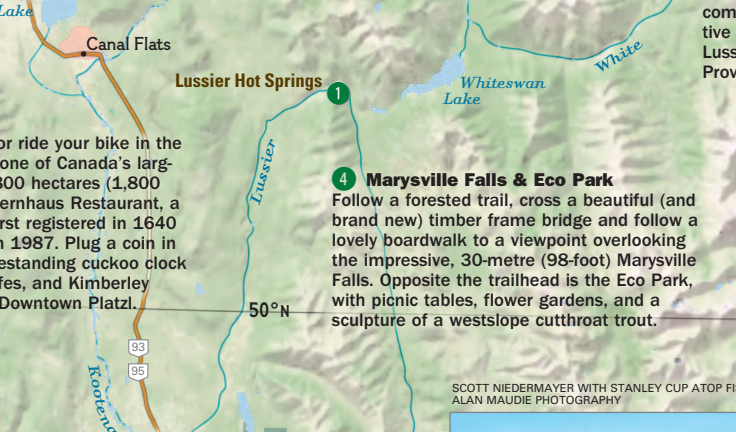


## Quiet Seasons

Alpine wonders draw summer multitudes, but amateur naturalists and wanderers may find sweeter serenity in the spring, fall, or winter. Marvel at giant larch trees as they golden in Seeley Lake during the Alpine Artisans Tour of the Arts in October. On her day in May, take mother to spy harlequin ducks and eucalyptus diving into the froth of McDonald Creek. The best party of the year, or at least the snowiest, would either be the Whitefish Winter Carnival in February or the Fernie Griz Days Festival in March. For Macleod welcomes Santa and his reindeer, alongside horse-drawn carriages, at Alberta's largest Santa Claus parade.



## BRITISH COLUMBIA

- Kimberley** (cross-country ski, or ride your bike in the Kimberley National Park, one of Canada's largest municipal parks at 800 hectares (1,900 acres). Visit the Old Bauernhaus Restaurant, a German farm building first registered in 1940 and moved to Canada in 1987. Plug a coin in the country's largest freestanding cuckoo clock and enjoy boutiques, cafes, and Kimberley Farmers' Market at the Downtown Plaza.
- Marvella Falls & Eco Park** Follow a forested trail, cross a beautiful (and brand new) timber frame bridge and follow a lovely boardwalk to a viewpoint overlooking the impressive, 30metre (98-foot) Marvella Falls. Follow the trailhead is the Eco Park, with picnic tables, flower gardens, and a sculpture of a wilderness cutthroat trout.
- Fisher Peak** A vigorous hike to the spine of Fisher Peak offers a stunning view of two provinces and three states. National Hockey League's local hero Scott Niedermayer used his childhood's right to play with the Stanley Cup and hoisted the trophy at the peak of the spine.
- Warmer-Fort Steele Road** Take the Warmer-Fort Steele byway for intimate close-ups of mountains rising sharply from flat sandstone, beds of terraced sand dunes densely colonized by willows, and the chance of finding a gold nugget in Wild Horse Creek.
- Historic Cranbrook** Pick up an Explorer Historic Cranbrook map (available at the Cranbrook Visitor Centre) and tour 98 storied landmarks in three distinct areas: the Railway Heritage Area, the Hill Residential Heritage Area, and downtown core. Take in some live theatre, local music, or an art exhibition.

