



BAY E 1702 BOW VALLEY TR. CANMORE

Dine-In Marchaering Take-Out Catering WE ACCEPT ALL MAJOR CREDIT CARDS

HOURS

Mon - Fri 11am - 2am Sat - Sun Noon - 2am Delivery 'til 2am

Features:

Lunch Buffet (all you can eat) Sunday Nite Jam (Open Mike)

FREE DELIVERY

(\$20 min. Order within Canmore)

SERVING "THE BOW VALLEY" SINCE 1992

SUGINOYA RESTAURANT

TRADITIONAL JAPANESE DINING ROOM SUSHI BAR & TATAMI ROOM



SUMMER HOURS:

OPEN: 12:00 Noon - 2:00 p.m. 5:30 p.m. - 10:00 p.m.

WINTER HOURS:

OPEN: 5:30 p.m. - 11:00 p.m.



2nd FLOOR, BANFF AVE. MALL 225 BANFF AVE.

ACROSS FROM BANFF INFORMATION CENTER



FINE JAPANESE CUISINE SUIKINYAKII HOUSE

スキヤキハウス京都

- FRESH SUSHI, SIZZLING STEAKS, SEAFOOD, CHICKEN, BEEF, NOODLES & DONBURI AND VEGETABLES SUSHI BAR & TATAMI ROOM AVAILABLE

大好評!食べ放題 アルバータ牛 すきやき しゃぶしゃぶ 各種日本料理

762-2002

2nd FLR., PARK AVE. MALL 211 BANFF AVE.



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CORNER OF BANFF AVE. & BUFFALO STREET 212 BUFFALO STREET

Open From 6 p.m. — For Reservations Phone

762-2712

SPECIALIZING IN FRENCH CUISINE & SERVICE

Calling 9-1-1

Each year, in Canada, over three million calls are made to emergency services by cell phone Samaritans. When calling 9-1-1 in an emergency situation, here are some tips to keep in mind:

- Advise the operator you are speaking on a cell phone.
- Give the operator your 10-digit cell phone number, along with your full name.
- Provide your exact location.
 If you don't know the exact location of the incident, try to mention landmarks or highway signs in the area.
- Stay on the line until the operator says it is ok to hang up.
- After you've hung up, leave your cell phone on in case the operator needs to call you back.

The Caboose Dining Room & Lounge

For Reservations

762-3622

Located At
The Historic Railway
Station
Junction Of Elk
and Lynx Streets

Experience the History of Banff and the Railroad Era By Dining At The Caboose

We Feature the Best Alberta Beef and Quality Seafood From Around the World

Salad Bar Is Included With All Meals



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LEARN LEARN LEARN

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Alberta Born



Alberta became a province on September 1, 1905.

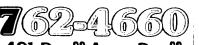
The first party in power was Liberal. The first premier of the province was Alexander Cameron Rutherford.





Legandary Breaklasts Homemede Hemburgare Steaks. • Chicken • Pasta

Sanior's & Kid's Manu



678-26 461 Banff Ave., Banff 1727 Mountain Ave. Canmore

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Count On It!

eat a little eat a B

Earl likes fresh food Earl likes to keep his prices down... Which is a freshides.

gourmet burgers, fresh pasta, great appetizers, steaks, chicken, É homemade desserts.

earl's a earl's 762-4414 229 BANFF AVE. (UPSTAIRS) CORNER OF BANFF AVE. & WOLF ST., BANFF



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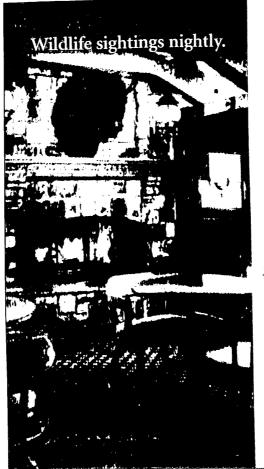
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Alberta businesses
to the world
and
the world to Alberta
businesses







Seemingly plucked from a grander age, the Paddock lounge takes you back to a simpler time. When men were men and it was okay to have animal heads on your wall. Follow your instincts for an evening of refreshment, and conversation in front of our honkin' fireplace. Who knows what you might see?

