



the country's largest freestanding cuckoo clock

More than 45,000 colourful blo

Vina's Hillside Garden

MARY'S INDIAN RESERVE

Historic Cranbrook Cranbrook

netres (162 miles), this national

ork of multi-use trails is one with the

Canyon Trai

ected marsh and nesting area

Bird Sanctuary

Kimberle

Marysville 4 & Eco Park

NorthStar Rails to Trails

6 Trans Canada Trail

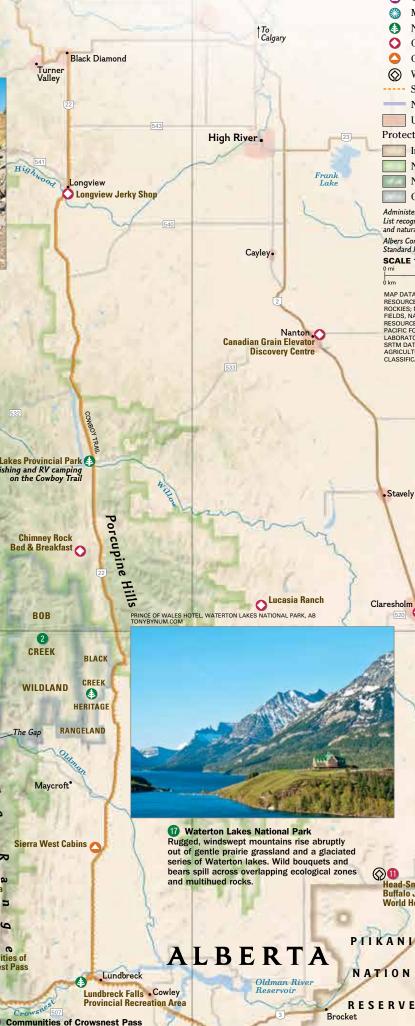
5 Fisher Peak gorous hike to the spire of Fisher Peak offers ning view of two provinces and three ational Hockey League's local hero Scot Niedermayer used his champion's right to a day with the Stanley Cup and hoisted the trophy at the top of the peak

**5** Fisher Peak

8 Wardner-For

sland Lake Lodge 📿 14 Old Growth Cotto

Elkford FOREST RESERVE d in dense green moss, 400-year-old black cottonwood trees congregate on the side of the Elk River at Morrissey Bridge. A CASTLE nature walk steers you around wet spots and 15



zed into a steep, narrow valley, a

hough linked by disasters, a railroad, and a

ipality of Crowsnest Pass in 1979.

Mansion

Pincher Creek

string of small mining towns merged into

Blairmore, Frank, Bellevue, and Hillcrest.

Castle Falls

11 Head-Smashed-in Buffalo Jum PIKAN World-reknowned archaeological site when you can bear witness a buffalo jump used for nearly 6,000 years by native people NATION Remarkable interpretive centre tucked i the hill side offers the best opportunity to learn about the North American Plai RESERVE Native Tribes culture. Beauvais Lake Provincial Park **Climb Mount Albert or Piney Point. Launch** your kayak on the lake. Go bird-watching in he wetlands. Hike or cross-country ski more than 18 kilometres (11 miles) of trails (notice the rare white bog orchid or mountain lady's slipper along the way). You can take your pick of outdoor pursuits year-round in this diverse early 1,215-hectare (3,000-acre) protec

cowboys, working and wan

According to National Geographic, geotourism "sustains or enhances the geographical character of a place-its environment, culture, aesthetics, heritage, and the well-being of its residents." Geotravelers then, are people who like that idea, who enjoy authentic sense of place and care about maintaining it. They find that relaxing and having fun gets better-provides a richer experience-when they get involved in the place and learn about what goes on there. Geotravelers soak up local culture, hire local guides, buy local foods, protect the environment, and take pride in discovering and observing local customs. Travel-spending choices can help or hurt, so geotravelers patronize establishments that care about conservation. preservation, beautification, and benefits to local people. Learn more at crownofthecontinent.natgeotourism.com.

Patronize businesses that support the community and its conservation and preservation efforts. Seek out local products, foods, services, and shops. When you support the people who support the place, they'll usually reward you with a richer, more memorable trip.

A great way to get to know a place—and the people who work to protect it-is to lend a hand. Options abound: Repair hiking trails, pull nvasive weeds, restore streamside habitat, catalog historical artifacts. Roll up your sleeves with the Bob Marshall Wilderness Foundation or

The region features thousands of miles of hiking, biking, and horse trails. Local volunteers lead various nature groups on educational day hikes to watch birds, identify wildflowers, and explore public wildlands. Outings are free, but your donation will support conservation

On First Nation land or an American Indian reservation, you are a guest where people live and work. Taking photos and video can be a sensitive issue, so ask permission first. A great time to visit is during traditional

Many of the roads between towns and public recreational lands are not paved. Take it slow, keep the dust down, and give the wildlife a brake. Don't drive off road, and please respect private property

As a visitor, you're sharing one of North America's wildest places with these majestic creatures. Hike in groups, make noise, and stay at least

Travel options abound so you may better appreciate the scenery and meet others. Glacier National Park provides a free shuttle service across the Going-to-the-Sun Road. Drivers double as cultural guides on the Blackfeet-run Sun Tours, or try the elegant convertible-top red buses. Amtrak provides passenger service along Glacier's southern border. For muscle-powered transport, pedal the unpaved Great Divide Mountain Bike Route on both sides of the border.

Frontier Western Shop Ltd Saddles, duds, and horse feed draw Leave No Trace Take only photographs and leave only footprints. Travel on existing trails and camp on hard surfaces. Keep campfires small in established fire 50°N pits. Pack out garbage if no trash receptacles are nearby. Let animals eat natural foods rather than yours.

Thinking of Moving Here? If you plan to relocate, live in town or close by. The fragmentation of working farms and forests into rural subdivisions and small ranchettes harms water quality, wildlife habitat, native plants, and traditional livelihood. With global warming, the risk of dangerous forest fires has soared along the valley fringes and forested foothills. Crossing the Border

Enhance your adventure by exploring both countries. We value our crossborder visitors. Please check for current border crossing requirements. **Stop Aquatic Hitchhikers** Recreational activities such as boating, angling, waterfowl hunting, and diving can spread aquatic invasive species. Protect our waters by remembering to Clean, Drain, Dry recreational equipment every time.

> ethbridge • Nikka Yu anese Gard **(B)** Nikka Yuko Japanese Garden Experience artful blends of vegetation, rock, and water in celebration of Japanese culture which rooted in Lethbridge after compulso wartime migration from coastal areas. 2725 KAINAI

(BLOOD) NATION

Stand Off

## rown of the Continent

**NORTH AMERICA'S ROCKY MOUNTAIN MAJESTY** 

he Crown of the Continent—spanning corners of Alberta, British Columbia, and Montana—provides visitors with 73,000 square kilometres (28,000 square miles) of spellbinding scenery and a good chance to spy bighorn sheep, mountain goats, elk, or, with luck, the monarch of the Crownthe grizzly bear. The region includes two United Nations World Heritage sites. One, Waterton-Glacier International Peace Park, protects head-



waters of three continental river systems, and affirms the wisdom of transcending political boundaries in the management of shared ecosystems. The second, Alberta's Head-Smashed-In Buffalo Jump, attests to the region's 6,000 years of human economy derived from the diversity of the landscape and its wildlife.

Not long ago, visitors to remote mountain valleys were likely to be horse-mounted hunters seeking hides and heads as trophies. Today's