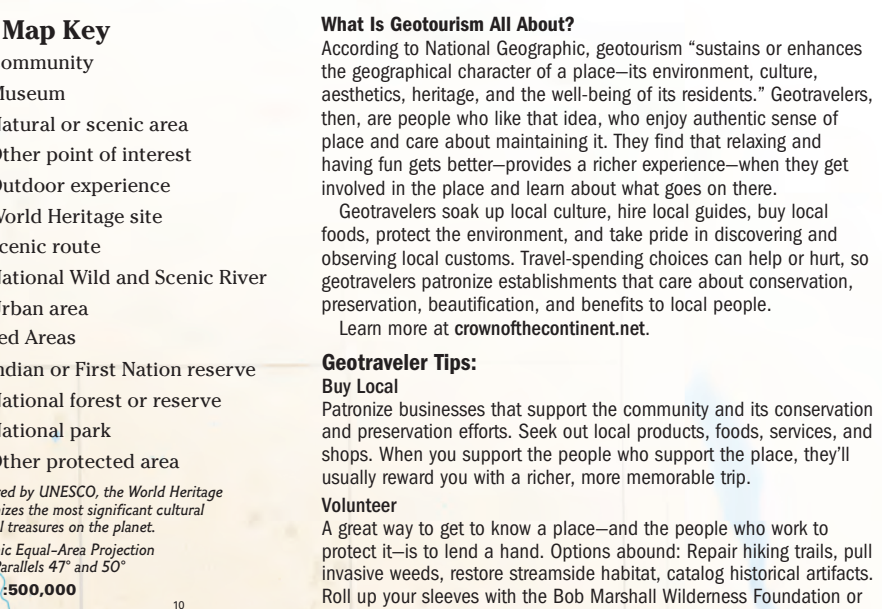


- Bob Creek Wildlife** Bob Creek Wildlife protects Whitehorse Ridge and one of Alberta's most important elk ranges. At the southern limit of this backcountry preserve, which has no visitor facilities, the Sturgeon River breaks free of the mountains through a narrow slot locally call "The Gap."
- Lasater Hot Springs** From steamy hot to merely tepid, find your comfort level among the cascade of prime hot rock pools along the bubbling, frigid Lasater River, just inside Whiteswan Lake Provincial Park.
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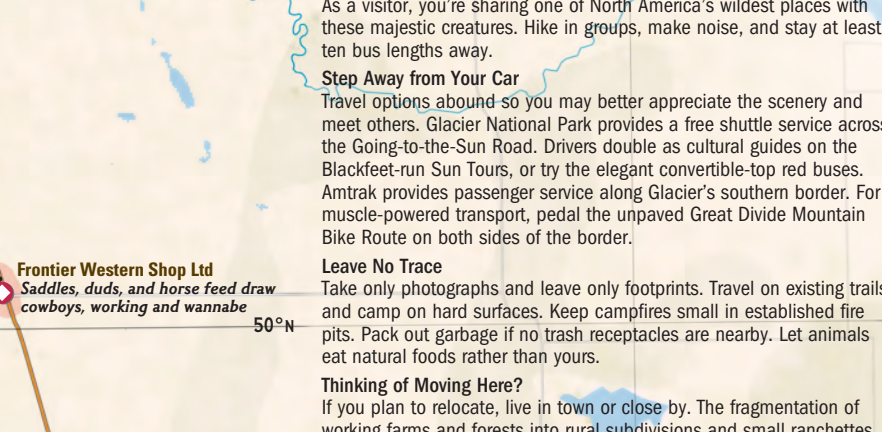


## ALBERTA

- Waterton Lakes National Park** Puddle, wind-whipped mountains rise abruptly out of gentle prairie grassland and a glaciated series of Waterfloods. Wild boulders and bears spill across overlapping ecological zones and interlarded lakes.
- Head-Smashed-In Buffalo Jump** World-renowned archaeological site where you can hear witness a buffalo jump used for nearly 6,000 years by native people. Removable interpretive Centre on the hill side offers the best opportunity to learn about the North American Indians' Native Tribes culture.
- Beaver Lake Provincial Park** Experience arts and crafts, family lunch, your kayak on the lake. Go birdwatching in the wetlands, hike or cross-country ski, a slither along the way. You can take your pick of outdoor pursuits year-round in this diverse, nearly 1,215-hectare (3,000-acre) protected area.
- West Castle River Valley** Spring wildflowers draw botanists and photographers to West Castle Wildlife Ecological Reserve. Lake summer attracts trout stalkers. Winter beckons cross-country skiers.
- Historic Downtown Fernie** A charming upstate backcountry town, the town of Canada's best preserved mountain-style railway station and a lake-strewn coastline. The brickhouse, in a century-old bank building, and Newlands will serve you offbeat food. Work those colts off with mountain sports, which now challenge mining and timber cut, which are economic mainstays.
- Ten Lakes Wilderness Study Area** Located east of Canby, in the northern Whitehorn Range, the area's namesake network of crystalline alpine lakes are best explored on foot or horseback, or with fishing rod and thermosing bucket. Off-the-grid and a long haul from asphalt, Pulaski shows you a favorite haunt of the backcountry set and a little-known portal to Glacier National Park.
- Burke's** Snowcapped peaks of the Galet Range cover above the rolling alpine of the Tobacco Valley, where Kootenai Indians wintered for thousands of years. Stroll the Riverwalk Trail along the Tobacco River, then take your own trip up to the top of the mountain.
- Whitefish Bike Retreat** Retire to the Whitefish Bike Retreat for a relaxing day of cycling, fishing, and enjoying the view. The retreat is located in the heart of the Whitefish Valley, and offers a variety of services, including bike repairs, rentals, and guided tours.
- Montana Coffee Traders** Handcrafted coffee beans, locally sourced, fair-trade, shade-grown roasts to grounds boiled over a campfire, cowboy style.
- Bigfork** Check out the artists and actors in Bigfork—a walker's delight of galleries, galleries, and Bigfork Summer Playhouse on the north shore of Flathead Lake. Stroll the Swan River Nature Center on your own or in a group guided by local naturalists.
- Marley Canyon** Since 1972 the Marley's have been faithfully handcrafting wooden canoe hulls in an unassuming cabin. Tours available.
- Holland Lake Lodge** Since 1928 the lodge has been a scenic base for nature lovers in the heart of the Flathead Valley.
- Swan Valley Connections** The Swan Valley preserves its uncommon beauty thanks in part to Swan Valley Connections in Canby, where residents support public agencies and private property owners in sustainable management of their lands. Accredited college courses, youth programs, and natural history experiences are offered. Trail maps and wildlife information are available at the visitor center.
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## WATERTON

