Highwood Classic 300						
		Total Distance:	304.7 KM	Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water		
		Nominal Distance:	300 KM			
		Start Time:	07:00			
		Time Limit:	20:00 + 0 dy (20 h)			
Ctrl #	**Directions**	**Services Available**	**Interval Distance (KM)**	**Cumu-lative Distance (KM)**	**Opening Time**	**Closing Time**
S	START: Cochrane near the old 'Cochrane Ranch' (Alternate start: Cochrane Tim Hortons)	FWHR	0	0	7:00 +0 dy	8:00 +0 dy
	Head West on Hwy 1A to Hwy 1X		49.4	49	8:27 +0 dy	10:28 +0 dy
	Turn left (South-East)), travel to Hwy 1 (Trans-Canada)		4.3	54	8:34 +0 dy	10:41 +0 dy
	Merge onto Hwy 1 East via the clover leaf and travel to Hwy 40 (Kananaskis Country)		4	58	8:41 +0 dy	10:53 +0 dy
1	Exit right (South), travel to 'Barrier Lake Visitor Center'	W	7	65	8:54 +0 dy	11:18 +0 dy
2	Continue South on Hwy 40 to 'Fortress Junction' gas station	FW	34.7	99	9:55 +0 dy	13:37 +0 dy
3	Continue South on Hwy 40 which will turn into Hwy 541 East to 'Longview' , Hwy 22 (You will head south on Hwy 22 for a few meters to town)	FWRH	106	205	13:03 +0 dy	20:41 +0 dy
4	Head North on Hwy 22 to Hwy 22/7 and 'Black Diamond'	FWRH	17	222	13:34 +0 dy	21:49 +0 dy
	Turn left (West), travel to Hwy 22 North (Turner Valley)	FW	4	226	13:42 +0 dy	22:05 +0 dy
	Turn right (North), follow Hwy 22 to Hwy 549		11.3	238	14:03 +0 dy	22:50 +0 dy
	Turn left (West), travel to Hwy 762		10.6	248	14:23 +0 dy	23:33 +0 dy
	Turn right (North), travel to Hwy 22		22.2	271	15:05 +0 dy	1:02 +0 dy
5	Turn left, then after 300m turn right onto Hwy 22, travel to 'Bragg Creek'	FWR	3.7	274	15:12 +0 dy	1:16 +0 dy
	Continue North on Hwy 22 to Hwy 1A and finish		30.5	305	16:00 +0 dy	3:00 +0 dy
F	Finish: 'Cochrane Ranch' (or Tim Hortons)	FWR	0	305	16:00 +0 dy	3:00 +0 dy