Jasper National Park- northwest of Banff National Park

- Columbia Ice Fields
- Athabaska Falls
- Jasper Tramway
- Pyramid Lake
- Maligne Lake & Canyon (boat trip around Spirit Lake)
- Fairmont Jasper Park Lodge
- Mount Edith Cavell
- Mount Robson in Jasper National Park
Columbia Ice Fields in Jasper National Park 7-04
Columbia Ice Fields in Jasper National Park 8-17
Athabaska Falls in Jasper National Park 8-17
Lobstick Lodge in Jasper where I stayed in 7-04
Pyramid Lake Resort - where I stayed in 8-17
Views from Jasper Tramway 8-17
Views from Jasper Tramway 8-17
Views from Jasper Tramway 8-17
Pyramid Lake- view from where I stayed in 8-17
Maligne Lake and Spirit Island from internet
Maligne Lake and Spirit Island from internet
Maligne Lake and Spirit Island from internet
Mount Edith Cavell photo from internet
Mount Edith Cavell photo from internet
Mount Robson - highest mountain peak in Canadian Rockies - from internet
Climbing Mount Robson - from internet
Animal photo in the Canadian Rockies 7-04
Animal photo in the Canadian Rockies 7-04
Animal photo in the Canadian Rockies 8-17
Animal photo in the Canadian Rockies 8-17
Animal photo in the Canadian Rockies 8-17
Yosemite National Park

- Location
- Maps, layout of park
- Historic background
- List of highlights
- Photos from internet and my photos
- Youtube
Location of Yosemite National Park in California
Map of Yosemite National Park
Map of Yosemite National Park
My Mouse Pad

GO CLIMB A ROCK!

Yosemite National Park
California
In May, 2007, my wife, Joanie and I stayed at Yosemite View Lodge, 209-379-2681, 11156 Highway 140, El Portal, CA 95318, for $174 per night. I had stayed there before on a previous trip. It is not fancy, but we did not expect to spend much time at the hotel.

It is conveniently located about two miles outside the western El Portal entrance to the park. It has over three hundred rooms with restaurants to have breakfast, lunch and dinner.

There are many places to stay, both inside and outside Yosemite Park, but book early. One place to check for places to stay near or in Yosemite is the National Park Service reservations at 866-875-8456. You can obviously google many travel sites for options also.
General information on Yosemite

• From Wikipedia:

• Yosemite National Park is located in the western Sierra Nevada mountain range of Central California. The park is managed by the National Park Service and covers an area of 747,956 acres (1,168.681 square miles). Yosemite National Park was designated a World Heritage site in 1984. Yosemite is internationally recognized for its granite cliffs, waterfalls, clear streams, giant sequoia groves, lakes and ponds, mountains, meadows, glaciers, and biological diversity.

• Origins of the name "Yosemite" (meaning " killer" in Miwok): may refer to the name of an Indian tribe driven out of the area. Previously, the area had been called "Ahwahnee" ("big mouth") by indigenous people; or it may refer to the Indian word “uzumate” which meant “grizzly bear”, which referred to the Indian tribe who lived in the area and hunted grizzly bears.
More General information on Yosemite

- From Wikipedia:

- Concerned by the effects of commercial interests, prominent citizens, including Galen Clark and Senator John Conness worked to protect the area. A law was signed by President Abraham Lincoln in 1864, creating the Yosemite Grant. This is the first instance of park land being set aside specifically for preservation and public use by action of the U.S. federal government, and it set a precedent for the 1872 creation of Yellowstone as the first national park.

- Yosemite National Park was designated on October 1, 1890 as the third national park in the United States, after Yellowstone in 1872 and Sequoia in 1890.

- The National Park Service was formed in 1916, and Yosemite was transferred to that agency's jurisdiction.
John Muir Actions, Influence and Comments regarding Yosemite

- John Muir, an American naturalist, took then President Theodore Roosevelt in 1903 on a camping trip to Yosemite. In 1906, Roosevelt signed a law that making Yosemite Valley and Mariposa Grove part of Yosemite National Park.