762~3331

Mount Royal Hotel
A good part of a great experience

Downtown at 138 Banff Avenue www.mountroyalhotel.com



Italian - Californian Cuisine



Breakfast - Luncheon & Dinner Specials

Four Points

Open from 6:30am - 10:30pm Reservations Recommended

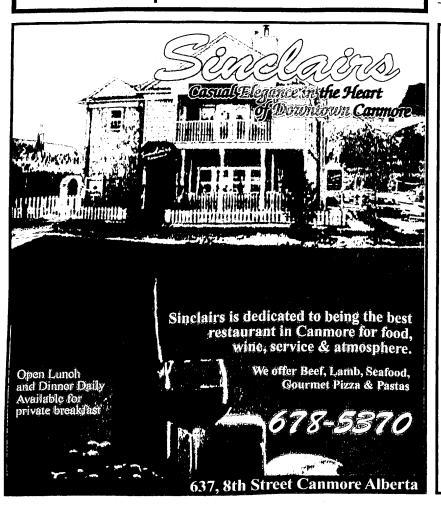
Sheraton Canmore

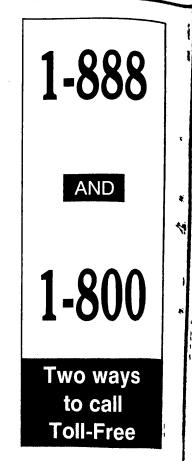
Renzo's Ristorante 609-4422

Four Points Hotel Canmore
1 Silver Tip Trail Canmore T1W 2Z7



(CONTINUED NEXT LISTING PAGE)





Atimic Guern	
DAIRY QUEEN	
1606 Bow Valley TrCanmore 67	78-3603
Pairy Queen Brazier Restaurant	740 0570
Cascade PlazaBanff Deadman's Flats Husky House Restau	760-2570
Car/Truck StopCanmore	rant &
	0/8-4333
Deer Lodge 109 Lake Louise DrLake Louise	E22-2001
Rec Alnoc Doctourant	322-3771
702 10 St	678-6878
Des Alpes Restaurant 702 10 St — — — Canmore (Please see our Display Ad Pag	o 246)
Domino's Pizza 601 Banff AvBanff	760-3330
Bay 3 906 Bow Valley TrCanmore	678-9090
DRAKE INN THE	
909 Railway AvCanmore 6: Fax LineCanmore	78-5131
Fax LineCanmore	678-4562
Earl's Restaurant 229 Banff AvBanff	762-4414
(Please see our Display Ad Pag	e 237)
EL TORO RESTAURANT	
429 Banff AvBanff 7	62-2520
429 Banff AvBanff (Please see our Display Ad Pag	e 231)
EVELYN'S COFFEE BAR	
9 Town Centre MallBanff 7	62-0352
Fax LineBanff BakeryBanff	760-8262
BakeryBanff	/02-2310
Evergreen The 459 Banff Av Banff	/62-330/
(Please see our Display Ad Pag	e 240)
Famous Chinese Restaurant	470 0535
629 8 StCanmore (Please see our Display Ad Pag	0/8-9555
(Please see our Display Ad Pag	e 232)
Faros Family Restaurant 837 8 StCanmore	470-2274
(Please see our Display Ad Pag	238)
Fergie's Pizza	(E 230)
100 1001 Cougar Creek DrCanmore	678-1811
Fireside Inn Restaurant	
718 8 StCanmore	678-9570
French Quarter Cafe Elk Run Industrial ParkCanmore	
Elk Run Industrial ParkCanmore	678-3612
(Please see our Display Ad Pag	ge 246)
Gaethaus Alphorn Rostaurant	

(CONTINUED NEXT LISTING PAGE)

Sasthaus Alphorn Restaurant
1723 Bow Valley Tr ----------Canmore 678-5000
(Please see our Display Ad Page 246)

