



Sun, splashes, and cries of, “oh that’s cold!”

Written by Joanne Wilson

June marks Parks and Recreation month in Alberta. Come explore Mother Nature’s pools in Banff National Park. From canoeing to swimming, to fishing and wishing, a host of water-based activities are sure to get the kids giggling and smiling.

Great locations for family canoeing include the Bow River upstream of the Banff townsite, Vermilion Lakes, Johnson Lake, and Lake Louise. Create family memories by fishing along the shores of the Bow River, Johnson Lake, or Two Jack Lake. On hot, sunny days, head to Cascade Ponds or Johnson Lake for a “splashing” good time. While you may hear cries of, “oh, that’s cold,” you’ll be glad you took the plunge.

Make sure your water activities are safe. Those interested in canoeing should contact Banff Dispatch at 403-762-1470 for up-to-date information on lake and river conditions. Information is available daily from 8 a.m. to 5 p.m. Want to go fishing? Get your license at the Banff Information Centre, 224 Banff Avenue or Home Hardware, 223 Bear Street.

To celebrate Alberta Parks and Recreation Month and Banff National Park’s 125th anniversary, visit the Banff Information Centre at 224 Banff Avenue for your guide to 125 ways to celebrate Mountain National Parks. (Check out experience #107 -dip your toes in a Rocky Mountain lake or more of you, if you dare; or experience #98 -dip your paddles in the icy blue-green perfection of Canada’s most gorgeous lakes.)

Week 5 Word Scramble: tilefackej