Swan Hills 400

Total Distance:	410.4 KM
Nominal Distance:	400 KM
Start Time:	06:00
Time Limit:	03:00 + 1 dy (27 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: 'Stony Plain Safeway' (located on Highway 16A and the South Park Drive intersection)	FRW	0	0	6:00 +0 dy	7:00 +0 dy
	Head West on Hwy 16A, merging onto Hwy 16. Continue to Hwy 43		16.7	17	6:29 +0 dy	7:50 +0 dy
	Turn right (North), travel to Hwy 33 (Note: services in Gunn about 1 km West of Hwy 33)		24.2	41	7:12 +0 dy	9:02 +0 dy
1	Turn right (North), travel to 'Barrhead'	FRW	44.7	86	8:31 +0 dy	11:42 +0 dy
2	Continue North to Hwy 18, and turn left to stay on Hwy 33. Continue to 'Fort Assiniboine'. Town is about 1 km East of the T intersection	FW	40.2	126	9:42 +0 dy	14:23 +0 dy
3	Head West out of town and continue straight to stay on Hwy 33. Follow Hwy 33 to 'Swan Hills', Hwy 32	FRW	62.3	188	11:31 +0 dy	18:32 +0 dy
	Turn left (South) on Hwy 32, travel to Hwy 43		68.7	257	13:39 +0 dy	23:07 +0 dy
4	Turn left (East), travel to 'Whitecourt'	FRW	8.9	266	13:56 +0 dy	23:42 +0 dy
5	Continue South-East on Hwy 43 to 'Mayerthorpe'	FW	43.9	310	15:18 +0 dy	2:38 +0 dy
	Continue South-East on Hwy 43 to Hwy 16		83.5	393	17:55 +0 dy	8:12 +1 dy
	Merge onto Hwy 16 East, then exit right onto Hwy 16A. Continue to finish		17.3	410	18:17 +0 dy	9:00 +1 dy
F	Finish: 'Stony Plain Safeway'	FW	0	410	18:17 +0 dy	9:00 +1 dy