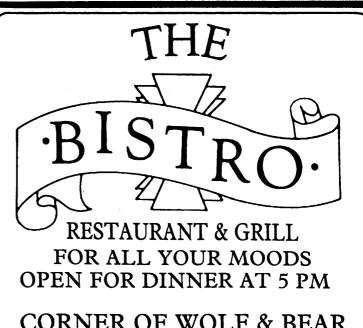
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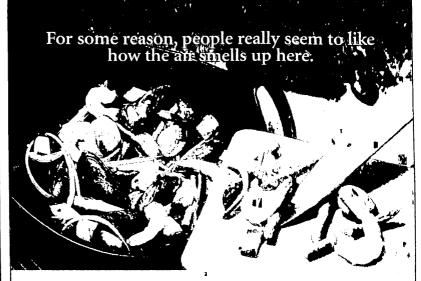
TELUS Advertising Services



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762-8900

BANFF



Treat yourself to a dining experience true to the spirit of its surroundings.

Flavors of the Northern

Mediterranean and elegant

ambiance, both served with an

appropriately local touch.

762-7180





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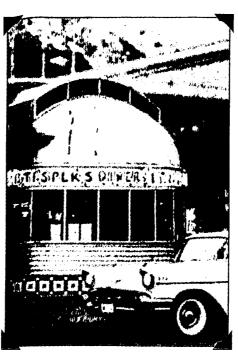
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SAY (bi-tif-spliks)

A Classic Dinner... complete with jukebox, serving up great cuisine & atmosphere!

Licensed
Children's menu available
Open for breakfast, lunch
& dinner

221 Banff Avenue Phone: 762-5529 Open 7 Days a Week



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The first oil strike in Alberta was in 1914 in Turner Valley.
The Leduc field was discovered in 1947.



GREAT STEAKS



UPSTAIRS 119 BANFF AVE. **BANFF**

WHOLE ATLANTIC LOBSTER

762-4616

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Restaurant

IF YOU HAVEN'T BEEN TO BUMPER'S, YOU HAVEN'T BEEN TO BANFF

- BABY BACK RIBS - STEAKS -PRIME RIB - CHICKEN GREAT SALAD BAR INCLUDED WITH ALL MEALS VISIT "THE BUMPER LOUNGE"

Beef House

OPEN AT 4:30 DAILY

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603 BANFF AVE., BANFF



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Glassic french cuisine, fresh seafood speciality Mountain View

Personalized Service

RECOMMENDED BY RESTAURANT CRITICS JOHN GILCHRIST, CBC KATHY RICHARDIER, CALGARY HERALD ANNE SUCHE, WESTERN LIVING MAGAZINE

Your Hosts Chef/Owner Jean-francois & Sylvie

> FOR LOVERS AND HEDONISTS 207 Banff Avenue (403) 762-4055 RESERVATIONS APPRECIATED

Bon . Sppetit! BREAKFAST - LUNCH - DINNER

Reservations Recommended: 678-6111

We are located in the Best Western Green Gables Inn 1604 Bow Valley Trail Canmore



FONDUE & HOT ROCK RESTAURANT PRIVATE DINING ROOMS FOR 2 AND FOR 4 TO 6 PEOPLE

BANFF'S ONLY RESTAURANT FEATURED ON JEOPARDY

IN THE CENTRE OF BEAUTIFUL DOWNTOWN BANFE

SEATING 11:30 A.M. UNTIL MIDNIGHT A CHOICE OF <u>FOURTEEN</u> FONDUES INCLUDING BOURGUIGNONNE, NEUCHATEL, BAGNA CAUDA, LOBSTER, SEAFOOD, ORIENTAL, BUFFALO CHOCOLATE, VENISON, MUSHROOM PRAWNS, ALLIGATOR & RATTLESNAKE.

