



# Tour the Rockies!



The longest, oldest and iciest mountain system in North America. Everything about these mountains is impressive! Awe-inspiring emerald lakes, soaring, snowy peaks and wonderful wildlife, including the not-so-cuddly grizzly bear, guarantee a trip you'll never forget.

Found in western North America, the Rockies stretch all the way from western Canada over the border into the USA. The Rockies are 4,800 km (3,000 miles) long.

Don't believe us? Check a map!



*The Rockies are in North America.*



## KEY FACTS : THE ROCKIES

### They're high!

Their highest peak is Mount Elbert in Colorado, USA. It is 4,401 metres (14,440 feet) high. That's like three of Scotland's Ben Nevis Mountain balanced on top of each other, and a bit more.

### They're old!

At 76 million years old, they must be about a million times older than your grandparents!

### There are fourteen different National Parks

Much of the remaining wilderness areas of the Rockies are protected – they're National Parks, both in Canada and the USA. Parks save wildlife habitats from development.



*The Rockies are home to the grizzly bear.*



*Mount Elbert (USA) is the highest peak in the Rockies.*

## HIGHLIGHTS OF THE CANADIAN ROCKIES

Five National Parks mean the Canadian Rockies provide year-round attractions for all the family.

You can kayak, hike, cycle or fish here in the summer. Skiing, skating, dogsledding and ice-climbing are all sports you can try in the Canadian Rockies when temperatures fall.

### National Parks

- Banff
- Jasper
- Kootenay
- Waterton
- Yoho

Tourist-friendly maps and trails make finding your way in the Canadian Rockies easy.

### KEY WORDS:

glacier  
habitat  
icefield  
mountain system  
national park  
shrinking  
wilderness  
wildlife

## Why not visit...

### Banff National Park

#### A lake location with the 'wow' factor

The blue-green waters of Lake Louise have enchanted visitors for many, many years. Canoeing and kayaking are popular, but come in winter and you might find yourself ice-fishing or ice-skating on the lake.

### Jasper National Park

#### Take to the ice for breath-taking views

Climb to the edge of the Columbia Icefield - it's a must-see, a unique icy wilderness. The Athabasca is the most visited glacier in North America.

Travel in comfort: catch the Snow Coach from the town of Banff. It's been specially designed for off-road transport: it's all-wheel drive to give it more power, and with six extra-large wheels, it can scale even the most slippery of slopes!

### Going, going, gone!

The Athabasca Glacier is shrinking. Recent melting, due to global warming, means there may one day be no Athabasca Glacier left to visit. Do come to see it soon!

To find out more, and book travel and accommodation today, go to: [www.rockiesparadise.odd](http://www.rockiesparadise.odd)



*Ice-skate in Lake Louise National Park.*



*White-water rafting fun!*



*Backcountry trails attract hikers in Banff National Park.*



*Visit the Athabasca Glacier.*





1. Draw yourself in the circle to become a detective!
2. Answer the questions below to complete your mission.

**A. Tick 'true' or 'false' for the statements below.**

Statements	True	False
1. The Rockies are in South America.		
2. Mount Elbert is three times the height of Scotland's Ben Nevis.		
3. People ice-skate on Lake Louise.		

**B. Circle the correct answer.**

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|--|--|---|
| 4. What gives Lake Louise its 'wow factor'?            | 5. What is the most visited glacier in Canada? | 6. Which of these is a national park found in the Canadian Rockies? |
| a. Its size<br>b. Its name<br>c. Its blue-green waters | a. Jasper<br>b. Athabasca<br>c. The Hubbard    | a. Banff<br>b. Yellowstone<br>c. Zion                               |

**C. Draw three outdoor activities popular with tourists in the Rockies.**

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**D. Why should people not put off visiting the Athabasca Glacier?**

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