Elbow Falls 200

Total Distance:	201.21 KM
Nominal Distance:	200 KM
Start Time:	08:00
Time Limit:	13:30 + 0 dy (13.5 h)

Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water

Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumu-lative Distance (KM)	Opening Time	Closing Time
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/â€‹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/â€‹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/â€‹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/â€‹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/â€‹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