- Waterton-Glacier International Peace Park** Local Rotary Clubs on each side of the 49th parallel initiated the U.S. Congress and Canada's Parliament to establish the world's first international peace park in 1932. Restaurants, park managers, and school children joined the peace with an avian hands across the border pledge. The combined park is now a United Nations World Heritage site.
- Glacier National Park** Local Rotary Clubs on each side of the 49th parallel initiated the U.S. Congress and Canada's Parliament to establish the world's first international peace park in 1932. Restaurants, park managers, and school children joined the peace with an avian hands across the border pledge. The combined park is now a United Nations World Heritage site.
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## Crown of the Continent

### NORTH AMERICA'S ROCKY MOUNTAIN MAJESTY

The 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 Crown—the grizzly bear. The region includes two United Nations World Heritage sites. One, Waterton-Glacier International Peace Park, protects headwaters 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 backcountry trekkers are most often birders, fly casters, photographers, or snowshoers. Many of today's year-round residents first came as tourists who, smitten by the mountain vistas, returned with their professions or savings—and their urban tastes and expectations. While ranching and woodcutting continue to define some small communities, demographics are changing rapidly as builders cater to migrants and weekenders who may not be aware of how their choices impact the ecosystems they came to enjoy. Along timbered valleys and across open foothills, landowners, conservationists, and many of the newcomers themselves, are joining to sustain working ranchlands, clear streams, and free-ranging wildlife. Increasingly, those fortunate enough to visit or live in the Crown of the Continent are seeking less to dominate the landscape than to find a personal harmony with it.

David Thomas, writer, Crowsnest Pass, AB

## Eating Local

Refined tastes of residents and visitors are fueling a robust local food movement. Farmers markets are found throughout the region, integral to downtown summers in Fernie, Whitefish, Cranbrook, Invermere, Crowsnest Pass, Missoula, and many more communities. Busy producer networks hustle to meet popular demand at community-minded restaurants. Inspired by foodie groups like Nourish the Flathead and PEAS Farm, young volunteers invest sweat equity in community gardens and greenhouses. Perennial favorites include Flathead Lake cherries, Dixon melons, Hutterite chickens, grass-fed beef, and Taber corn. Residents are borderline obsessed with wild treasures: buckeyeberries, saskatoons, morel mushrooms, freshly caught trout, and venison.

Community slice of life is served up daily at Chris' Restaurant in Crowsnest Pass and Two Medicine Café in East Glacier Park. Locals take their guests to Old Bauernhaus Restaurant in Kimberley and the Curry Bowl in Fernie. With a creative, coastal twist in Whitefish, Last Chair Kitchen and Bar serves locally grown food from several farms. In Whitefish and Kalispell, Sweet Peaks concocts strange, wonderful ice creams with local ingredients and milk from Hutterite dairy farms.

National Geographic and the people of Alberta, British Columbia, and Montana present this Geotourism MapGuide to the Crown of the Continent region. Lead project partners include National Geographic Maps and the Crown of the Continent Geotourism Council, with regional coordination provided by Alberta Southwest Regional Alliance and the Whitefish Convention and Visitors Bureau. We gratefully acknowledge funding support for the reprint and redesign of this MapGuide from the following: Alberta Southwest Regional Alliance; Central Montana Regional Tourism; Bob Marshall Wilderness Foundation; Glacier County Regional Tourism; Kalispell Convention and Visitors Bureau; Kootenay Rockies Tourism; Montana Office of Tourism and Business Development; Southwest Montana Regional Tourism; Tourism Fernie, and Whitefish Convention and Visitors Bureau.