OVER 100 WINES OFFERED

Maşpie & Stump

Authentic Mexican Cuisine Lively Late Nite Cantina Open Daily Noon Till 2:00 AM Full Menu Till 2:00 AM

AMI SEE

762-4067

MALCOLM'S MOUNTAIN GRILL

Radisson Hotel & Conference Center Canmore

Open Daily For Breakfast Lunch & Dinner Fabulous Sunday Brunch

511 Bow Valley Trail, Canmore Alberta, T1W 1N7

Radisson

Phone: 678-3625

Cuisine
Summer Patio
Alberta T1W 1N7

Fax: 678-3765

Contemporary Canadian



SILUER DRAGON

TAKE-OUT DELIVERY & CATERING AVAILABLE SUPERB CHINESE CUISINE

ALL MAJOR CREDIT CARDS ACCEPTED ★ CALGARY LOCATION ★ CHINATOWN 106 - 3rd Ave. S.E. 403-264-5326 精美小菜 香港名廚主理

OPEN DAILY 11:30 A.M.
LUNCH • DINNER

FULLY LICENSED BANQUET FACILITIES

762-3939

3rd FLR. 211 BANFF AVE., BANFF Across From Esso Gas Station (Elevator Back Entrance)

(1) (1) (1) (1)



"Good Food, Good Beer, Good Cheer -It's All On Tap Here"

A LOCAL'S FAVOURITE

DAILY LUNCH & DINNER SPECIALS

Open 11 a.m. to 2 a.m. 7 Days A Week



120 Banff Avenue, Banff

GIANNI JAVA'S COFFEE BAR

107 743 Railway Av ------Canmore 609-4362 Giorgio's Trattoria 219 Banff Av--Banff 762-5114 (Please see our Display Ad Page 233)

Globetrotter Restaurant 555 Banff Av----------Banff 762-3908

(Please see our Display Ad Page 243)
GRIZZLY PAW BREWING COMPANY THE 622 Main St -----Canmore 678-9983 GUIDO'S RISTORANTE

Upstrs 116 Banff Av ------Banff 762-4002 (Please see our Display Ad Page 238)

HEART MOUNTAIN STORE & SERVICE

CENTRE
Homestyle Meals • Lunch Club Promotions Weekday Specials • ATM
8 Heart Mountain Dr ------ 673-2473

INNS OF BANFF

600 Banff Av -----------Banff 762-4581 Japanese Restaurant Miki 2 Fir 600 Banff Av -------Banff 762-0600 Fax Line ------Banff 762-4482 (Please see our Display Ad Page 247)

JOE BTFSPLK'S DINER

221 Banff Av......Banff 762-5529
(Please see our Display Ad Page 242)
Juiced Smoothie & Energy Bar
Cascade Plaza Food Court....Banff 760-3889
JUMP START THE COFFEE &
SANDWICH PLACE

206 Buffalo St ------Banff **762-0332** K F C Bay 2 202 Caribou St ------Banff 762-8867 (Please see our Display Ad Page 250)

(CONTINUED NEXT LISTING PAGE)

1-888

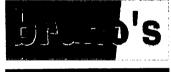
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Two ways to call Toll-Free







CAFE & GRILL

BREAKFAST - LUNCH - DINNER

304 Caribou Street Banff

762-8115





breakfast, lunch & dinner daily

contemporary southwestern cuisine

reservations accepted 206 caribou street, banff, ab tel: 403-762-3963

Inspired by California and Mexico

Cilantro Mountain Café Buffalo Mountain Lodge Tunnel Mountain Road Banff, Alberta Ph: (403) 760.3008 Patio dining available seasonal bours, call abead

Cilantro 338 17th Ave. S.W. Calgary, Alberta Ph: (403) 229.1177 Patio dining available reservations recommended

Cilantro on the Lake at Emerald Lake Lodge Yoho National Park, Field B.C. Ph: (250) 343.6321 Patio dining available open all summer



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702 - 10 Street

CANMORE

678-6878



Banff's newest experience in fine Dining is awaiting you. Enjoy a celebration of Canadian food and wines in a setting of genuine hospitality

Also:

A la Carte Breakfasts and Continental Breakfast Buffet Lounge Menu Free Valet Parking Reservations Recommended

