

The schedule for the upcoming meeting "Inverse Problems and Applications" (Aug 19-24, Banff) will include an afternoon free of scheduled talks. Banff is located in a spectacular part of the Canadian Rockies and so you might like to consider using this time to take a walk/hike starting from within Banff. Attached is a map (.pdf) which shows the locations of the following suggested hikes (the file is also available at <http://www.ac.wvu.edu/~mcdowas/bantown.pdf>).

1. Tunnel Mountain. "Beautiful views of Banff, Mt. Rundle, Bow Valley." 1.5 mile moderately difficult climb (ascending about 1000 ft.); 3 miles round trip. Starts from the Banff Center's overflow parking lot on St. Julien Road.
2. Bow River Trail. The back-side of Tunnel Mountain, likely to be less busy than Tunnel Mountain (1). An easy hike of 3 miles (one-way), or turn around at any point to set the time/distance you please. "Exceptional views of Bow Valley." Starts at Sunrise Corner viewpoint, off Buffalo Street.
3. Marsh Loop. 1.6 mile LOOP (round trip) "stroll". "Beaver dams, lodges and birds to watch and hear..." Turns off the Sundance Trail where it meets the Bow River.
4. Sundance Trail: An easy paved route follows the river 2.2 miles (one-way) to Sundance Canyon (4.4 miles round trip). Once at the canyon you can add on a 1.3 mile LOOP up through the canyon past waterfalls and back down a wooded trail (5.7 total round trip from start of Sundance Trail). Starts behind the "Cave and Basin National Historic Site" near the end of Cave Avenue.
5. Sulphur Mountain: Criss-crossing underneath the gondola on Sulphur Mountain, a moderately difficult 3.2 mile (one-way) trail ascends almost 2000 feet to the summit. An attractive option is to walk the trail up and ride the gondola back down. Be sure to check the gondola schedule (it doesn't run as frequently as you might guess) and take money to pay for the ride. There is also a cafeteria at the summit.

The weather in the Rockies can be unpredictable, so be prepared for it to change quite quickly. None of these suggestions should need hiking boots, but you might like to bring "sturdy" hiking shoes, or light-weight boots. Insect repellent might make the difference between a pleasant and an irritating afternoon!

The following website has additional information on these and other hikes:  
<http://www.canadianrockies.net/banff/bnpdandw.html#STROLLS>

The Banff center also has an impressive looking recreation center (check out their website) which includes a pool and hot tub (i.e. bring swimwear), and what appears to be a good quality climbing gym. Access to the facility is free to people staying at the Banff Center. If you are interested in climbing, you can rent climbing equipment at the gym, or if you have shoes/harness of your own, you should bring them with you. Contact Steve McDowall if you are interested in doing some climbing.