- Quotes regarding Yosemite:
- “[Yosemite] is by far the grandest of all the special temples of Nature I was ever permitted to enter.” - John Muir
- “No temple made with hands can compare with Yosemite. Every rock in its walls seems to glow with life…as if into this one mountain mansion Nature had gathered her choicest treasures.” - John Muir
- “[Camping in Yosemite] was like lying in a great solemn cathedral, far vaster and more beautiful than any built by the hand of man.” - President Theodore Roosevelt
More General information on Yosemite

• From Wikipedia:
• Congress has designated 677,600 acres, or about 89% of the park, as the a highly protected Yosemite Wilderness.
• Yosemite averages about 4 million visitors each year. Yosemite Valley represents only one percent of the park area (approximately 7 square miles), but this is where most visitors arrive and stay.
• Tunnel View is the first view of the Valley for many visitors and is wonderful for taking photographs.
• El Capitan, a prominent granite cliff that looms over Yosemite Valley, is one of the most popular rock climbing destinations in the world because of its diverse range of climbing routes, in addition to its year-round accessibility. Granite domes such as Sentinel Dome and Half Dome rise 3,000 and 4,800 feet, respectively, above the valley floor.
More General information on Yosemite

- From Wikipedia:
- Mount Lyell (13,120 feet) is the highest point in the park.
- The park has three groves of ancient giant sequoia (*Sequoiadendron giganteum*) trees: the Mariposa Grove (200 trees), the Tuolumne Grove (25 trees), and the Merced Grove (20 trees). This species grows larger in volume than any other and is one of the tallest and longest-lived.
- Yosemite is famous for its many waterfalls in a small area and are especially active during April, May, and June. Located in Yosemite Valley, Yosemite Falls is the highest in North America at 2,425 feet. Also in Yosemite Valley is the much lower volume Ribbon Falls, which has the highest single vertical drop, 1,612 feet. Perhaps the most prominent of the Yosemite Valley waterfalls is Bridalveil Falls, which is the waterfall seen from the Tunnel View viewpoint at the east end of the Wawona Tunnel.
More General information on Yosemite

- From Wikipedia:
- The park has an elevation range from 2,127 to 13,114 feet.
- Over 800 miles of trails are available to hikers - everything from an easy stroll to a challenging mountain hike, or an overnight backpack trip. The park also contains approximately 3,200 lakes, two reservoirs, 1,700 miles of streams and 350 miles of roads.
- Yosemite Valley is open all year, although some roads within the park close in winter.
- The opening scenes of *Star Trek V: The Final Frontier* (1989) were filmed in Yosemite National Park. Films such as *The Last of the Mohicans* (1920) and *Maverick* (1994) have also been shot here.
Ansel Adams Gallery in Yosemite

• Ansel Adams lived from 1902 to 1984, and was a famous photographer of the American West, particularly Yosemite National Park, using his work to promote conservation of wilderness areas. His iconic black-and-white images helped to establish photography among the fine arts. He became well respected for his technical photography skills and his promotion of Yosemite National Park, the national park system, and above all, the preservation of wilderness.

• The Ansel Adams Gallery is located in the heart of Yosemite Valley, between the Visitor Center and Post Office, with incredible views of Yosemite Falls, Half Dome, and Glacier Point. The gallery honors his work and accomplishments.

• Originally named Best’s Studio, the gallery has been operated in Yosemite Valley by the Ansel Adams family since 1902.
Sights to see in Yosemite National Park

- El Capitan
- Half Dome
- Upper, Lower Yosemite Falls
- Tunnel View point
- Glacier Point
- Sentinel Dome
- Bridalveil Falls, Vernal Falls and Nevada Falls
- Mirror Lake
- Mariposa Grove
El Capitan from internet
El Capitan from internet
El Capitan 5-07
El Capitan 5-07
Half Dome from internet
El Capitan and Half Dome 5-07
Half Dome 5-07
Upper and Lower Yosemite Falls from internet
Upper and Lower Yosemite Falls 5-07
Upper Yosemite Falls 5-07
Tunnel View point 5-07
Tunnel View point 5-07
Glacier Point view from internet
Glacier Point view 5-07
Sentinel Dome view 5-07
Bridalveil Falls 5-07
Vernal Falls from internet
Vernal Falls and Merced River flow from internet
Vernal Falls 5-07
Nevada Falls from Glacier Point, from internet
Mirror Lake 5-07
Mirror Lake
5-07
Mariposa Grove 5-07
Mariposa Grove 5-07
Yosemite view 5-07
Yosemite view 5-07
View in Yosemite 5-07
Bear in Yosemite 5-07