762-3307

Royal Canadian Lodge 459 Banff Ave

The Evergreen ... for Memories Made in Canada 👛



French Quarter Café

A Taste Of New Orleans

Offering Live Jazz Entertainment

On All Items Ask About Our Catering

678-361

Elk Run Industrial Pk 102 Boulder Cres. Canmore



E EUROPEAN AND CANADIAN CUISINE Specializing In: Barbecued Grill Specialties, Alberta Steaks Schnitzel, Buffalo, Veal, Seafood, Salmon, Chicken, Pasta Dishes, Pizza, & a Variety of Fondues

 Outside Patio • Fully Licensed Cozy Atmosphere With Fireplace

Banquet & Convention Facilities

Reservations Appreciated

1723 Bow Valley Trail Canmore (Next To The Pocaterra Inn)



Alberta Area Codes

Northern Alberta 780 Southern Alberta 403

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Alberta Area Codes Page for the communities that fall under each area code.

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Area codes. TELUS long distance. directory assistance, and more information . . .

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tomer Service Pages

Kabin The 1712 Bow Valley Tr---Canmore 678-4878 (Please see our Display Ad This Page) KEG STEAKHOUSE & BAR

Downtown
117 Banff Av.....Banff 760-3030
At The Banft Caribou Lodge
521 Banff Av....Banff 762-4442

KICK'N GLIDE CAFE & LOUNGE

1988 Olympic Wy---------Canmore 678–2448

| Sanson Mountain Bakery & Delicatessen | Sanson Mall | Lake Louise | 522-2017 | Fax Line | Lake Louise | 522-3299 | Lake Louise | Inn | Box 209 --- Lake Louise | 522-3791 |

lake Louise Station Restaurant
200 Sentinel Rd -----------Lake Louise 522-2600
(Please see our Display Ad Page 250)

(CONTINUED NEXT LISTING PAGE)

The KABIN

Superb Family Dining in an Authentic Log Cabin



Outside Patio • Fully Licensed • Sunday Brunch International Cuisine • Open 7 Days A Week Open For Breakfast • Lunch • Dinner

Across from Rocky Mountain Ski Lodge 1712 BOW VALLEY TR., CANMORE 678-4878 Fax 678-4878



LOCATED IN VOYAGER INN

762-3908

Globetrotter Restaurant

BREAKFAST - LUNCH - DINNER

- OUTDOOR PATIO
- FULLY LICENSED
- BANQUET FACILITIES UP TO 250
- CHILDREN'S MENU AVAILABLE
- GOOD FOOD AT REASONABLE PRICES

555 BANFF AVE, BANFF

Restaurant, Bar A Patio

TRY US TIPS



PROUD SPONSOR OF MELISSA'S ROAD RACE IN SEPTEMBER

CASUAL DINING IN A UNIQUE 1928 LOG BUILDING

BREAKFAST - LUNCH - DINNER

"MADE FROM SCRATCH" SPECIALTIES

- · CHILDREN'S MENU
- DAILY HAPPY HOUR WITH FREE POPCORN



218 LYNX STREET 76. 7 . 5511
BANFF

BANFF'S NEWEST JAPANESE RESTAURANT

Japanese 日本科理 之 ; Restaurant Miki

INNS OF BANFF, 2nd Floor, 600 Banff Avenue

インズ オブ バンフ 2階

For Reservations:

御子約は762-0600

Calgary Location: Sushi Bar Miki, #10, 5032 - 16th Avenue N.W., Tel:286-2860

WHAT'S your favorite cuisine?

at the front of this directory.

Muscushi Japanese Restaurant

汽藏

TRANS CANADA

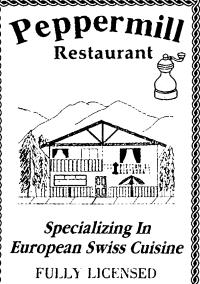
Try Traditional Japanese Cuisine in Canmore SUSHI BAR

Open Daily Lunch: 12:00 noon - 2:00 p.m.

Dinner: 5:00 p.m. - 10:00 p.m.

7A 1306 Bow Valley Tr., CANMORE

678-9360 Fax 678-2896



Specializing In European Swiss Cuisine

FULLY LICENSED

SET MENUS FOR SPECIAL OCCASIONS AVAILABLE

RESERVATIONS RECOMMENDED OPEN AT 5 P.M.