Text by Steve Thompson and Sheena Pate; map notes by Angela Burford, David Thomas, Steve Thompson, and Sheena Pate



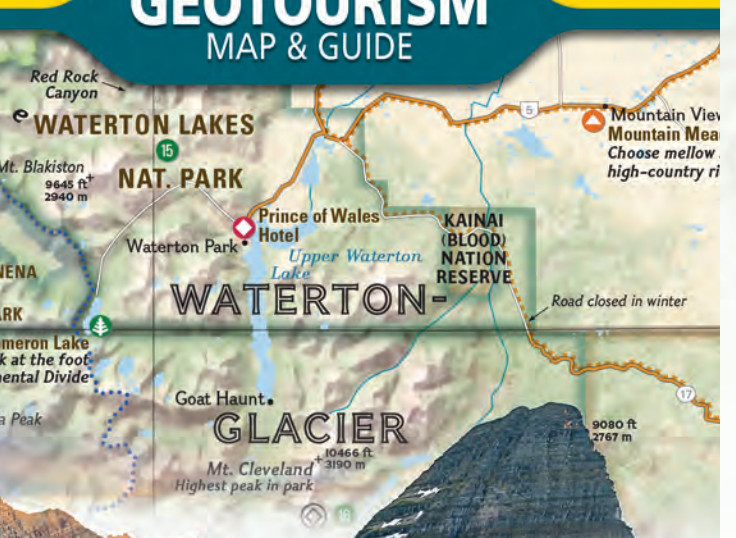
What is Geotourism All About? The people of the Crown of the Continent helped build this MapGuide by nominating the places and telling the stories of this region. A diverse regional alliance, the Crown of the Continent Geotourism Council, has formed to engage visitors and residents in strategies that sustain and enhance the special qualities of this transboundary region. #crownofthecontinent

Visit crownofthecontinent.net to learn more about the Crown of the Continent and this spectacular landscape.

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## Crown of the Continent

### GEOTOURISM MAP & GUIDE



## WATERTON

### GLACIER

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# Crown of the Continent: The Living Heritage

NATIONAL GEOGRAPHIC



Atop a snow-dusted peak in October, a friend and I hear an elk bugle. Scanning meadows below with binoculars, I spot instead a silver-tipped grizzly bear, flexing its massive shoulder hump to excavate glacier lilies. "This is his place," my friend says. "He owns this country." Indeed, while we have eliminated grizzlies in so many places, a robust population freely roams the Crown of the Continent, from mountaintops and plunging valleys to fescue prairies and cedar rain forests.

Think of these magnificent bears as wary sentinel of change. For millennia they watched over people who honored their power. The Ktunaxa called to the bear spirit for guidance and protection, while Blackfoot traditions tell of the Medicine Grizzly who rescues and nourishes a young boy. Explorers David Thompson, Meriwether Lewis, and William Clark learned the ancient wisdom of mutual respect the hard way. After several violent confrontations, provoked by nonetheless musket fire, en route to these mountains, Lewis determined to live and let live: "I find that the curiosity of our party is pretty well satisfied with respect to this animal."

From their silent perches, grizzlies witnessed the first trains cross Crownswest and Marias Passes, followed by settlers to populate the Rocky Mountain Trench, and Flathead and Elk Valleys. By the turn of the 20th century, the bear's outlook dimmed as wildlife was slaughtered across the continent. Here, however, grizzlies persevered into a new era of wildlife restoration, wilderness designation, and cross-border stewardship. Today, they are a source of fierce local pride and the namesake of many businesses and festivals.

As the great silvertip disappears into the forest that bright October afternoon, I am the observer, humble and grateful that such a place may yet be found.

—Steve Thompson, writer, Whitefish, MT

## LOCATION AND VISITOR INFORMATION

**REGIONAL AIRPORTS**  
Calgary International Airport  
**YYC**  
Calgary, Alberta  
yyc.com

Glacier Park International Airport  
**FGA/GPI**  
Kalispell, Montana  
glacierpark.com

Lethbridge Airport  
**YQL**  
Lethbridge, Alberta  
lethbridgeairport.ca

Missoula International Airport  
**MSO**  
Missoula, Montana  
flymissoula.com

Canadian Rockies International Airport  
**YXC**  
Cranbrook, British Columbia  
flycanadianrockies.com

