

Golden Triangle Plus 400

| | | Total Distance: | 400.2 KM | | Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water | |
|--------|--|--------------------|------------------------|--------------------------|--|--------------|
| | | Nominal Distance: | 400 KM | | | |
| | | Start Time: | 06:00 | | | |
| | | Time Limit: | 03:00 + 1 dy (27 h) | | | |
| Ctrl # | Directions | Services Available | Interval Distance (KM) | Cumulative 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 |