

**Elbow Falls 200**

|               |  | <b>Total Distance:</b>    | 201.21 KM                     |                                 | Services: F=Food Store, H=Hotel/Motel<br>R=Restaurant, W=Water |                     |
|---------------|--|---------------------------|-------------------------------|---------------------------------|--|---------------------|
|               |  | <b>Nominal Distance:</b>  | 200 KM                        |                                 |  |                     |
|               |  | <b>Start Time:</b>        | 08:00                         |                                 |  |                     |
|               |  | <b>Time Limit:</b>        | 13:30 + 0 dy (13.5 h)         |                                 |  |                     |
| <b>Ctrl #</b> | <b>Directions</b>  | <b>Services Available</b> | <b>Interval Distance (KM)</b> | <b>Cumulative Distance (KM)</b> | <b>Opening Time</b>  | <b>Closing Time</b> |
| S             | Start: 'Second Cup 5644 Signal Hill Center SW' Calgary, AB T3H 3P8         |                           | 00.02                         | 0                               | 8:00 +0 dy   | 9:00 +0 dy          |
|               | Turn left toward Signal Hill Centre SW                                     |                           | 00.03                         | 0                               | 8:00 +0 dy   | 9:00 +0 dy          |
|               | Turn left toward Signal Hill Centre SW                                     |                           | 00.05                         | 0                               | 8:00 +0 dy   | 9:00 +0 dy          |
|               | Turn right toward Signal Hill Centre SW                                    |                           | 00.05                         | 0                               | 8:00 +0 dy   | 9:00 +0 dy          |
|               | Turn left toward Signal Hill Centre SW                                     |                           | 00.07                         | 0                               | 8:00 +0 dy   | 9:00 +0 dy          |
|               | Turn right onto Signal Hill Centre SW                                      |                           | 00.02                         | 0                               | 8:00 +0 dy   | 9:00 +0 dy          |
|               | Turn right onto Sierra Morena Blvd SW                                      |                           | 00.42                         | 1                               | 8:01 +0 dy   | 9:01 +0 dy          |
|               | At the roundabout, continue straight to stay on Sierra Morena Blvd SW      |                           | 00.44                         | 1                               | 8:01 +0 dy   | 9:03 +0 dy          |
|               | At the roundabout, take the 1st exit onto Sierra Morena Rd SW              |                           | 00.22                         | 1                               | 8:02 +0 dy   | 9:03 +0 dy          |
|               | Turn left onto 34 Ave SW   |                           | 00.32                         | 2                               | 8:02 +0 dy   | 9:04 +0 dy          |
|               | Turn left onto 69 St SW S  |                           | 00.24                         | 2                               | 8:03 +0 dy   | 9:05 +0 dy          |
|               | Turn right onto Springbank Blvd SW   |                           | 00.69                         | 3                               | 8:04 +0 dy   | 9:07 +0 dy          |
|               | At the roundabout, take the 1st exit and stay on Springbank Blvd SW        |                           | 00.35                         | 3                               | 8:05 +0 dy   | 9:08 +0 dy          |
|               | At the roundabout, continue straight to stay on Springbank Blvd SW         |                           | 00.44                         | 3                               | 8:05 +0 dy   | 9:10 +0 dy          |
|               | Continue onto Fortress Dr SW   |                           | 00.33                         | 4                               | 8:06 +0 dy   | 9:11 +0 dy          |
|               | Turn left onto 85 St SW  |                           | 00.38                         | 4                               | 8:07 +0 dy   | 9:12 +0 dy          |
|               | 85 St SW turns right and becomes Lower Springbank Rd SW                    |                           | 00.13                         | 4                               | 8:07 +0 dy   | 9:12 +0 dy          |
|               | Turn left onto 101 St SW   |                           | 1.89                          | 6                               | 8:10 +0 dy   | 9:18 +0 dy          |
|               | Turn right onto AB-8 W   |                           | 00.87                         | 7                               | 8:12 +0 dy   | 9:20 +0 dy          |
|               | At roundabout, take exit 3 onto Highway 22, 22                             |                           | 16.59                         | 24                              | 8:41 +0 dy   | 10:10 +0 dy         |
|               | Continue straight onto White Ave/AB-758 S (signs for AB-22 S)              |                           | 10.76                         | 34                              | 9:00 +0 dy   | 10:42 +0 dy         |
| 1             | Control 'Bragg Creek' - open control but the coffee shop is good:)         |                           | 00.02                         | 34                              | 9:00 +0 dy   | 10:42 +0 dy         |
|               | Turn right onto AB-66 W  |                           | 4.74                          | 39                              | 9:08 +0 dy   | 10:57 +0 dy         |
|               | Summit   |                           | 22.21                         | 61                              | 9:48 +0 dy   | 12:05 +0 dy         |
|               | Continue onto Powderface Trail   |                           | 3.68                          | 65                              | 9:54 +0 dy   | 12:19 +0 dy         |
| 2             | Control 'Powderface Trail'   |                           | 00.01                         | 65                              | 9:54 +0 dy   | 12:19 +0 dy         |
|               | Continue onto AB-22 (signs for AB-2)                                       |                           | 27.54                         | 93                              | 10:43 +0 dy  | 14:10 +0 dy         |
|               | Turn right onto 224 St W/Priddis Valley Rd W (signs for Priddis)           |                           | 17.96                         | 110                             | 11:14 +0 dy  | 15:21 +0 dy         |
|               | Turn right onto 186 Ave W  |                           | 00.84                         | 111                             | 11:16 +0 dy  | 15:25 +0 dy         |
| 3             | Control 'Pridis'   | FW                        | 00.01                         | 111                             | 11:16 +0 dy  | 15:25 +0 dy         |
|               | U-Turn   |                           | 00.04                         | 111                             | 11:16 +0 dy  | 15:25 +0 dy         |
|               | Turn left onto Priddis Valley Road W                                       |                           | 00.03                         | 111                             | 11:16 +0 dy  | 15:25 +0 dy         |
|               | Turn right onto Highway 22, 22   |                           | 00.83                         | 112                             | 11:18 +0 dy  | 15:28 +0 dy         |
|               | Turn right onto Highway 22, 22   |                           | 1.63                          | 114                             | 11:20 +0 dy  | 15:35 +0 dy         |
|               | Turn right onto AB-549 W (signs for Mclean Creek Trail/Kananaskis Country) |                           | 16.19                         | 130                             | 11:49 +0 dy  | 16:40 +0 dy         |
|               | Turn right onto Range Rd 32  |                           | 00.35                         | 130                             | 11:50 +0 dy  | 16:41 +0 dy         |
| 4             | Control 'Millarville'  |                           | 00.35                         | 131                             | 11:50 +0 dy  | 16:42 +0 dy         |
|               | Turn right onto Highway 549, 549   |                           | 00.93                         | 132                             | 11:52 +0 dy  | 16:46 +0 dy         |
|               | Turn right onto Highway 762, 762   |                           | 9.33                          | 141                             | 12:08 +0 dy  | 17:24 +0 dy         |
|               | Turn left onto AB-22 (signs for AB-66 W/Trans Canada Highway)              |                           | 22.23                         | 163                             | 12:48 +0 dy  | 18:52 +0 dy         |
|               | Turn right to stay on AB-22 (signs for Trans Canada Highway/Alberta 1)     |                           | 00.32                         | 164                             | 12:48 +0 dy  | 18:54 +0 dy         |
|               | At roundabout, take exit 1 onto Highway 8, 8                               |                           | 14.06                         | 178                             | 13:13 +0 dy  | 19:50 +0 dy         |
|               | Turn left onto 101 St SW   |                           | 16.58                         | 194                             | 13:42 +0 dy  | 20:56 +0 dy         |
|               | Turn right onto Lower Springbank Rd SW                                     |                           | 00.92                         | 195                             | 13:44 +0 dy  | 21:00 +0 dy         |
|               | Lower Springbank Rd SW turns left and becomes 85 St SW                     |                           | 1.89                          | 197                             | 13:47 +0 dy  | 21:08 +0 dy         |
|               | Turn right onto Fortress Dr SW   |                           | 00.14                         | 197                             | 13:47 +0 dy  | 21:08 +0 dy         |