Great Falls International Airport  
**GTF**  
Great Falls, Montana  
flygtf.com

**TRAIN**  
Amtrak Empire Builder  
stations in Whitefish, East Glacier Park, and West Glacier  
amtrak.com/empire-builder-train



**TOURISM RESOURCES**  
Travel Alberta  
travelalberta.com

Kootenay Rockies Tourism  
kootenayrockies.com

Tourism Fernie & Visitor Information for Fernie, British Columbia  
tourismfernie.com

Alberta SouthWest Regional Alliance  
albertasouthwest.com

Montana Office of Tourism  
visitmont.com

Glacier Country Travel Information  
glaciertour.com

Central Montana Travel Information  
centralmontana.com

Southwest Montana Travel Information  
southwestmt.com

Kalispell Convention & Visitors Bureau  
discoverkalispell.com

Whitefish Convention and Visitors Bureau  
whitefishvisitors.com

Destination Missoula Convention & Visitors Bureau  
destinationmissoula.org

Visit crownofthecontinent.net to learn more about the Crown of the Continent and this spectacular landscape.

**Sélish (Salish) / Qlispé (Pend d'Oreille)**  
Our tribes, the easternmost in the Salish language family, occupied most of central and western Montana, northern Idaho, and eastern Washington. In the traditional way of life, we moved across this vast area gathering, hunting, and fishing the abundant and varied plants and animals. We still practice these traditional ways as we strive to keep our critically endangered language alive. Today, the Confederated Salish and Kootenai Tribes integrate our cultural values and heritage into an advanced program of environmental and natural resource management on the Flathead Reservation and throughout our aboriginal territories for the benefit of future generations.

—Tony Inachuala, Salish/Pend d'Oreille Culture Committee and Clayton Matt, Natural Resource Director and Member of Salish Tribe

**Ktunaxa / Ksanka / Kootenai**  
Our language is unrelated to any language in the world. Maybe that's because our traditional territory in these mountains is so remote. Fewer than 50 people still speak fluent Ktunaxa. We made a dictionary and work with Kootenai elders in Montana to save our language from extinction. At the time of creation, we were given our language and this territory to care for. We are still negotiating a treaty with Canada and British Columbia for rights to our ancestral homeland and to protect the water. Our culture and our land go together.

—Liz Groselle, Ktunaxa Elder, Tobacco Plains, BC

Special places are still revered and should be respected by all. High on many ridges are the rock shelter remains of vision quest sites, many that face Chief Mountain—the Blackfoot home of thunder. Crownswest Mountain is where the Raven lives. Glacier's Lake McDonald is home of a Kootenai sacred dance.