678-2292

FAX: 678-8768

726 - 9th ST., CANMORE -I BLOCK OFF MAIN STREET



THE

The Approach Straight Torward

> The Guisine Flavorful

The Service Memorable

Tealuring Alberta Beef Canadian Specialties & Seafood in the Comfort of an Atrium Setting.



222 Bynx Street

Restaurants (Cont'd)

Box 2189-----Banff 762-2331

LOTUS LOTUS CHINESE DELIGHT CHINESE FAST FOOD TAKE-OUT & DELIVERY OPEN 7 DAYS A WEEK - CASCADE PLAZA

317 Banff AvBanff 762-4388 ine -----Banff **762-8** (Please see our Display Ad Page 244)

----Canmore 678-3625

116 Banff Av ------Banff **762–523** 1731 Mountain Av ------Canmore **678-255** Melissa's Restaurant & Bar Lounge Banff 762-5511

Lounge Banff 762-5776

(Please see our Display Ad Previous Prece

Mount Engadine Lodge Box 8239-----Canmore 678
Fax Line -----Canmore 678

Mountain Restaurant
200 Village Rd
Musashi Japanese Restaurant
7a 1306 Bow Valley Tr
Canmore 678-936
(Please see our Display Ad Previous Pare)
OLD SPAGHETTI FACTORY THE
2 Flr Cascade Plaza------Banff 403-760-2777
Paddock The Mountain Restaurant

Paddock The At The Mount Royal Hotel

Banff Av-----Banff 762-3331 (Please see our Display Ad Page 239) 132 Banff Av---

Panago Pizza Pizza Order Line For All Locations -----310**-006**1 1 1000 7 Av Canmore ----

(CONTINUED NEXT LISTING PAGE)



'ENJOY AUTHENTIC ITALIAN DINING IN A RELAXED FAMILY ATMOSPHERE' WE ARE A NON-SMOKING RESTAURANT SPECIALIZING IN:

AUTHENTIC ITALIAN PIZZA • APPETIZERS SALADS • SUBS • PASTA • VEAL • CHICKEN "Serving Canmore For Over 8 Years'

DELIVERY

FULLY LICENSED

TAKE-OUT



678-3414 ORE 714-8th STREET MAIN STREET





110 Banff Avenue CLOCK TOWER MALL Banff, Alberta, Canada



Pick up Orders Telephone 762-0527

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> The index has many cross references

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PARIS' RESTAURANT

108 Banff Av -----Banff **762-3554**

Patrinos Steak House & Pub 1602 Bow Valley Tr-----------Canmore 678-4060 (Please see our Display Ad This Page)

Peking Ginger Restaurant
Bay E 1702 Bow Valley Tr ------Canmore 678-3367
FaxLine --------Canmore 678-3367 (Please see our Display Ad Page 234)

Peppermill Restaurant -----Canmore 678-2292

PINES RESTAURANT THE

537 Banff Av ------Banff 760-6690 PIZZA CONSTRUCTION COMPANY 8 - Industrial Place -----Canmore 678-6666 PRIMROSE THE

-----Banff **762-3356** Mountain Av -----R & B's Eatery Chateau Lake Louise Staff Valage -----Lake Louise 522-3711 If Busy Call -----Lake Louise 522-3722 Rebound Cafe 726 Main St ----- Canmore 609-3813

Renzo's Ristorante 1 Silver Tip Tr ------Canmore 609-4422

(Please see our Display Ad Page 240)
River View Dining 228 Bow Av ---Banff 762-4600
(Please see our Display Ad Next Page)
Rocky Mountain Bagel Company Ltd Retail & Wholesale Catering
6a 1306 Bow Valley Tr -------Canmore
830 8 St ------Canmore
678-9978

Rose & Crown Restaurant & Pub 749 Railway Av------Canmore 678-5168

Rose & Crown Restaurant & Pub
Upstrs 202 Banff Av ------Banff 762-2121
(Please see our Display Ad This Page)

