Golden Triangle Plus 400

Total Distance:	400.2 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: Greyhound/Brewster bus station 100 Gopher street 'Banff'	FHWR	0	0	6:00 +0 dy	7:00 +0 dy
	Head SE onto Lynx St, then left onto Wolf St, then left onto Banff Ave		00.5	1	6:00 +0 dy	7:01 +0 dy
	Follow Banff Ave over Hwy 1 to Lake Minnewanka Loop		5.5	6	6:10 +0 dy	7:18 +0 dy
	Continue straight and go around Lake Minnewanka Loop (Clockwise). When you get back to the start of the loop, turn left and head back to Hwy 1		13.8	20	6:34 +0 dy	7:59 +0 dy
	Exit right (West) onto Hwy 1, travel to Hwy 1A (Bow Valley Parkway)		9.9	30	6:52 +0 dy	8:29 +0 dy
1	Exit right (West) onto Bow Valley Parkway, travel to 'Castle Junction' (Watch for big cattle guards past this turn)	FHW	24	54	7:34 +0 dy	9:41 +0 dy
	Continue West on Bow Valley Parkway to the T Intersection (Bow Valley Parkway and Whitehorn Rd). Turn left and continue on Bow Valley parkway onto Ramp and onto Hwy 1 West.		26.3	80	8:21 +0 dy	11:20 +0 dy
2	Follow Hwy 1 west to 'Field' BC	FWHR	25.8	106	9:06 +0 dy	13:03 +0 dy
	Continue West on Hwy 1 to Hwy 95		54.8	161	10:43 +0 dy	16:42 +0 dy
3	Turn left and follow around to Hwy 95 (10th Ave) and Town of 'Golden' (some riders will check in on establishments on Hwy 1)	FWHR	2.1	163	10:47 +0 dy	16:50 +0 dy
4	Continue South on Hwy 95 to Hwy 93 and 'Radium' BC	FWHR	103	266	13:56 +0 dy	23:42 +0 dy
5	Turn left (East) and follow Hwy 93 to 'Vermillion Crossing'	FWHR	63.2	329	15:54 +0 dy	3:55 +0 dy
	Continue on Hwy 93 To Hwy 1 (Even if you're fast you'll need to be well lit up here)		40.3	369	17:10 +0 dy	6:36 +1 dy
	Turn right (East) on Hwy 1 to Banff, Mt. Norquay Rd exit.		29.9	399	18:06 +0 dy	8:36 +1 dy
	Exit right on Mt. Norquay Rd which bears left and turns into Gopher Rd, follow to Finish.		1.1	400	18:17 +0 dy	9:00 +1 dy
F	Finish: Greyhound/Brewster bus station 100 Gopher street 'Banff'	FHWR	0	400	18:17 +0 dy	9:00 +1 dy