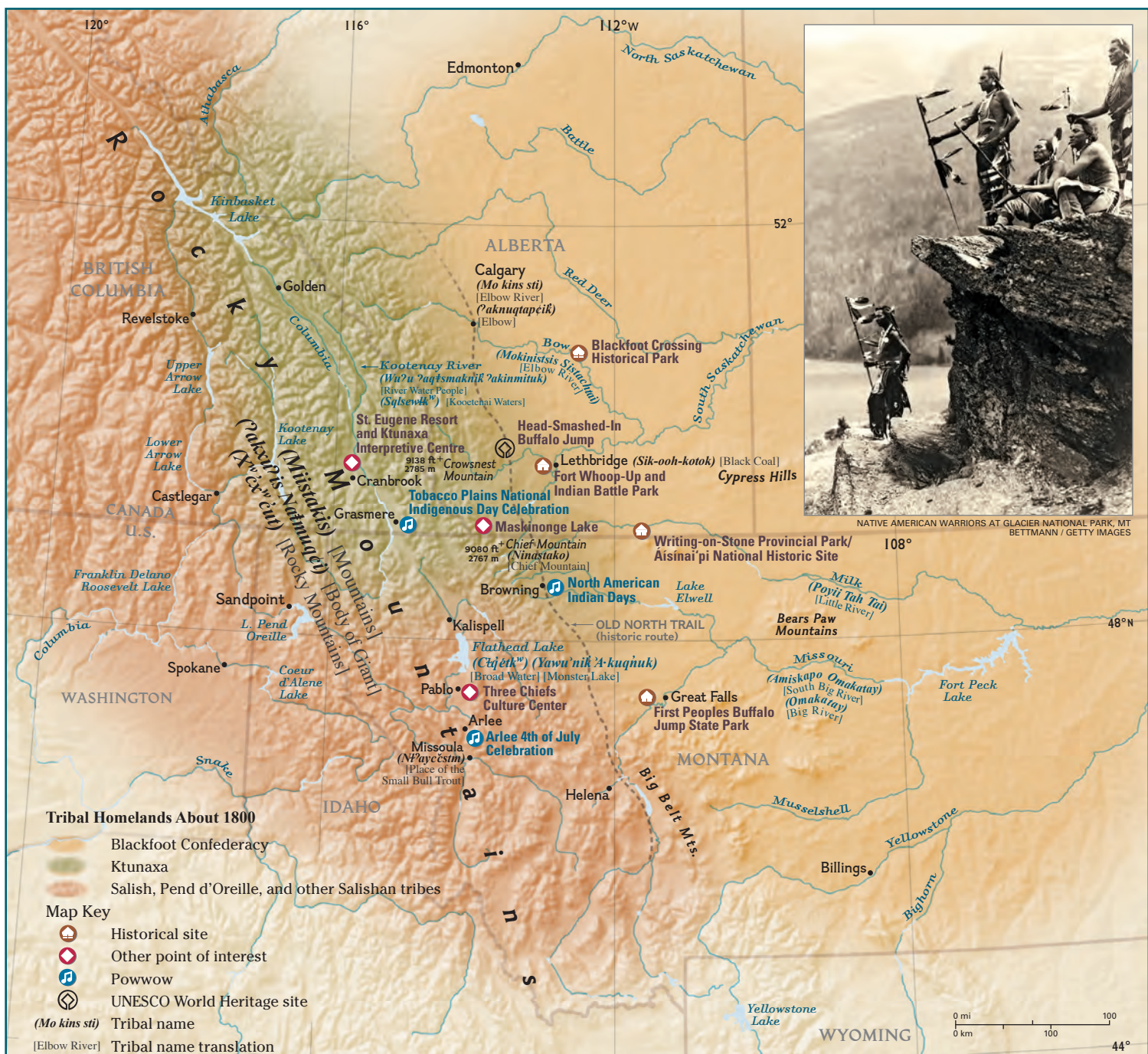
Despite an international line and national policies that divided families and toppled traditional governance, the first peoples of the Crown of the Continent have maintained cultural ties, languages, and inter-tribal cooperation across borders. Historically, tribal territories shifted and overlapped, but at European contact the region was dominated by three linguistic groups. Long the great warriors of the eastern slopes, the Blackfoot Confederacy includes the Pikani, Siksika, and Blood/Kainai Nations in Alberta and the Blackfoot Nation in Montana. On the west side are the mountain bands of the Ktunaxa Nation in British Columbia and the Ksanka/Kootenai in Montana. Farther south, the Interior Salish people, including the Bitterroot Salish and Pend d'Oreille, are closely related to other Salish-speaking nations in British Columbia, Washington, and Idaho. All of these nations and tribes invite visitors to their powwows, museums, and interpretive centers.

**Blackfoot Confederacy / Niitsitapi**  
These are the traditional territories of the Blackfoot, going back thousands of years. All of this is sacred: lakes and rivers, the forest, the prairie, the mountains where our people go for vision quests. The water starts from this place and flows to the ocean from our land. Today, the biggest issue for the Blackfoot nations is clean drinking water and our legal water rights. We continue to negotiate with the government to protect our water. We understand that we ultimately are responsible for the protection of our territory, water, and the retention of our language and culture.

—Earl Old Person, Chief of the Blackfoot Nation, MT

**Ktunaxa / Ksanka / Kootenai**  
Our language is unrelated to any language in the world. Maybe that's because our traditional territory in these mountains is so remote. Fewer than 50 people still speak fluent Ktunaxa. We made a dictionary and work with Kootenai elders in Montana to save our language from extinction. At the time of creation, we were given our language and this territory to care for. We are still negotiating a treaty with Canada and British Columbia for rights to our ancestral homeland and to protect the water. Our culture and our land go together.

—Liz Groselle, Ktunaxa Elder, Tobacco Plains, BC



**Writing-on-Stone Provincial Park / A'isai'ni'gal National Historic Site**  
Abundant First Nations petroglyphs covering sheer sandstone cliffs, and native legends and wildlife are protected as part of the Blackfoot spiritual heritage.

**Head-Smashed-In Buffalo Jump**  
Before guns and horses, native hunters stalked bison on foot and stampeded the animals over cliffs. Head-Smashed-In Buffalo Jump remains an important cultural UNESCO World Heritage site where Blackfoot First Nations share their history and values.

**First Peoples Buffalo Jump State Park**  
For at least a thousand years, before horses and guns made the work easier and safer, Plains Indians stampeded bison over this ledge to be finished off by the spears and arrows of hunters waiting below.