|   |   |  |       |     |             |             |
|---|---|--|-------|-----|-------------|-------------|
|   | Continue onto Springbank Blvd SW                                      |  | 00.38 | 198 | 13:48 +0 dy | 21:10 +0 dy |
|   | Exit the roundabout onto Springbank Blvd SW                           |  | 00.33 | 198 | 13:49 +0 dy | 21:11 +0 dy |
|   | At the roundabout, continue straight to stay on Springbank Blvd SW    |  | 00.41 | 198 | 13:49 +0 dy | 21:13 +0 dy |
|   | Turn left onto 69 St SW N   |  | 00.37 | 199 | 13:50 +0 dy | 21:14 +0 dy |
|   | Turn right onto 34 Ave SW   |  | 00.69 | 199 | 13:51 +0 dy | 21:17 +0 dy |
|   | Slight right  |  | 00.18 | 200 | 13:52 +0 dy | 21:18 +0 dy |
|   | Continue straight onto Sierra Morena Rd SW                            |  | 00.09 | 200 | 13:52 +0 dy | 21:18 +0 dy |
|   | At the roundabout, take the 3rd exit onto Sierra Morena Blvd SW       |  | 00.25 | 200 | 13:52 +0 dy | 21:19 +0 dy |
|   | At the roundabout, continue straight to stay on Sierra Morena Blvd SW |  | 00.25 | 200 | 13:57 +0 dy | 21:30 +0 dy |
|   | Turn left onto Signal Hill Centre SW                                  |  | 00.45 | 201 | 13:57 +0 dy | 21:30 +0 dy |
|   | Turn left   |  | 00.45 | 201 | 13:57 +0 dy | 21:30 +0 dy |
|   | Turn right  |  | 00.07 | 201 | 13:57 +0 dy | 21:30 +0 dy |
|   | Turn right  |  | 00.12 | 201 | 13:57 +0 dy | 21:30 +0 dy |
| F | End of route, 'Second Cup'  |  | 00.03 | 201 | 13:57 +0 dy | 21:30 +0 dy |