St James's Gate Olde Irish Pub Santa Lucia Italian Restaurant

--Canmore 678-3414 (Please see our Display Ad Previous Page)
Seoul Country Korean Restaurant
Sundance Mall -------Banff 762-4941

Sherwood House Restaurant & Bar The 838 8 St.-----Canmore 678-5211

Shiki Japanese Restaurant -----Banff 762-0527

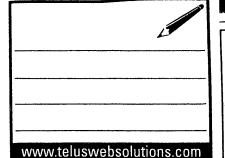
(Please see our Display Ad Page 240)

Smitty's Canmore 1310 Bow Valley Tr------Canmore 609-3631 Fax Line ------Canmore 678-4888 (Please see our Display Ad Next Page)

Suginoya Restaurant -----Banff 762-4773

200 1001 Cougar Creek Dr ---- Canmore 609-2120

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The Look & Taste Of The Wild West

- Steaks Tex Mex Ribs •
- Pastas
 Vegetarian Dishes
- WHERE BANFF LOVES TO PARTY •
 - Live Entertainment VLT's •
 - Banff's Biggest Dance Floor

Private Banquet Room

762-0333

201 BANFF AVENUE www.wbsaloon.com

The Chinook

Banff's LEGENDARY Sale

BANFF

Renowned for Banff's Favorite Sunday Brunch The Chinook All Day

Restaurant offers the Whole Tamily Relaxed Dining with Stunning Views

222 Bynx Street

762-4433

House

"ONE OF CANMORE'S FINEST RESTAURANTS"

- PRIME RIB
- PIZZA
- SEAFOOD
- PASTA

"FREE DELIVERY"

678-4060

Patrinos Pub - 678-3511 FAX 678-4155 1602 BOW VALLEY TRAIL CANMORE



NEIGHBORHOOD PUB & RESTAURANT

Where Banff Meets!

There's a comfortable seat, great food from a varied menu and a pint of cheer waiting for you. Relax by the fire or rack up

the pool tables. Nightly Live Entertainment Seasonal Patio

Open 11:00 am - 2:00 am Upstairs, 202 Banff Ave.

762-2121

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Your Ads

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TICINO SWISS-ITALIAN RESTAURANT



Locally Famous Great Food! .okside's

We Deliver

609-2345

BURGERS, BURRITOS, FISH & CHIPS, STEAK SANDWICHES, RIBS & CHICKEN COMBOS, **VEGETARIAN SELECTIONS AND LOTS MORE!**

Enjoy a fine meal and a thirst quenching drink n relaxed surroundings... 101, 1005 Cougar Creek Brive, Canmore

Strott in to Creekside Fine Food & Drink.

RIVER VIEW DINING



- EUROPEAN CUISINE In A Quiet Cosy Atmosphere Beautiful View Of Bow River
- CATERING

62-4600 228 BOW AVE. BANFF

Restaurants (Cont'd)

415 Banff Av ------Banff **762–384** Tim Hortons --- Canmore 678-8741 1729 Mountain Av -----Tuscany Restaurant Mount Royal Hotel 138 Banff Av----------Banff 762-7130 (Please see our Display Ad Page 241) Wendy's Restaurant Hwyla — Cannore 678-344

Wendy's Restaurant Hwyla — Cannore 678-344

120 Banff Av — Banff 760-443

(Please see our Display Ad Page 242)

Wild Bill's Legendary Saloon Ltd

201 Banff Av — Banff 762-0333

Fax Line — Banff 762-0339

(Please see our Display Ad Previous Page)
Zona's Bistro 7109St------Cannore 609-2000 Restaurants-Drive-In

Musashi Japanese Restaurant 7a 1306 Bow Valley Tr ------Canmore 678-9360 Wendy's Restaurant Hwy la -- Canmore 678-120 Banff Av------Banff 760-Resume Service

Canmore High Country Office Services
Canmore 678-0752

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| genuine FEE-ONLY Retirement Planning

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BOUNDARY RANCH

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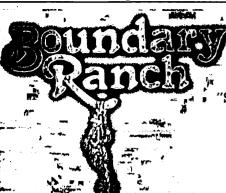
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