**Blackfoot Crossing Historical Park**  
The Blackfoot nations and Canada signed an 1877 peace treaty at this natural ford of the Bow River, known by the Siksika as Sooyoo'pawahko, or "underwater bridge." The park offers First Nations guides, indoor exhibits, tipi lodging, and ceremonial dances.

**Fort Whop-Up and Indian Battle Park**  
North America's last intertribal clash here in 1870 was followed by a treaty between plains-roaming Cree and foot-

hills resident Blackfoot. Native peace was exploited by whiskey smugglers who plied the Whop-Up Trail between here and Fort Benton, Montana, and prompted the formation of today's Royal Canadian Mounted Police.

**Three Chiefs Cultural Center**  
Hear oral history directly from the contemporary custodians of Salish and Kootenai tribal heritage, adjacent to tribal headquarters and community college.

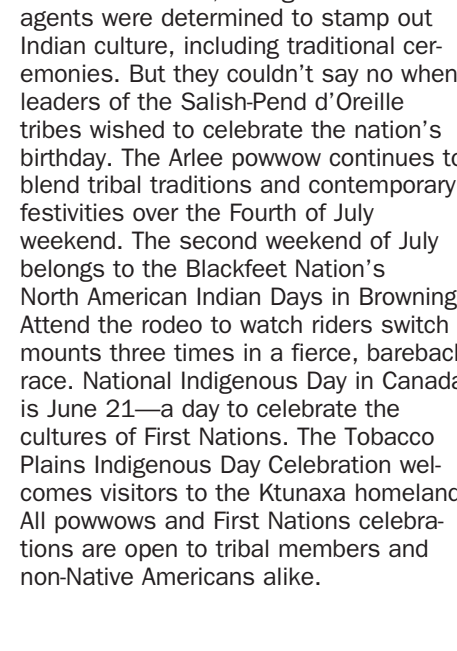
**St. Eugene Resort and Ktunaxa Interpretive Center**  
Ktunaxa Nation honours history and renewal through interpretive centre and Speaking Earth indigenous cultural experiences offered at St. Eugene Resort. They have turned a sad period in history into an economic engine restoring the residential school into an



international destination resort.

**Maskingstone Lake**  
The Blackfoot people trace the origins of the sacred beaver bundle, with its preserved animal hides and waterfowl skins, to this place still rich in creatures.

**Powwows**  
In the late 1800s, U.S. government agents were determined to stamp out Indian culture, including traditional ceremonies. But they couldn't say no when leaders of the Salish-Pend d'Oreille tribes wished to celebrate the nation's birthday. The A'lie powwow continues to blend tribal traditions and contemporary festivities over the Fourth of July weekend. The second weekend of July belongs to the Blackfoot Nation's North American Indian Days in Browning. Attend the rodeo to watch riders switch mounts three times in a fierce, bareback race. National Indigenous Day in Canada is June 21—a day to celebrate the cultures of First Nations. The Tobacco Plains Indigenous Day Celebration welcomes visitors to the Ktunaxa homeland. All powwows and First Nations celebrations are open to tribal members and non-Native Americans alike.



## GEOLOGIC GRANDEUR

For millions of years, ancient seabeds were twisted, folded, and lifted by the tectonic crust of Pacific and North American plates. Successive ice ages then plowed through relatively soft limestone layers to carve river valleys, leaving behind dark forests and deep pockets of fresh water that endure today as glaciated lakes. The prairie meets the mountains at dramatic escarpments along the Rocky Mountain Front where ranchers and conservationists have joined to protect vast expanses for restored populations of wildlife. Weather systems converge over these mountains—Pacific, arctic and continental—magnifying the value of many geologic niches for a great variety of plants and animals.

## EXPLORERS AND PIONEERS

Decades before the appearance of fur traders, missionaries and discoverers, their impact arrived as waves of disease decimated native populations on the plains and in mountain valleys. Westside tribes tolerated early trading posts and religious missions, although the Blackfoot nations were less accommodating on the east slopes. Military forces played both sides of the new order, subduing pockets of Indian resistance while restraining whiskey traders who exploited social breakdown. The wholesale slaughter of native wildlife, especially bison, and the introduction of cattle and railroads solidified the transition to a new society with a different economy.

**Bar U Ranch National Historic Site** B-3  
The Bar U Ranch spills eastward from the Rocky Mountains across the rolling grasslands of Alberta's Highway 22 Cowboy Trail. Transport yourself to an era when horse-drawn chuck wagons followed cattle drives on sprawling open-range ranches staked by investors in Montréal.



**Cranbrook History Centre** D-1  
Hints of dining car flirtations and parlour cigar smoke haunt the vintage trains waiting forever at the Cranbrook History Centre. A self-guided heritage walking tour of nearby Baker Hill District and historic downtown completes the grand railway experience of yesterday.

**Fort Steele Heritage Town** D-1  
Rescued pioneer-era structures, summer street theatre, and grazing Clydesdales recall Fort Steele Heritage Town's origins as an outpost of the North West Mounted Police who came to tame itinerant gold seekers from America's Wild West.

**Hillcrest Cemetery** D-3  
The 189 coal miners who died in Hillcrest Mine's 1914 explosion are buried in mass graves, grouped according to the religious cultures of the mostly young and immigrant men.

**Heritage Acres Farm Museum** D-4  
As you tour the log house, general store, photographic red barn, and other structures of this late 19th-century homestead, you'll see a vast collection of restored pioneer artifacts. For special events, volunteers integrate early farming methods and fire up vintage machinery such as the steam-powered sawmill.

**Kootenai Brown Pioneer Village** D-4  
This haven for rescued 19th-century structures is a good starting point for you to wander along Alberta's Cowboy Trail through the Rocky Mountain foothills, where film crews are sometimes as common as cattle drives.



**The Fort (Museum of the North West Mounted Police)** D-5  
Red-coated police on horseback were dispatched to Fort Macleod in the 1870s to stop American whiskey traders from abusing Blackfoot First Nations and defying Canadian sovereignty. Museum and musical rides honour Canada's tradition of cavalry riding to the rescue of natives, not interlopers. Visit the nearby restored 1884 police barracks and interpretive centre.

**Remington Carriage Museum** E-5  
See working wheelwrights heat and shrink metal bands around wooden

wheels for village upkeep.

**Great Northern Railway Depot** G-3  
If you're a railroad buff, you'll love this historic depot, the busiest Amtrak stop between Seattle and Minneapolis. The depot also houses the Whitefish Museum.

**Tobacco Valley Historical Village** F-2  
Pioneer buildings were moved to save them from drowning when the Libby Dam created Lake Kootenai in the 1970s. Browse Fewkes General Store for historical artifacts. And if you buy a locally made quilt, you'll be helping provide

funds for village upkeep.

**Old Trail Museum** H-7  
Join local guides to explore the Old North Trail, North America's original transcontinental highway, used for millennia by native peoples moving north or south along the Rocky Mountain Front.

**Watson and Glacier National Parks** C-2  
Chert for tools and weapons was quarried by the Ktunaxa inside today's Top of the World Provincial Park. If you're a skier, snowshoer, angler, hiker, or horseback rider, you'll enjoy wildlife trails and campsites that are closed to vehicles powered or pedaled.

**Heiko's Trail (Mountain Lakes Trail)** D-2  
Epic 20-km (12-mi) trail best traveled from Hartley Lake Road to Island Lake Lodge, through the mountainous backcountry near, Fernie, B.C. Waterfalls, caves, cliff walls, big mountain passes, canyons, mountain meadows, wildlife and more. Full day excursion or split into two easier days for a backcountry wilderness camping experience. Island Lake Lodge offers ACGM-certified guides.

**Jewel Basin Hiking Area** G-4  
Watch eye-level eagles and hawks in the autumn from atop Mt. Aeneas, the tallest peak in this hiker-only wonderland. The area is studded with 25 alpine lakes and offers 35 miles (56 kilometers) of prime hiking trails in the Flathead National Forest.

**Water Activities**  
At the headwaters of the continent, thousands of small streams feed hundreds of lakes and two dozen major rivers. Flathead Lake is the largest natural freshwater lake west of the Mississippi in the Lower 48. Outfitters point to choice

varieties of plants and animals.

**Crownswest Pass** D-3  
Prepare for bracing winds at adjoining lakes where clashing Pacific and Arctic air masses funnel through a mountain gap along the Continental Divide, causing abrupt transitions in tree species, wildflowers, and birdlife. Water from Crownswest Lake flows east to Hudson Bay. Adjacent Summit Lake empties westward toward the Pacific Ocean.

**Coal Mine Tours** C-2 and D-3  
Chill in the Bellevue Underground Mine where the tunnel's breeze stays a constant 7°C (45°F). Or visit the enormous open-pit coal mine still active in Sparwood and Elkford, B.C.

**Frank Slide** D-3  
For an intimate view of the mountain

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